



University Interscholastic League



Region V-5A Swimming and Diving Championships Thursday-Saturday, February 5-7, 2026

- WELCOME:** The Fort Bend Independent School District is pleased to host the UIL Region V-5A Interscholastic Swimming and Diving Championships
- LOCATION:** Don Cook Natatorium located at 16255 Lexington Blvd in Sugar Land, TX 77479
- FACILITIES:** Don Cook Natatorium
Two 8 lane pools, 9' wide lanes, 6'7" shallow
Three 1 Meter diving boards – Maxi Flex B
Paddock surge control gutter system
Restroom and locker facilities
Colorado Legacy 7 timing system
Full color Colorado Timing System scoreboards
Colorado SST start system
Colorado Sure Grip pads
Paddock flow through bulkheads
Concession stand
- LIABILITY:** The University Interscholastic League, the Fort Bend Independent School District, and the Natatoriums accept no responsibility nor liability for injuries sustained by any individual, athlete, official, meet volunteer, or spectator while traveling to and from or participating in the meets.
- MEET BEHAVIOR:** It is expected that all persons attending this meet will respect the facilities and remember that they represent themselves and their respective schools/teams. Damage to the facility when proved will cause the offending team to be held accountable and liable for repairs. It may also result in expulsion from the meet.
- SPECTATORS:** Tickets will be available at the entrance for both Preliminaries and Finals. Contestants, bus drivers, trainers, and managers admitted without charge when identified by their coach and entering with the team. Volunteer timers will be listed on a sign-in sheet and granted free admission IF their names is submitted by NOON the Thursday before Prelims.
- ADMISSION:** Doors will open to spectators one hour before the event.
Admission: \$10 per session.
All Tickets must be purchased online through <https://gofan.co/>
Credit cards ONLY, no cash will be accepted.
- APPAREL:** Customizable meet t-shirts and hoodies will be available for purchase.
- CONCESSIONS:** There will be CASHLESS concessions provided for swim sessions.
- DECK PASSES:** Passes will be provided in your meet information packet and will be worn at each session to access the deck.



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DIVING: Thursday, February 5, 2026: Diving Prelims and Finals

Warm-Up – All	8:00 AM – 9:00 AM
Girls Only Warm-up	9:00 AM – 9:45 AM**
Girls’ Start Time	10:00 AM*
Boys’ Start Time	30 minutes after conclusion of Girls event*

**Girls and Boys events may be combined depending on number of entries. To be determined by Tuesday AM.

SWIMMING: Friday, February 6, 2026, Swimming Prelims

Warm-up	Session A	8:00 – 8:40 AM
	Session B	8:40 – 9:20 AM
	Sprint one-way	9:20 – 9:40 AM All competitors
Clear the competition pool		9:40 AM
Coaches meeting		9:40 AM
National Anthem		9:55 AM
Preliminary Meet Start Time		10:00 AM

SWIMMING: Saturday, February 7, 2026, Swimming Finals

Warm-up	Open warm-up	8:00 – 9:20 AM
	Sprint one-way	9:20 – 9:45 AM All competitors
Clear the competition pool		9:45 AM
Coaches meeting		9:45 AM
National Anthem		9:55 AM
Finals Meet Start Time		10:00 AM

WARM-UP: The warm-up procedures will be determined by team size and distance from the Natatorium. A separate 8-lane pool (Near Lobby End) will be available during the meet for continuous cool-down and warm-up.

ENTRIES: ENTRY FEES: \$15.00 per individual, \$15.00 per relay entered.

Entry fees are based on the preliminary psych sheet when published. If, for any reason, a swimmer/diver should fail to compete there will be no refunds. Since this is the week of the meet, it is not anticipated that an entry check will be received before the meet. Your team will receive an invoice when reporting for the preliminary session. It is expected that this will be processed immediately.

Make Check or P.O. Payable to:

Fort Bend ISD Athletics
c/o Katie Anselmo
Don Cook Natatorium
16255 Lexington Blvd.
Sugar Land, Texas 77479



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QUALIFIERS: The top six (6) individuals and relays qualify from each District to the Region meet. Swimmers are automatically entered in the Region Meet through the district meet representative; no changes are permitted. If coaches are going to remove a swimmer from an individual event in order to swim three (3) relays, every effort should be taken to do that at your district meet site. If not, any changes must be made prior to the UIL Region Meet Entry Deadline: Monday, February 3rd at 4:00 pm. Every effort will be made to contact the next qualifier in that event. Once entries are received, no changes are permitted, unless swimmers are scratching the entire meet. Make sure your UIL Team Codes are correct prior to emailing your entries. Once a swimmer swims on a relay (prelims), it will count as one of their events allowed in the meet. National H.S. Federation & UIL rules apply to entry requirements. Relay swimmers must be declared prior to the start of the relay. List up to eight (8) names for all relays entered. Changes to relay personnel must be from those eight (8) swimmers listed.
Email all entries files to FBISD.MeetEntries@gmail.com.

