

**TAPPS East Region Swimming
Qualifying Meet – District 3
January 24, 2026**



Sponsors: TAPPS and The University of Houston

Schedule: SATURDAY, January 24, 2026

7:30 am Pay and turn in waivers prior to going into pool (in lobby)
8:00 am Doors to deck open
8:10 am Coaches meeting (hospitality room)
8:40 am Warm-up #1 starts
9:05 am Warm-up #2 starts
9:30 am Competition Pool - Sprint lanes (2-7) open with 1 and 8 as push/pace
9:30 am All timers report outside the meet room (on the deck)
9:45 am Event #1 Relays report to blocks
9:45 am Session 1 Timers report to blocks
9:50 am Clear Pool
9:55 am Prayer and National Anthem
10:00 am Competition begins

NOTE: Arrive early to check in. Stay in the lobby until the doors open. When you enter, find a place for your team on deck and head to the coaches meeting in the hospitality room immediately.

Meet Venue: University of Houston Natatorium
4500 University Drive
Houston, TX 77204-6056
(713)743-7529

Parking:

- Paid parking is available in the parking garage across from the pool. (SEE ATTACHED INFORMATION FOR PARKING AND FACILITIES MANAGEMENT)
- The map included in this invite shows parking lots. Please check the UH website for the price – it varies by weekday/weekend and hours.
- Buses must park at the ERP. Please see maps at the end of this invite.

Facility:

- Colorado timing and scoring system
- 25-yard competition pool, plus additional warm-up lanes
- Full scoreboard with heat and event display
- Off-deck seating for 900
- No concessions will be offered

Rules, Regulations and Policies:

- 1) The 2025-2026 National Federation of High School Swimming Rules, with the exceptions noted in the current TAPPS Constitution, By-Laws and Contest Rules, will govern this meet.
- 2) **All coaches are responsible for knowing the NFHS rules for the 2025-2026 swim season.**
- 3) This will be run in championship format as stated in the NFHS swimming rules.
- 4) **Swimsuits must completely cover the buttocks, as stated in the NFHS rules.**
- 5) Deck changing is prohibited
- 6) Two-piece swim wear is prohibited at all times.
- 7) No writing or marking on the body is allowed.
- 8) Parents and other spectators are not permitted on deck at any time for any reason – **even after the meet has ended.** We encourage parents to take pictures from the spectator seating area or outside. No flash photography indoors.
- 9) Times noted on the scoreboard or Meet Mobile are never official and must not ever be regarded as such.
- 10) *Coaches are **not allowed** to bring chairs on deck.
- 11) All swimmers are required to wear their approved uniforms and warm-ups; no club gear is allowed.
- 12) TAPPS does not allow ANY photography or videography on deck, beginning with warm-ups through the end of the meet.
- 13) Hats, body or face painting, costumes, and/or props will not be allowed.
- 14) *UH **does not allow food or drink** (except water/sports drinks and small snacks) on deck. If a team or swimmers must be told more than once by any TAPPS and/or UH representative, they will be asked to leave the facility and may be **disqualified**.
- 15) *Any food or drink brought on deck will need to be stored in a backpack. No one will get through the gate with visible food.
- 16) *Swimmers may eat in the rotunda/lobby area only (no hallways).
- 17) *If a team has an ice chest of water/sports drinks and SMALL snacks, these cannot go through the gate. Leave these in the lobby by the locked glass door that leads into the pool, and we will have someone unlock the door before the meet so these can get on the deck.
- 18) *Swimmers must have shoes and a cover when leaving the deck area.
- 19) * **ALL SWIMMERS MUST HAVE A WAIVER SIGNED BY THEIR PARENTS TO ENTER THE POOL AREA.** A copy of this is on the TAPPS website. Coaches should present these waivers when they check in. *Even if a swimmer has previously signed a waiver, a new one must be presented at this meet.*
- 20) ***New this year: ANYONE ON DECK MUST ALSO SIGN THIS WAIVER – COACHES, OFFICIALS, AND PARENT VOLUNTEERS (TIMERS)**

*Rules specific to this host site.

