



2026 MTHSSA HIGH SCHOOL REGION SWIMMING & DIVING CHAMPIONSHIPS

Location: Centennial Sportsplex, Nashville, TN

Diving: Thursday, January 22, 2026

Swimming: Friday, January 23, 2026

Hosted by: Excel Aquatics





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Sponsored by MTHSSA - Hosted by Excel Aquatics

LOCATION: Centennial Sportsplex, 222 25th Avenue, Nashville, TN 37203.

There will be two (2) 25-yard, 8-lane pools with Colorado electronic timing system and Hytek Meet Manager computer scoring. Warm-down lanes will be available.

MEET REFEREE:	Laura DeMotte	Officials@excelaquatics.org
ADMIN OFFICIAL:	Angela Dealy	angelad@wcs.edu
MEET DIRECTOR:	Lori Biller	tlbiller@comcast.net
DIVING DIRECTOR:	Tim Jones	timothypjones70@gmail.com

SWIMMING SCHEDULE – FRIDAY, JANUARY 23, 2026

Warm up Session #1:	8:05-8:30
Warm up Session #2:	8:30-8:55
Warm up Session #3	8:55-9:20
Warm-up Session #4	9:20-9:45
Warm-ups Closed	9:45am
Competition begins:	10:00am

ENTRIES DUE BY SUNDAY, JANUARY 18 AT 8:00PM

COACHES ZOOM MEETING – JANUARY 22 - 7:30PM – LINK WILL BE EMAILED TO YOU.

ENTRY CHAIRPERSON:

JJ Langhals
920 Heritage Way
Brentwood, TN 37027
xcelschoolentries@excelaquatics.org

***This meet has been added to Observed Meets List for USA Swimming Observation. Swimmers desiring USAS credit for their swims must provide their USAS number with entry. Observation # - 26SEMTHS1-22OB**

MTHSSA REGISTRATION:

Early Registration Deadline – Monday, December 1, 2025

Late Registration Deadline – Monday, January 5, 2026

ELIGIBILITY: Participating schools MUST be members of MTHSSA in good standing with all athletes registered and appropriate fees paid by January 5, 2026. Teams cannot register with MTHSSA at the same time that they submit their Region Meet entries. Teams that do not have their MTHSSA registration submitted by January 5, 2026, will not be able to compete. The meet will follow the National Federation Guidelines in the 2025-2026 High School Rule Book. Eligibility is restricted to students who are currently in 9th, 10th, 11th, & 12th grades and have not completed 4 years of eligibility.

SWIMMING FORMAT: Timed Final meet for all events. Each swimmer may enter a maximum of 4 events, no more than 2 of which may be individual events and must have met the current Region qualifying times in any entered meet during the current season (September 1, 2025-January 18, 2026).

Schools are not limited to the number of swimmers in any individual event; however, a team is allowed only four (4) scoring entries in each individual event. The top four finishers from each team shall be designated as official entries for scoring.

RELAYS: Schools may enter one A relay and one non-scoring B relay in each relay event. A relay team must include at least one swimmer who has qualified for the Region meet in an individual event. Schools may enter no more than 2 women and 2 men relay-only swimmers in the meet. Relay-only swimmers may swim on the A or B relays. Swimmers competing in only relay events must be listed on the entry as relay-only swimmers.

RELAY CARDS DUE: 200 Medley Relay Cards must be turned in to the computer table by 9:30am. Please turn in your 200/400 Free Relay cards by that time if you can. 200/400 Free Relay card names may be changed but the final 200/400 Free Relay cards must be turned in by the END OF THE WOMENS 500 FREE.

ENTRIES: **Completed entries for swimmers and divers are due by 8:00 PM on Sunday, January 18, 2026.** No late or deck entries will be allowed. Entries must be submitted using HyTek Team Manager. No hand-written entries will be accepted. Please check your entries carefully before submitting them. According to Federation guidelines, no changes will be accepted after entries are submitted. A printed report should contain the following: coach's/contact's name, school name & initials, coach's/contact's work and home phone numbers, swimmer's name and grade, USA Swimming ID number (where applicable), and swimmer's best time (in yards) listed under the correct event. Relay entries, with times, should be included in the original entry. Divers should be entered in event 9 & 10. **You may mail your forms and fees, or you may bring them to the meet and turn them in at coach's check-in table. Your meet entry form and all entry fees must be received by the coaches meeting.**

ENTRY TIMES: Enter with best Short Course Yards times achieved in competition during the current high school season, September 1, 2025 - January 18, 2026. Official meet results are defined as results achieved (and recorded) in high school competition or USA Swimming, AAU, or Y competition. Entry time must meet the Region qualifying time standard set by MTHSSA. Entry times should be in the hundredths of a second.

