



2026
U.P. Swimming & Diving Championships

Diving Events – February 20
Swimming Events – February 21

Marquette Senior High School Pool
1203 West Fair Avenue
Marquette, MI 49855

Hosted by Marquette Senior High School



2026 U.P. Meet Event Information

<u>Location:</u>	Marquette Senior High School 1203 W. Fair Ave Marquette, MI 49855
<u>Facility:</u>	Six (6) lanes, 25 yd., backstroke flags, non-turbulence lane dividers, starting platforms diving into 10 ½ feet of water; shallow end is 3 ½ feet deep. There is electronic timing with Colorado pads and an IST alpha-numeric scoreboard.
<u>Meet Director:</u>	Kathy Foulks; kathyfoulks@charter.net ; 906-458-9511
<u>Schedule:</u>	<p>Friday: Warm-up 12:00 - 2:10 p.m. by assignment. Signed Diving sheets are due by 1:30 p.m. Diving competition begins at 2:30 p.m. with girls' preliminary and final rounds. Boys will have an up to 15 minute warm-up following completion of the girls competition, and then compete in preliminary and final rounds. There will be an open pool warm-up swim for one hour at the conclusion of the diving competition.</p> <p>Saturday: Warm-up 8:45 a.m. until 10:55 a.m. by assignment. Competition begins at 11:00 a.m. There will be an award ceremony at the conclusion of each boys' event and a 15-minute open warm-up after the 50-yard freestyle.</p>
<u>Rules:</u>	MHSAA and NFHS 2025-2026 Rules apply
<u>Meet Officials:</u>	Head Referee: Linda Klope; Head Diving Referee: John King. Other Officials: Corrie LaCombe, Becky Johnson, and Barb Landis.
<u>Tickets:</u>	Event tickets must be purchased online via GoFan, the MHSAA's digital ticketing partner. <ul style="list-style-type: none"><input type="checkbox"/> Link for 2/20/26 U.P. Diving Finals:<input type="checkbox"/> https://gofan.co/event/6001638?schoolId=MHSAA<input checked="" type="checkbox"/> Link for 2/21/26 U.P. Swimming Finals:<input type="checkbox"/> https://gofan.co/event/6001680?schoolId=MHSAA

Entry Procedure

Entries are due by noon on Monday, February 16. All entries must be electronic, submitted to Kathy Foulks at kathyfoulks@charter.net using Hy-Tek. The Meet Entry file is available for download on the MHSAA website. A free version of Hy-Tek Team Manager Lite is available at <http://www.hy-tekltd.com/downloads.html>. Scroll down the page and click on “Lite.” Per MHSAA, entries using SwimCloud are not acceptable. **Include dive list for each diver by listing name of diver, dive number and position (i.e. 101C, 202B, etc.) in your entry email.**

All electronic entries must include:

- Daytime.contact.phone.number.and.e_mail.address.of.the.head.coach.or.team.representative.responsible.for.that.team§.entries;.
- Athletes.must.be.entered.with.the.first.name?last.name.and.grade.in.alpha.format.(FR?SO?JR?SR);..
- It.is.recommended.that.teams.use.a.non_school.email.address.to.prevent.firewall.issues.with.attachments;.
- SwimCloud.verifiable.seed.times.achieved.during.the.868①_868②high.school.season; Qualifying.times.are.listed.in.Appendix.C.of.this.document.and.on.the.MHSAA.website;
- Relay.athlete.names.and.alternates;.

Scan and email your master eligibility list to jingalls@mapsnet.org..

Include the wording: **2026 UP Swim Meet-Eligibility List for <Team Name>** in the subject line. This is **due by February 8th**.

Entries not received by the deadline must be accompanied by a \$100 late fee.

By 11:30 p.m. Monday night each team will receive e-mail confirmation of receipt and an entry report listing athletes and their events. The confirmation will be sent as an attachment to the email address that submitted the entry. **Coaches have until noon Tuesday to make any corrections to their entry report.**

Psych sheets will be posted on the MHSAA website and emailed to each team after corrections have been entered. No further changes are allowed once psych sheets are posted.