DEADLINE: **The entry deadline is 4:00 PM, Monday, February 2nd.** Coaches should email their entries to the Meet Director, Katie Anselmo, at FBISD.meetentries@gmail.com. Coaches may submit entries by:

- a Meet Entry File,
- the PDF Entry Report, sort by Meet Event Number. Please include relays with alternates listed, or
- an Official UIL Entry Report (you may request one from the Meet Director if needed)

If you do not use Team Manager, or a similar team database, please email the UIL Entry Form (it will be included in an email from the meet director).

Include your team's name in the subject of the email. If you have a swimmer that qualified in the top six (6) at your District Championship Meet, but is not competing in that individual event, make a note in the email body that you have made a scratch. Additionally, all diving entries must be submitted through Clean Entries by Monday, February 2nd.

The Meet Director shall, upon receiving each e-mail, notify the appropriate party of the receipt and any problems noted with the files within 24 hours. If no reply within the specified time, please contact the Region Meet Director immediately.

District meet directors shall **e-mail** the Hy-Tek backup file to the Region Meet Director upon the conclusion of their respective District Championship. **Email meet backup to:**
FBISD.meetentries@gmail.com

District Meet Directors: Please submit District Results to the TISCA website at the conclusion of your District Meets. Remember to include the TISCA awards winners.

DIVING ENTRIES: Divers must be indicated as participating in 1M Diving on the entry sheet or file submitted.

Sheets: Diving entries should be submitted electronically. Access www.cleanentries.com to register you, your team and the divers. The meet will be available as "2026 UIL Region V-5A". This is the process for the state meet, also. The same instructions are on the UIL state meet webpage:
<https://www.uiltexas.org/swimming-diving/state> . All diving sheets must be signed by the diver and the coach before the start of the meet: National Federation Rule 9: Section 3: Article 4. Failure to have these signatures will disqualify the diver from the competition. Changes may be made up to one hour before competition begins.



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SUBSTITUTES: Individual school coaches should inform their District Meet Directors of any scratches prior to the entry deadline. The District Meet Director will, in turn, inform the Region Meet Director of the scratch, and the name and qualifying time of the alternate for the event in question.

After the entry deadline, no changes of entries will be allowed unless the contestant is being scratched from the meet. If one of your swimmers qualifies in an event that you know he or she will not swim at Region, please have the person completing your Region entries make the necessary changes prior to turning in the Region Entry Forms. Indicate in the email body, and/or on the cover sheet the changes that were made and write "scratch or SCR" in the event they had qualified in.

CHANGES: After the entry deadline has passed (4:00 pm, February 3rd), the psych sheet will be emailed to the coach who submitted the entries, as soon as it's prepared. Scratches will be accepted up until the day before prelims. After prelims begins, a scratch will result in an open lane.

After the prelims are completed, scratches and alternates will be accepted for one hour.

EVENTS:

Please review Rule 3, Section 1, Article 1, and Section 2, Articles 1, 2, 3, and 5 of the NFHS Swimming and Diving Rules Book concerning meet entries and meet conduct for championship meets.
No changes will be made after the entry deadline.

The events and their order will follow that found in the current NFHS Swimming & Diving Rules Book, Rule 5, Section 1, and Article 1.

AWARDS: U.I. L medals will be given to the top three competitors in each event. In addition, a plaque will be presented to the winning relay in each of those events. TISCA will be providing ribbons for places 4-8. There will be a team award for the winning teams (male and female). Diving awards will be presented at the diving event and recognized at the swimming meet. The presentation of awards is included in the timeline of the breaks.

PACE OF FINALS: We will announce the participants in the Consolation heat as they swim, Finals heat before they swim.

Break/Awards:	Swim Events 1- 2	10 Minute Break
	Swim Events 3-8	30 Minute Break (Present awards for events 1-8)
	Swim Events 11-14	20 Minute Break (Present awards for events 11-14)
	Swim Events 15-18	20 Minute Break (Present awards 15- 18)
	Swim Events 19-22	20 Minute Break (Present awards 19-22)
	Swim Events 23-24	Award remaining events awards

****1st Place coach in each event is to present the awards***

Individual and Team Awards will be awarded after the last event award.

During Prelims, there will only be 3 breaks; 10 minutes after the Medley Relays, 15 minutes after the 50 freestyle and 5 minutes after the Boys' 100 Breaststroke.