Cell Phone Restrictions:

- The presence and/or use of cell phones, and/or any other equipment capable of producing audio recordings, photographic or video images in locker rooms, rest rooms, changing areas, or anywhere behind the starting blocks is strictly prohibited at all times.
- Violators are subject to disqualification from the meet, disbarment from the facility, and arrest.

Meet Format:

- Timed final swimming competition
- Swimmers will be seeded by time and gender without regard to Division
- Meet Manager will *score* by Division
- All events will be ordered slowest to fastest
- No exhibition swimmers are allowed either in individual or relay events.
- **We will not perform flyover starts**

National Time Verification:

- This meet will be “Approved for Observation” by USA Swimming for NTV purposes.
- **Read carefully:**
 - The coach must enter the swimmer’s name EXACTLY as it is on the swimmer’s USA-S account. It no longer must be their legal name, but it must be the name in which they registered.
 - Coaches may need to change the swimmer’s name and add the new USA ID numbers in the Team Manager database.
 - You must enter DOB and Gender in the database
 - The correct USA-S ID must be entered – it is a random alphanumeric code that is assigned when the swimmer registers in the SWIMS database.
 - Times achieved by swimmers who are currently registered with USA Swimming and have all the accurate information in the high school database will be transferred.
 - **See page 9 on this meet invitation.**

Qualifying Times:

- None required
- However, coaches are strongly encouraged to enter slower, inexperienced swimmers only in the **50 and 100-yard freestyle events**.

State Qualification:

- The top 3 fastest times for each event from each Region will advance to the State Meet. The next fastest 7 times from all three regions will also advance to State. No swimmer will advance to state with a time slower than the Upper Limit Qualifying Times listed on the TAPPS website.

Entries: **(PLEASE READ THROUGH THIS CAREFULLY OR ENTRIES WILL BE RETURNED)**

- **EACH SWIMMER IS ALLOWED TO ENTER A MAXIMUM OF FOUR (4) EVENTS; NO MORE THAN TWO (2) MAY BE INDIVIDUAL EVENTS. EACH TEAM MAY ENTER A MAXIMUM OF FOUR (4) SWIMMERS PER EVENT AND ONE (1) RELAY TEAM PER EVENT.**
- Entries in Hy-Tek Team Manager must be emailed to: meet.entries@aol.com (Mike Duswalt)

- Schools **MUST** use their **correct TAPPS code** when entering meet. Your code is on your School's TMS page under Activity and Swim. DO NOT SEND AN ENTRY IN WITHOUT A CODE OR WE WILL SEND IT BACK.
- Athlete's grade should be **numeric** (9, 10, 11, 12)
- Entries:
 - 1) **Rename** the Hy-Tek Zip file to clearly identify the entering team.
 - 2) The **subject** of your email should be: Code - School – Region (East) - Division (1, 2, 3).

Example: **HLS-Lutheran South-East-2**
 - 3) Please attach a pdf copy of your entry report **and** entry fee report with the entry file. Both are found under "reports" in Team Manager.
- Hy-Tek Meet Entry File will be posted to the TAPPS website. Go there to download. These will not be emailed to individual teams.
- ***Times must be included with all entries. Any event entered with a NT, "No Time", will be scratched from the meet.***
- **Entries are due** by at 5 PM on January 18th 2026 – no exceptions

Relays:

- Eight individuals may be designated as part of the relay
- It will not count as an event unless that individual competes on the relay team.
- Only the four swimmers declared on the front of the relay card (or relay sheet) are permitted to report to the blocks and compete.
- If the swimmers are to be correctly noted in the Final Results, the order of swimming must also be specified. All four swimmers, including the lead-off swimmers, must officially be declared at the specified times (listed below). Rule 3-2-5
 - Relay cards for the 200-yard Medley Relay must be turned into the **Official Scorer** not later than the end of the coaches' meeting.
 - Relay cards for the 200-yard Relay must be turned in to the **Official Scorer** not later than the start of the men's 500-yard freestyle.
 - Relay cards for the 400-yard Free Relay must be turned in to the **Official Scorer** not later than the start of the men's 100-yard backstroke.
- Once relay cards have been turned in to the **Official Scorer**, no changes will be permitted, and post-meet corrections will not be permitted.