Each.school.is.permitted.a.maximum.of.three.entries.per.individual.event.and.one.entry.per.relayi ..

Supplemental Information:

<u>Prelims/Finals:</u>	All races will be timed finals.
<u>Scratches:</u>	This meet will be pre-seeded. Athletes in the top seeded heat will be marshaled. Scratches need to be reported to the Saturday morning by 10:00 a.m. to the Scoring Computer Officials on the Upper Deck.
<u>Relay cards/sheets:</u>	Also due by 10:00 a.m. , from each team are the relay sheets denoting swimmers' names and the order they will swim. Changes after that time are allowable only due to injury at meet referee discretion.

Diving: The diving competition will be held in entirety Friday afternoon, Feb. 20. Divers will perform 6 dives – four in the preliminary rounds and two in the final rounds. Only 12 divers compete in the final rounds. The first dive must be from the REVERSE category and the maximum D.D. is 1.8. During the course of the meet, each competitor must perform one dive from each category (forward, backward, reverse, inward and twist). Dive lists are to be submitted with entries on Monday, changes should be emailed by Thursday. Dive sheets will be available for signing upon arrival on Friday. Corrections allowed until 2:00 p.m. Friday.

Diving participants: **Any diver entered must have competently demonstrated the ability to safely perform all dives on the official dive sheet. Coaches must be able to provide proof of prior performance of the ability to perform six dives, one dive from each category. Official meet dive sheets constitute proof.** If, in the referee's judgment, an athlete is clearly unable to perform a dive or does not make a sincere attempt to perform a dive, that competitor will be disqualified from competition (Rule 9-8-3).

Deck Passes: Deck passes will be issued to all qualifying athletes and must be visible. **Only three coaching staff members will be designated per school;**

MHSAA Finals Apparel: Official meet apparel from EA Graphics will be available for sale on-site.

Sports Tape/Braces: NFHS Rule 3-3-6 regarding the use of devices that aid the competitor and use of tape are unchanged. Other than tape on a diver for support, the use of tape must be associated with a documented medical condition and requires the signed statement of a health care professional (HCP). If an injury occurs during the meet (i.e. a cut or sprained ankle) and a HCP is not available, the coach can provide the required documentation to the referee. The use of braces is subject to state association authorization as has been the procedure.

Warm-up: Assignments are posted in Appendix A of this document. Adjustments may be made to times by the meet director by noon of Tuesday, Feb. 17 based on the number of entries per team. Sit and slide entries only during warm-up, except when using starting blocks under direct coach supervision.

Coaches on deck: Deck space is limited. **Each team may have no more than three total representatives on deck.** Coach seating will be assigned by the order in which entries are received. Please limit the number of athletes and the time they spend by the coaches tables in order to alleviate congestion on the pool deck.

Marshaling: Athletes in the top heat will have use of a ready room and will be marshaled at the pool's northeast corner. Declared false starts should be made to the meet referee or her designee.

Athlete Bios: Top heat athletes for individual events may submit a brief bio for the announcer. See Appendix B. All bios are due by 5:00 p.m. on February 20. Earlier submissions are appreciated.

Awards: Medals 1st – 6th place; an awards ceremony will be held after each boy's event on the pool deck with the coach of the winning athlete greeting the medalists. Actual medals will be packaged and distributed to teams at the end of the meet.

Scoring: Individual events – 16-13-12-11-10-9-7-5-4-3-2-1; Relays – double

Live Stream: Events on both days will be live streamed through the NFHS Network.

Final Results: Will be posted near the pool hallway as soon as possible after each event. Each team will receive a copy via e-mail after the meet. Results will also be available live on the Meet Mobile app if possible.

Food & Refreshments: A full on-site concession stand will be available in the MSHS Cafeteria. All food and drink must be consumed in the appropriate area. No food or drink allowed on pool deck.

Miscellaneous: Swimmers are responsible for their own belongings. Marquette Senior High School and the MHSAA assume no responsibility for lost articles.

Coaches please note: In accordance with the Federal Video Voyeurism Prevention Act of 2004 – the use of camera phones or video recording devices in the locker rooms is strictly prohibited.

