

**2026 MTHSSA Middle School Swimming & Diving Championships**  
**Hosted by Nashville Aquatic Club**  
**Saturday, January 24, 2026**

**Hosted By:** Nashville Aquatic Club

**Sanction #:** 26SETNMS1-24OB

**Location:** Tracy Caulkins Competition Pool Centennial Sportsplex 222 25TH Avenue North, Nashville, TN 37203

**Facility:** Indoor 50 meter by 25 yard pool divided by two 4-foot wide bulkheads into two 25 yard pools. Competition pool 1 runs from 7 feet at starting end to 8 feet deep, Competition pool 2 runs from 12 feet at starting end to 8 ½ feet deep. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. A separate warm down pool will be available. Live results will be available on MeetMobile.

**Officials:**

Meet Director Email: [MeetDirector@SwimNAC.com](mailto:MeetDirector@SwimNAC.com)

Meet Referee Email: [MeetRef@SwimNAC.com](mailto:MeetRef@SwimNAC.com)

Admin Official Email: [AdminOfficial@SwimNAC.com](mailto:AdminOfficial@SwimNAC.com)

Diving Referee Email: [tisca.diving@gmail.com](mailto:tisca.diving@gmail.com)

**Eligibility:** Participating schools/athletes must be members of MTHSSA in good standing. Eligibility is restricted to students who are currently in their school grade (5th, 6th, 7th or 8th grades) and have not repeated a grade in those years. Contact April Parker at MTHSSA.membership@gmail.com (MTHSSA Treasurer) for specific details.

Each swimmer may enter a maximum of 4 events, no more than 2 of which may be individual events. 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 after prelims shall be designated as official entries for scoring. Each team is allowed one scoring "A" relay per relay event.

**"No Time" Entries are prohibited in ALL events. Swimmers must have swum their event in a meet this season in order to enter.**

**Time Standards**

Event	SCM	SCY
200 FREE	3:13.89	2:54.99
200 IM	3:36.69	3:14.99
50 FREE	40.39	35.99
100 FLY	2:02.59	1:49.99
100 FREE	1:27.89	1:18.99
500 FREE SCY / 400 FREE SCM	6:35.09	7:29.99
100 BACK	1:42.29	1:31.99
100 BREAST	1:48.99	1:37.99

**Swimming Format:** All events are pre-seeded. This will be a Preliminary/Final Championship Meet for all events except the 500 Freestyle, which are timed final events.

- There will be Consolation (B) and Final (A) heats for all prelim/final events. Consolation finalists (swimmers who placed 9<sup>th</sup>-16<sup>th</sup> place in the prelims session) will report to the starting blocks before their race. Finalists (top 8 swimmers from the prelims session) are asked to report to the *Ready Room* located on the deck level behind the wall near the locker rooms, prepared to swim, at least 10 minutes before the race is scheduled for a formal walkout to the starting blocks.
- The 500 Freestyle is a timed final event. The top 8 seeded women and 8 top seeded men will swim in the Finals session in the normal event order.
- All other heats of the 500 Free will compete during the Preliminary session in the normal event order. The 500 Freestyle prelims will be swum slow to fast, like a normal timed-finals event.
- Relays: Each school may enter one "A" relay and one non-scoring "B" relay in each relay event. Each school may enter up to two relay-only swimmers who may swim on either an "A" or "B" relay. Relay only swimmers must be included in the original event file.
- All preliminary relays will be circle seeded including the 400 freestyle relay.

**Diving Format:** 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. Competition will follow national federation meet guidelines, which are one voluntary dive and five optional dives. The voluntary group used for this meet will be the forward group. The voluntary will use its assigned degree of difficulty or 1.8 (whichever is lower).

- The five optional dives will use their assigned degree of difficulty and represent at least four of the five groups. All divers will complete the full list of six dives. All divers will perform voluntarily as their first dive.
- All diving forms are due one hour prior to the start of competition.
- Changes may be made up to 30 minutes before the diving competition.
- All divers must be included on your Hy-Tek entry file and must pay the meet entry fee in order to compete in the meet.
- The diving warm-ups will begin immediately following the completion of the swimming preliminaries. There will be an open warm up for 30-60 minutes, followed by the competition.
- The boys and girls will compete at the same time, but be scored as separate events.