Entry fees:

- **\$25.00 per athlete**
- **\$30.00 per athlete if entered via TAPPS representative. No school with more than 4 swimmers will be entered by TAPPS. Please click this link for information on how to download the Lite version and enter swimmers.**

[Hy-Tek Team Manager Lite](#)

- Checks payable to: **TAPPS.**

- Checks will be collected when your team checks in on the morning of the meet.
- **Please note: all swimmers initially entered will required to be included in the payment. If you scratch a swimmer prior to the meet, but have entered him/her, the swimmer must be included in the payment.**

TIMERS:

- Each (three-plus member) team is required to provide two backup lane timers, who will be assigned by TAPPS.
- ALL sessions timers must report on the deck near the meet room, not later than 9:30 am

Psych Sheet:

- A psych sheet will be available on TAPPS.biz (swimming) by January 20th
- Please check the psych sheet often. Updates are made as we get corrections.

Scratch Rules:

- Pre-Meet Scratches only (no event changes) are due on January 21st, 2026 by 5 PM. Email meet.entries@aol.com. Pre-meet scratches are for swimmers who will not be able to attend the meet. An event change cannot be made; this includes taking a swimmer out of one of their two entered individual events so he/she may participate in three relays. Any swimmer CAN swim one individual event and three relays; however, this needs to be done when you enter your team.
- This is a High School Championship, timed final format meet.
- Scratches are not permitted.
- Swimmers who fail to appear for any competition which they have entered will be disqualified from further competition.
- Previous performances will not be nullified.
- Failure to compete because of illness or injury are excepted.
- An individual swimmer or relay team may withdraw from competition without penalty in any given event by declaring a false start (DFS)
- Declared false starts **DO** count as an event. The DFS form MUST be given only to the Head Meet Referee two events prior to the event the swimmer is declaring as a false start.

Scoring:

Place	1	2	3	4	5	6	7	8
Individual	9	7	6	5	4	3	2	1
Relay	18	14	12	10	8	6	4	2

- **Scoring at State Meets will be 1-16. Please keep this in mind as you place your Regional Swimmers. See the swimming site on TAPPS.biz for more information.**

Awards:

- Team awards will be given for 1st - 3rd place in both girls' and boys' divisions.
- Medals will be given for 1st - 3rd place, and ribbons for 4th - 6th place in both girls' and boys' divisions in each event.
- We ask that you do not come into the awards room until TAPPS personnel are finished. Any interruption will slow down the process.

Photography:

- TAPPS does not allow any photography or videography on deck from the time warmups begin to the conclusion of the meet.