COMPETITORS WITH DISABILITIES: Coaches and/or athletes are responsible for notifying the meet referee of any accommodation requests.

EMAIL ENTRIES: The following guidelines must be followed for email entries:

1. Use Team Unify or Hy-Tek Team Manager or TM Lite (free download available at <http://www.hy-tekltd.com/downloads.html>). The downloadable TM Event File is available on the XCEL website <http://www.excelaquatics.org>
2. Email entries must be zipped so that it arrives to the entry chair intact.
3. The school's entire entry must be sent in one email. Please do not flood the entry chair with several emails, which compose one single team entry.
4. Divers shall bring their diving score sheet with them to the competition on January 22, 2026.
5. Emailed entries are due by 8:00 PM on Sunday, January 18, 2026

ENTRY FEES: \$ 5.25 per individual swimming event

\$ 15.00 per diver entry

\$ 14.00 per relay event

\$ 16.00 surcharge per swimmer and diver

SUBMIT ENTRIES via EMAIL: xcelschoolentries@excelaquatics.org

YOU MAY BRING YOUR COMPLETED FORMS AND FEES TO THE MEET OR YOU MAY MAIL YOUR COMPLETED FORM AND CHECK TO:

Excel Aquatics

c/o: MTHSSA Entry Chair

920 Heritage Way

Brentwood, TN 37027

xcelschoolentries@excelaquatics.org

PLEASE MAKE CHECKS OUT TO EXCEL AQUATICS

Please waive any signature requirements on mailed paperwork/fees

ALL FEES AND RELEASE FORMS MUST BE RECEIVED BY THE START OF THE MEET.

ENTRY TIME VERIFICATION:

A swimmer who does not attain the qualifying time for an event during competition at the Region meet will need to provide proof that they have qualified for the entered event. The only valid proof of time verification will be official meet results from the meet where the time was attained. Official meet results are defined as results achieved (and recorded) in high school competition or USA Swimming, AAU, or YMCA competition from September 1, 2025 - January 18, 2026. Failure to provide this time verification after the meet by the coach shall result in a \$25 fine charged to the team for each infraction. Proof of time and/or intent to pay fees should be submitted using the form found on the MTHSSA website. Fees should be mailed to the address on the MTHSSA payment form. Please note that a team will not be allowed to participate in future Region Championships until all outstanding fines have been paid.

OFFICIALS

Officials are welcome and encouraged to participate. Please email Laura DeMotte at Officials@excelaquatics.org with your level of certification and sessions desired. Dress code is white polo shirt, navy pants/shorts/skirt, and white shoes for all sessions. Officials' briefings take place in the hospitality room 1 hour prior to the start of the session.

COACHES INFORMATION AND MEETING

- The Coaches Meeting will be a **ZOOM MEETING** taking place at 7:30pm on Thursday, January 22. A Zoom meeting link will be emailed to all coaches.
- Check-in for coaches will be open from 7:00am-8:45am. Please bring your entry fee check and release forms when you check in.
- Coaches with USA swimmers, please see the “USA Swimming Observed Status” information on this packet.
- Wristbands will be provided at Team Check-In. Coaches are required to display wristbands to gain access to the pool deck and hospitality room. Teams will be allocated one coach wristband for every eight (8) swimmers entered, up to a maximum of four wristbands per team. No extra wristbands will be sold.
- Coaches, please bring an award bin for us to put your awards in. Awards **MUST** be picked up at the end of the meet.
- If you want your team banner hung on deck, please have the banner delivered to the Sportsplex pool deck between Monday-Thursday, January 19-22, 2026. All teams are responsible for taking their team banner home with them at the end of the meet. Banners will not be stored at the facility after the meet.
- Team Photographers must report to the Meet Director to obtain an “on deck” wristband.