**Schedule:**

**Preliminary Session:** Warm Up = 7:30 a.m.

Meet Start = 9:00 a.m.

**Diving Session:** Warm up = 30-60 min warm-up immediately following swim session

Competition Start = Immediately following diving warm up

**Finals Session:** Warm Up = 4:30 p.m.

Meet Starts = 5:30 p.m

**Coaches' Meeting:** There will be a coaches' meeting at 8:45 AM before the start of the meet.

**Cost:** \$45 flat fee per athlete – **Including relay only swimmers and divers.** **Meet Entry Fees need to be paid electronically by Sat Jan 24 at 8am in order for the team to be able to participate in the meet. We will not accept cash or payment on site.**

**Spectators:** All spectators will need to purchase a ticket in order to access the bleacher area of the pool to view the meet. Presale tickets (purchased by Jan 23) will be \$6 for the full day - including both prelims and finals entry. Day of tickets will be \$7 at the door. All tickets, both presale and at the door, will be sold through the following link: <https://gofan.co/event/5354767?schoolId=TN101300>

No cash will be accepted at the door. Kids 4 & Under are free.

**Entry Chair Contact: [MiddleSchool@SwimNAC.com](mailto:MiddleSchool@SwimNAC.com)**

**Entry:** Completed entry files for swimmers and divers are due by 6pm on Monday, January 19th, 2026.

Entries can be created using HyTek Team Manager Software or TeamUnify.

No hand-written entries will be accepted. Relay entries, with times, should be included in the original entry.

Divers should be entered in event 9 or 10.

All entry times are to be submitted in short course yards. Accurate USA Swimming ID numbers must be included with original entries. (See Observed Status for more details). Submit an entry file via e-mail to the Entry Chair.

**Entry Fees:** Fees may be paid via ACH or credit card, you will receive an invoice from [admin@swimnac.com](mailto:admin@swimnac.com). We no longer accept checks. Paying by credit card will incur a 3.5% processing fee, but paying via ACH will have no additional fees. We also accept venmo @swimnac.

**Entry Corrections:** Coaches are responsible for the accuracy of entries. **No changes, additions or deletions to athlete entries will be allowed after January 20, 2026 at NOON.**

**Heat Sheets:** **PAPER HEAT SHEETS WILL NOT BE SOLD AT THE MEET.** A printable electronic heat sheet will be posted on the NAC website by Friday, Jan 23, 2026. Copies will also be posted around the facility.

**Results:** Live Results and Final Results will be available on [www.swimnac.com/swim-meet-central](http://www.swimnac.com/swim-meet-central)

**Seeding:** All preliminary individual events will be circle seeded except the 500 Freestyle.

**Relay Cards:** Will be in the coaches' packets and **must be submitted to the Meet Clerk table no later than 8:45 a.m.** The first and last names of competing swimmers listed in order in which they will swim, must be identified for each relay the team has entered.

**Scoring & Awards:** Points will be awarded for 1st - 16th place for individual events 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 - 8th place for relay and individual events and ribbons for 9th-16th place for individual events.

Team trophies will be presented to the top 3 teams in the girls' division, boys' division and in the combined division. A team must consist of male and female swimmers in order to qualify for the "combined" division.

**Athlete Disabilities:** Coaches and/or athletes are responsible for notifying the meet referee of any accommodation requests prior to the start of competition.