ORDER OF EVENTS

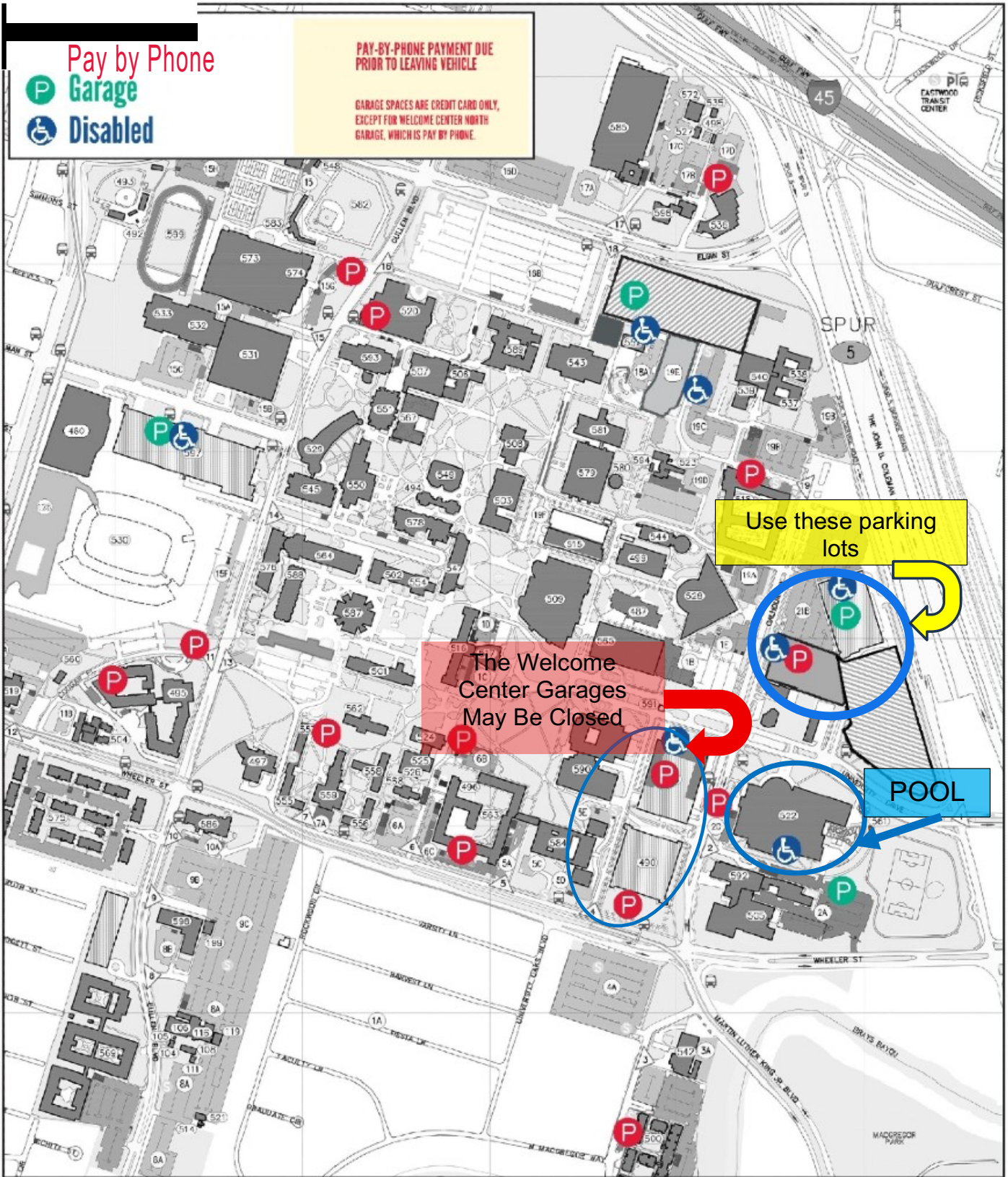
WOMEN'S EVENT #	DISTANCE (YARDS) AND STROKE	MEN'S EVENT #
1	200 Medley Relay	2
Five Minute Break		
3	200 Freestyle	4
5	200 Individual Medley	6
7	50 Freestyle	8
15 Minute Break		
11	100 Butterfly	12
13	100 Freestyle	14
15	500 Freestyle	16
Five Minute Break		
17	200 Free Relay	18
19	100 Backstroke	20
21	100 Breaststroke	22
Five Minute Break		
23	400 Free Relay	24

Entries Chair: Mike Duswalt, meet.entries@aol.com

Meet Director: Mike Duswalt

TAPPS Swim Director: Cerise Skinner, ceriseskinner@gmail.com

Head Meet Referee: Donna Dormiani



What is ERP?

Energy Research Park (ERP), located at 5000 Gulf Freeway, is a 70-acre complex which provides research and classroom space, as well as a variety of offices for the University of Houston main campus.

Where is ERP?

ERP is located at 5000 Gulf Freeway, within a mile of the University of Houston main campus.



HIGH SCHOOL COACHES and ADMINISTRATORS, PLEASE NOTE!

USA Swimming (USA-S) has made significant revisions to its registration process, which in turn have made changes to the National Time Verification (NTV) program necessary. These revisions of policy and procedure directly effect how certain times from high school competition are permitted to be entered into the National SWIMS Database.