SCORING & AWARDS:

Points will be awarded for 1st – 16th place for individual and relay events.

Individual events score 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1.

Relays score 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

Medals will be awarded for 1st-16th place for all events.

Team plaques will be presented to the top five (5) teams in the Women’s Division, Men’s Division, and in the Combined Division. A team must consist of male and female swimmers to qualify for the combined division. Team plaques will be awarded at the conclusion of the meet. Individual Awards will be put in team bags. Large teams may bring their own bags or Tupperware. All awards must be picked up at the end of the meet.

CLERK OF COURSE: This is a no-card meet.

TIMERS: Excel Aquatics will provide timers.

PARKING: Free parking is available but limited. Please make an effort to carpool or transport teams by bus. Allow extra time for parking.

HEAT SHEETS/PSYCH SHEET: Heat sheets and the Psych sheet will be available online at the Excel Aquatics website. Region Meet T-shirts will be available for sale in the Centennial Sportsplex main lobby.

CONCESSIONS / SWIM SHOP / T-SHIRTS:

Fine Design T-shirts will be on site.

Concessions will be available for purchase.

HOSPITALITY: Breakfast and Lunch will be available for coaches and officials.

GENERAL INFORMATION, FACILITY RULES AND REMINDERS:

- 1) No late entries will be accepted after 8:00pm Sunday, January 18, 2026.
- 2) At the meet, the names for each relay team member must be designated on the relay sheet in the order in which they are to compete. Please turn in all Relay cards to the computer table by **9:30am**. Any changes to the 200/400 Freestyle Relay cards must be turned in to the computer table by the end of the Women's 500 freestyle.
- 3) No changes may be made to the official entry once the entry has been submitted to the entry chairman. Fees for submitted entries are not refundable.
- 4) A competitor participating in more than the allowable number of events is disqualified from that event and further competition in the meet.
- 5) Swimmers failing to compete in any race that they have entered shall be disqualified from further competition. A competitor may withdraw from an event with a declared false start. Notice must be given to the referee prior to the event. The event shall still count as an entry for the competitor.
- 6) Eligibility for diving competition will follow National Federation Rules on championship meet format. Divers will be disqualified if, in the judgment of the referee, the competitor fails 2 of the 11 dives.
- 7) The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, on deck, in the rest rooms or locker rooms. The use of drones is not allowed. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
- 8) Only Competing Swimmers, Coaches and Meet Personnel shall be on deck at any time.
- 9) Spectator seating is in the elevated bleacher area only.
- 10) No flash photography at the start of the races.
- 11) No outside food, coolers or drink (except water bottles) allowed in the building.
- 12) Spectators must comply with all signs or verbal directions from the meet officials limiting or restricting the use of certain areas for standing or seating.

USA SWIMMING OBSERVED STATUS:

This meet has been approved for Observation of USA Swimming technical rules. For only those currently registered USA-S athletes entered into the meet database with accurate USA-S ID numbers, all times from legal USA-S swims will be automatically loaded into the national times database. PLEASE do not "create" IDs in Team Unify or Team Manager for non-USA-S athletes. The USA-S athlete's correct USA Swimming ID#, registered full name with middle initial and date of birth must be included with the entry. For those USA-S swimmers without USA-S ID's or inaccurate ID #'s, a written request must be submitted. Leadoff splits for individual events and relays must be specifically requested in writing. Requests must be made by submission of the SES Individual Verification Request Form by the athlete or coach within two weeks of the last day of the meet and submitted to the LSC NTV Chair. Email requests are not acceptable. Observed # 26SEMTHS1-22OB



DIVING: THURSDAY, JANUARY 22, 2026

Dive Director – Tim Jones - timothypjones70@gmail.com

Warm-ups: 4:00-5:15pm Coaches Meeting: 5:15pm Competition Starts: 5:30pm

The diving area has a Model B Maxi-flex board with a Dura-firm short standard platform mounted on a paddock stand. Water depth is 14 feet. There will be a minimum of three (3) judges and one (1) referee present for the competition. Competition will follow National Federation guidelines and will consist of five (5) voluntary dives and six (6) optional dives. The voluntary dives will come from each of the five (5) groups, with their assigned D.D. and have a sum total of 9.0 or less. The six optional dives will include at least one chosen from each of the five (5) groups. No more than one optional dive from the same group is permitted through the semi-finals (first eight dives). All five groups must be represented in the first eight rounds.