Protests: There are no protests of official's decisions in MHSAA Tournament competition.

Noisemakers: Use of artificial noisemakers is prohibited at MHSAA indoor tournament competition. Examples include whistles, air horns and other devices which may disrupt the integrity of the competition.

Shaving: No shaving is permitted on site per National Federation rules.

Signs: Posters and team banners are allowed on the north side of the pool only and may not restrict sightlines.

Appendix A

Warm-up Assignments:

Diving Warm-up Friday, 12:40-2:10 as follows:

12:00-12:40 Marquette

12:40 - 1:20 Ishpeming-Negaunee/Westwood

1:20 - 2:00 Houghton/Manistique

At this time, no divers known from Gladstone, Kingsford, Rudyard or Sault Ste. Marie.

Dive lists are to be submitted with entries on Monday, changes should be emailed by Thursday. Corrections allowed until 2:00 p.m. Friday.

2:00 - 2:25 p.m. Open board -- GIRLS ONLY, each athlete may have at least two (2) water entries

2:30 p.m. Girls Competition Begins

At the completion of the girl's preliminary and final rounds, there will be a 15-minute open board warm-up for all boy divers. Each boy may have at least two (2) approaches or water entries. Boy's diving will commence at the conclusion of that warm-up.

Friday night: Immediately after diving, the pool will be open to all teams for a 1-hour swim warm-up. Please remind your swimmers that only sit-and-slide entries are allowed in the shallow end of the pool.

Saturday morning 8:45 – 10:55 as follows:

8:45-9:05 Marquette

9:05-9:25 Ishpeming/Negaunee (Lanes 1-3) Westwood (Lanes 4-6)

9:25-9:45 Gladstone (Lanes 1-3) Sault (Lanes 4-6)

9:45-10:05 Kingsford (Lanes 1-4) Manistique (Lanes 5-6)

Note by 10:00 – Scratches and Relay Sheets need to be turned in to
Upper Deck Computer Workers

10:05-10:25 Houghton (Lanes 1-4) Rudyard (Lanes 5-6)

10:25-10:35 Officials/Coaches Meeting

10:35-10:55 Open Pool: Swim Lanes 1-3 Start Lanes 4-6

Touchpads to be inserted at 10:35 and available for backstroke starts.

Meet starts at 11:00.

Note: Lane assignments may be adjusted after entries are received to equitably balance team sizes. There will be a 15-minute open warm-up after the 200 I.M. Awards presented after the conclusion of the 50 Freestyle.

Appendix B

Top Heat Athlete Bio

(Please fill out at least the top five lines of this form to ensure your athlete is introduced)

Event # _____

Lane # _____

Athlete Name: _____

Grade: _____

Team: _____

Optional information

Nickname: _____

Special Interests/Hobbies: _____

Future Plans (college, work, etc.): _____

I love this race because: _____

Parent's names (first, last): _____

This race is dedicated to: _____

If you are the top-ranked athlete please make your music request for the event introduction:

Song: _____

Artist: _____

Version: _____ Start Time: _____

.Songs.must.be.appropriate?free.of.profanity.and.will.only.be.used.at.the.discretion.of.the.Meet.

Manager: _____

Appendix C

2025-2026 Qualifying Times:

GIRLS	
EVENT	TIME LIMIT
200 Medley Relay	1 entry per team
200 FR	2:35.32
200 IM	2:59.44
50 FR	0:29.99
100 FLY	1:27.00
100 FR	1:08.88
500 FR	7:05.14
200 Free Relay	1 entry per team
100 BK	1:20.47
100 BR	1:29.68
400 Free Relay	1 entry per team

BOYS	
EVENT	TIME LIMIT
200 Medley Relay	1 entry per team
200 FR	2:25.74
200 IM	2:51.66
50 FR	0:27.12
100 FLY	1:23.03
100 FR	1:01.10
500 FR	6:52.62
200 Free Relay	1 entry per team
100 BK	1:17.75
100 BR	1:22.64
400 Free Relay	1 entry per team