Many, if not most of you, have one or more Club swimmers who are, or should be; registered members of USA-S on your High School Team. Each such athlete, by rule and policy, is ostensibly registered with USA-S for the current year. As proof of that registration, each will have a USA-S Identification (ID) card containing information related to the NTV Program about which you need to be familiar.

The important revisions to USA-S registration include, but are not limited to, the following:

- Parents and guardians are now required create USA-S accounts for athletes and may enter the athlete's name in whatever fashion desired.
- Birth Certificates are no longer checked for "full legal name," so a nickname, the last name they use, etc. are now acceptable, e.g., swimmer's "legal" name may be John William Hernandez-Smith but the swimmer goes by Jack Hernandez and the latter is what can now be entered as the name on the USAS side.
- That is also the name high school coaches must now use. On the other hand, if a full legal name was entered, then the high school coach must use it.
- It is imperative that the name in the high school database perfectly matches what is in SWIMS, including the middle initial.
- Consequently, PLEASE do not use "full legal names" any longer as there is no guarantee the swimmer's full legal name is in SWIMS.
- The date of birth and gender must be included
- The correct USAS ID must also be included. The USAS ID is now 14 random, alphanumeric characters. SWIMS will not recognize the older IDs (6 digits followed by 8 characters).
- Athletes must be a member of USA-S in good standing as of the meet start date for the times from observed meets to be loaded to the SWIMS database.
- For athlete members ages 18 and older, a current Athlete Protection Training (APT) is also required.
- Effective September 9, 2023; South Texas Swimming may no longer go back and load times achieved at observed meets by swimmers who were not members of USAS in good standing as of the observed meet's start date even if they later register with USA-S, renew an expired membership, and complete the APT if applicable.

SWIMS Users always endeavor to match athletes to times that will not load, but it is generally unknown if the mismatch is because of the name, birth date or if the athlete is not currently registered. When there is complete and correct data in the high school database, SWIMS Users can almost always match athletes easily.

092823





Dear parents and guardians,

We are excited to host you and your team for the upcoming swim meet! We want you to have the best time while you are here and we have a few policies and procedures we want you to be aware of before you arrive on campus.

First, we want to address parking. There is no free parking on campus, so please have a plan before you arrive by looking at the parking info online and anything host team has shared. Please be aware the Pay-By-Phone system for parking requires you to turn off the Wi-Fi on your phone. When you come into the Campus Recreation and Wellness Center, if your child is under the age of 18, they will have to have a waiver signed by a parent or guardian to be able to enter the gates. Additionally if you are coaching, officiating, or volunteering you will need to sign a waiver too. Parents are not allowed to go in the gates, only swimmers, coaches, officials, and volunteers. Parents must head upstairs to spectator seating, or hang out in the lobby.

We do not allow camping/folding chairs anywhere in our facility. (Bleacher seats are fine)
All Snacks and Drinks (other than water) must be stored in a backpack to come through the gates, the rest of the building is a "Food-Free" zone, so the students working the gate will not allow visible food/drinks past the gate if they see it. We also do not allow full meals or smoothies on deck, only small snacks and water/sports drinks.

All swimmers will need to have shoes on anytime they enter the building and leave the Natatorium. Bare feet are fine only on the pool deck.

No one is permitted to take photos of the athletes from behind the blocks.

Please do not throw any items down to the deck from the spectator seating, and please do not put your hands or feet on the glass.

If you have any questions while you are here, please feel free to ask a staff member!

Sincerely,

Cara Green

Aquatics Program Director

PARKING INFO:
[HTTPS://WWW.UH.EDU/PARKING/PARKING-ON-CAMPUS/VISITOR/](https://www.uh.edu/parking/parking-on-campus/visitor/)

CAMPUS RECREATION INFO:
[HTTPS://WWW.UH.EDU/RECREATION/](https://www.uh.edu/recreation/)
(713) 743-SWIM (7946)

**CAMPUS RECREATION AND
WELLENSS CENTER
4500 UNIVERSITY DRIVE
HOUSTON, TX 77004**