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SCORING: The top 16 shall advance from preliminaries: the fastest (8) to the finals and the next (8) to the consolation finals in each event, scoring will be to sixteen places. The highest place a consolation finalist may earn is 9th – even if they have a faster time than a top-8 finalist. The point values will be as follows:

Championship Finals

Place →	1st	2nd	3rd	4th	5th	6th	7th	8th
Individual	20	17	16	15	14	13	12	11
Relay	40	34	32	30	28	26	24	22

Consolation Finals

Place →	9th	10th	11th	12th	13th	14th	15th	16th
Individual	9	7	6	5	4	3	2	1
Relay	18	14	12	10	8	6	4	2

TIE BREAKERS: If two or more divers have the same score at the end of the competition, the points will be split, and a coin flip will determine the medal award. If there are ties in swim events, the points will be divided, and the preliminary time will determine the place for advancing. If a tie still exists, a coin flip will decide the place. No additional medals will be provided for divers or swimmers.

- STATE:**
- (1) CHAMPIONSHIP STRUCTURE. (From the UIL Swimming and Diving Manual)
 - (2) Qualifiers to Regional. Top six individuals and relays shall qualify from district to regional.
 - (3) Qualifiers to State. The first place and second place in each of eight regional swimming meets and the next eight swimmers with the best regional final times overall will advance to the state meet.
 - (4) Diving. In diving, three divers will qualify at each of eight regional meets.

Relay entries to the UIL State Meet should be in the UIL office 10 days prior to the start of the meet. No entry sheets need to be sent to the UIL for the state meet, only indicate your relays online. If you are scratching a swimmer or relay after you have left the Region Meet site, contact the Region Meet Director and the UIL with that information. It is your responsibility to get any information to the UIL office they request. Check their website for your responsibilities.

MEET COMMITTEE: The Meet Committee will consist of the Meet Director, meet referee, one official, two coaches in attendance (one male, one female) and two students-at-large (one male, one female) chosen after the District meets. Voting members include the coaches, students-at-large, and the official.

Weather Contingency Plan: In the unlikely event that a session(s) needs to be cancelled, the corresponding events and times will be moved to that Saturday/Monday and/or the first available day after then. If there is an issue with the Don Cook Natatorium, the event may be moved to the FBISD Aquatic Practice Facility.

SCHEDULE: A specific pool warm-up schedule will be provided and based on team size and travel distance.



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MEET

Meet Director – Katie Anselmo

ADMINISTRATION:

Fort Bend Independent School District

Office: (281) 634-5885

E-Mail: Katie.Anselmo@fortbendisd.gov and FBISD.meetentries@gmail.com

Swim Meet Referee – Louis Davis

Phone: 281-414-3585

E-Mail: louis.davis1776@gmail.com

Dive Meet Referee – John Isbell

Fort Bend Independent School District

Office: (281) 327-8064

E-Mail: John.Isbell@fortbendisd.gov and John.Isbell628@gmail.com

OFFICIALS:

As per UIL regulations all deck officials must be currently registered with UIL / NFHS.

If you have officials that would like to work the meet, please have them contact the Meet Referee, Louis Davis, by email (louis.davis1776@gmail.com). Please provide the following information in your email:

✓ School district and school you are representing,

✓ Number of years you have been a high school official and if you are a USA Swimming certified official.

Officials will be contacted if you have been selected to work the meet (ONLY 9 Officials are needed per session). Officials will need to attend a mandatory meeting one hour before each session.

- The uniform for preliminary session will be a white polo shirt over khaki pants/skirt with all white tennis shoes (NO shorts or hats).

- Finals uniform will be navy blue polo shirt over khaki pants/skirt with all white tennis shoes (NO shorts or hats).

TIMERS:

Participating schools are to provide timers for the prelims/finals sessions. Timers who sign up by Thursday, February 5th will receive free admission to the sessions.

FILMING:

Filming or videotaping will be permitted in the spectator area (see All American Diving exception). Please be sensitive to other spectators. No strobe or artificial lights may be used.

MEDIA:

All media personnel must provide documentation from their employer for a deck pass. **Media personnel are required to get a media pass from the meet referee before being allowed on deck.**

Any student representing their school's journalism/newspaper must provide a request to be on deck with the student's name designated, sponsor's signature and contact information. The student must provide school issued ID to receive the deck pass.

RULES:

As guests of the aquatic facilities all must adhere to the rules.

- No food on deck. All food should remain in the bleachers and outside.
- Coaches must supervise their swimmers/ divers at all times.
- Children must be supervised at all times and are not allowed on the deck.
- The Natatorium is on school property and all participants/guests/visitors must adhere to District's policies and regulations.