The dives to be performed during each round of championship competition shall be as follows:

Preliminaries	Any two voluntary Any three optional	Cut to twenty after this round
Semifinals	Two voluntary One optional	Cut to sixteen after this round
Finals	One voluntary Two optional	

Dives may be performed in any order within each round of competition. The optional dive in the semifinal round must be from a different group from those represented in the prelim round. Semifinals will be contested immediately following the prelim round. Finals will be contested immediately following the semifinal round. The dive number for the voluntary dives will be circled on the diving form. Fully completed diving score sheets for men and women must be submitted on the appropriate form (with proper signatures of the diver and coach) one hour prior to the start of the diving session. Dives on properly submitted forms may be changed by the diver up to 30 minutes before the start of the diving competition. All Preliminaries, Semifinals, and Finals competition will take place during the Diving Session. No Diving competition will take place during the swimming session.



2026 MTHSSA REGION CHAMPIONSHIP SWIMMING & DIVING MEET

ORDER OF EVENTS – Meet Starts at 10:00am

WOMEN				MEN
EVENT #	QUALIFYING TIME	EVENT	QUALIFYING TIME	EVENT #
1	NONE	200 MEDLEY RELAY	NONE	2
3	2:34.99	200 FREE	2:19.99	4
5	2:54.99	200 IM	2:44.99	6
7	29.99	50 FREE	26.49	8
BREAK				
11	1:24.99	100 FLY	1:16.99	12
13	1:07.99	100 FREE	1:01.99	14
15	6:39.99	500 FREE	6:19.99	16
17	NONE	200 FREE RELAY	NONE	18
BREAK				
19	1:18.99	100 BACK	1:14.99	20
21	1:29.99	100 BREAST	1:20.49	22
23	NONE	400 FREE RELAY	NONE	24

Team Awards will be given out at the end of the meet. Individual awards will be put in team bags and must be picked up at the end of the meet. No podium awards will be given out.

*DIVING WILL BE EVENTS #9 & #10 and will compete on Thursday, January 22.



2026 MTHSSA REGION CHAMPIONSHIP SWIMMING & DIVING MEET ENTRY FORM

Please complete and return with check:

School name: _____ **School Initials:** _____

School Address _____

Swim Coach: _____

Contact Person: _____

Contact Address: _____

Work Phone: _____

E-mail Address: _____

Cell Phone: _____

Number of swimmers & divers entered: _____ **x \$16.00 = \$** _____

Number of individual swimming events entered: _____ **x \$5.25 = \$** _____

Number of divers entered: _____ **x \$15.00 = \$** _____

Number of relays entered: _____ **x \$14.00 = \$**

(Make checks payable to Excel Aquatics)

RELEASE

RELEASE

I hereby relinquish all claims that my organization and its members may have in case of injury or loss of valuables traveling to, traveling from, or while in attendance at the 2026 MTHSSA High School Region Championships. I also agree not to charge Excel Aquatics, Inc., Nashville Metro Parks and Recreation, Davidson County Centennial Sportsplex, Middle Tennessee Diving, MTHSSA, or any representative of these organizations for any claims resulting from injury, sickness, or loss or damage to valuables.

Coaches signature:

MTHSSA TIME STANDARDS FOR THE 2025-26 YEAR

MTHSSA Region Qualifying Times

Girls

Boys

SCY	SCM	Event	SCY	SCM
2:34.99	2:51.79	200 Freestyle	2:19.99	2:35.19
2:54.99	3:14.29	200 Ind. Medley	2:44.99	3:03.39
29.99	33.59	50 Freestyle	26.49	29.59
1:24.99	1:34.49	100 Butterfly	1:16.99	1:25.79
1:07.99	1:15.69	100 Freestyle	1:01.99	1:08.89
6:39.99	5:50.89	500 (400) Freestyle	6:19.99	5:33.69
1:18.99	1:27.79	100 Backstroke	1:14.99	1:23.39
1:29.99	1:40.09	100 Breaststroke	1:20.49	1:29.39