**USA Swimming Observed Status:** *This meet has been submitted to be approved for Observation of USA Swimming technical rules. USAS registered swimmers seeking credit for times achieved at this meet should enter their SWIMS account and verify their times are indicated. If not, then contact Brian Haddad at [southeasternswimming@hotmail.com](mailto:southeasternswimming@hotmail.com) by email to request time. Include meet name and USAS number.*

**Special Notes:** **Parents are not permitted on the pool deck during the meet for any reason. Parents will not be permitted to verify USA Swimming ID#s for their athlete's entry at the Meet Clerk table.**

**Requests for verifying that the USA Swimming ID is included with a swimmer's entry must be made to [middleschool@swimnac.com](mailto:middleschool@swimnac.com) PRIOR to Jan 20, 2026 at Noon.**

**NFHS Rules: The meet is conducted under the rules of the most current National Federation rulebook, with the exception that competitors who fail to compete in an event in which they have been officially entered will NOT be disqualified from all further competition as required by NFHS rule 3.2.2. Instead, the competitor will be disqualified from that event only.**

**NAC serves as host to the MTHSSA Middle School Championship Meet. All team entry rules and regulations are observed by the MTHSSA board. All questions regarding eligibility or participation should be directed to the MTHSSA board directly.**

The meet director reserves the right to combine heats and/or events, run the Preliminary session and/or warm-ups in one or two pools based upon the number of entries, and add or remove breaks in the timeline where necessary.

The meet will be conducted under the rules of the most current National Federation rulebook as adopted by TISCA. Should there be any questions, meet officials will recognize coaches or their designated representatives ONLY.

The USA Swimming Minor Athlete Abuse Prevention Policy will govern this meet.

Drones are prohibited over venues any time athletes, coaches, officials and/or spectators are present

Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

Concessions and swim items will be available for sale in the lobby.

**Facility Rules:**

1. No food, drink (except water), or coolers are allowed in the pool area.
2. Bags and purses will be checked upon entrance to the pool area by facility staff.
3. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

**Safety:** In the interest of safety and accident prevention, coaches and swimmers are asked to observe all posted pool and facility rules referred to in this meet information and to conduct themselves in a safe and prudent manner. MTHSSA and Nashville Aquatic Club are not responsible for any injury, damage or loss of valuables during the meet.

**Estimated Meet Entry Timeline:**

1/5/26 Meet Invitation and TM file posted at NAC website [www.swimnac.com](http://www.swimnac.com)

1/19/26 (6pm) Complete Entry File due to [middleschool@swimnac.com](mailto:middleschool@swimnac.com)

1/20/26 (noon) Corrections due to meet Entry Chair at [middleschool@swimnac.com](mailto:middleschool@swimnac.com)

1/21/26 (noon) Psych Sheet & Meet Timeline will be posted online at [www.swimnac.com](http://www.swimnac.com)

1/22/26 Electronic Heat Sheet and Warm-Up Assignments will be posted online

## ORDER OF EVENTS

January 24, 2026

<u>Girls</u>	<u>Event Description</u>	<u>Boys</u>
1##	200 Medley Relay	2##
3	200 Freestyle	4
5	200 Individual Medley	6
7	50 Freestyle	8
<i>5 Minute Break (Prelims &amp; Finals)</i>		
9*	Diving	10*
11	100 Butterfly	12
13	100 Freestyle	14
15**#	500 Freestyle	16**#
<i>5 Minute Break (Finals Only)</i>		
17##	200 Freestyle Relay	18##
19	100 Backstroke	20
21	100 Breaststroke	21
23##	400 Freestyle Relay	24##

\*The diving session will start immediately following the preliminary swim session.

\*\*The 500 Freestyle will be swum after the 100 Freestyle in both the preliminary and finals session, following the event order listed above.

# Events 15 & 16 (500 Freestyle) will be timed final events. The top 8 seeded girls and top 8 seeded boys in the 500 Freestyle will be swum during the finals session.

## The top 8 finishing relay teams from the preliminary session will return to compete in the finals session. All prelims heats of relays will be circle seeded.

*The top 16 finishers from the preliminary session in all individual events, excluding diving, will return to compete in the finals session of the meet. The "A" final will include the top 8 preliminary finishers and the "B" consolation heat will include places 9 to 16 from the preliminary heat with the exception of the 500 freestyle.*