

**New Hampshire Interscholastic Athletic Association
2026 Swimming and Diving
State Championships
University of New Hampshire
Durham, N.H.
February 13-14, 2026**

SITE: U.N.H. Swasey Pool, Durham, New Hampshire is a 25-yard pool with six (6) lanes with non-turbulent lane lines, fully automatic Colorado Electronic timing system and a full six-lane scoreboard. The pool also has a diving well, warm-up and warm-down area. The starting end is minimum four feet deep. Capacity of the pool deck is 232 people. The pool also has a spectator area with seating capacity of 600.

UNH RENOVATIONS:

Due to renovations at the UNH Pool, locker room space is limited. Please plan accordingly.

WARM-UPS:

Friday Diving Warm Ups – 4:30 p.m.
Saturday Division II Warm Ups – 7:30 a.m.
Saturday Division I Warm Ups – 1:30 p.m.

- Preliminary warm-up assignments in $\frac{1}{2}$ hour blocks will be made after entries are completed and will be posted on the NHIAA website at www.nhiaa.org the week prior to championships.

COMPETITION:

Friday February 13, 2026 6:00 p.m. – Diving Prelims and Finals
Saturday February 14, 2026 8:45 a.m. – Division II Swim Finals
Saturday February 14, 2026 3:15 p.m. – Division I Swim Finals

- The NHIAA, in consultation with the Swimming and Diving Committee, shall be responsible for any decisions regarding the completion of the meet in the event any technical issues arise. On the chance that any event(s) are not completed during the scheduled date/time, those events will be completed on the next available date and time.

MEET DIRECTOR: Tim Hernon

ASST. MEET DIRECTOR: Lisa Gowern

MEET MANAGER: Bob Ouellette

MEET REFEREE: Ken Galica & Jason DeHoyos

DIVING REFEREE: Anne Zwart

RULES: NFHS 2025-26 Rules and NHIAA 2025-26 Policy and Procedure Manual

MEET FORMAT: The meet will be conducted as a timed finals “championship meet” in accordance with the NFHS 2025-26 Swimming and Diving Rulebook.

Swimming Events:

- ALL INDIVIDUAL EVENTS, EXCEPT BACKSTROKE, WILL START WITH THE PRECEDING HEAT IN THE WATER.

Diving Event:

- Divers will complete all preliminary and final rounds of eleven (11) during the Friday evening session
- The final twelve places for each division shall be determined by the overall score for eleven dives.

- Divers may modify their dive sheets up to half an hour before the diving meet begins on Friday, February 13, 2026.

ENTRY RULES: Entries for Divers and Swimmers must be submitted on Swimcloud www.swimcloud.com on or before 12:00 p.m. Friday, February 6, 2026. If your school offers the sport and is not entering any athletes into the meet, or no athletes have qualified for the meet, the NHIAA must be notified in writing before or on the deadline date. Email notification is acceptable. There is no section on Swimcloud to indicate this information.

- Each team shall be permitted a maximum of four (4) entries in an individual event, and one team in a relay event.
- Dive entries should also be entered into cleanentries.com as well.

RELAY ENTRY RULES: Any swimmer entered in the meet, or designated as an alternate in Swimcloud, is eligible to swim relays. "Relay only swimmers" need to be designated as a member or alternate in Swimcloud on one or more relays in order to be eligible for relays. **All relay teams must include one or more qualified athletes entered in the meet.**

- Relay Only Swimmers:
 - If a team has one to three (1-3) qualifying athletes for the state meet, four (4) relay only swimmers will be allowed to be submitted.
 - If a team has four (4) qualifying athletes for the state meet, three (3) relay only swimmers will be allowed to be submitted.
 - If a team has five or more (5+) qualifying athletes for the state meet, two (2) relay only swimmers will be allowed to be submitted.

All relay cards will be due by the times listed below. (These times may be adjusted by the meet director based on the time line of the meet)

200 Medley Relay – Prior to the start of the second warm-up session

200 Free Relay – **By the end of Event #8**

400 Free Relay – **By the end of Event #14**

DIVING ENTRY RULES: Divers shall have successfully completed (average score of 3.5 or greater) a minimum of eleven (11) different dives in competition during the qualifying period: Two (2) different dives from each of the five (5) categories and one (1) additional optional dive from any of the five (5) categories to total a minimum of eleven (11) different dives. No diver shall attempt a dive at the State Championship Meet that he/she has not successfully completed with a minimum average score of 3.5 or greater at least once during the qualification period.

Dive Entries shall be declared on CleanEntries.com website no later than 12:00 p.m. on Friday, February 6, 2026 www.cleanentries.com. Divers will be allowed to change dives up to 30 minutes before the start of preliminary competition. Coaches should bring copies of regular season confirmation of completed dives to the state meet.

ENTRY QUALIFICATION TIMES:**Tournament Qualification Standards
Swimming: Division I**

Event	Boys	Girls
50 Freestyle	26.49	28.99
100 Freestyle	59.49	1:03.99
200 Freestyle	2:17.99	2:17.99
500 Freestyle	6:24.99	6:24.99
100 Butterfly	1:08.99	1:15.49
100 Backstroke	1:10.99	1:12.99
100 Breaststroke	1:17.99	1:22.99
200 Individual Medley	2:33.99	2:39.99

**Tournament Qualification Standards
Swimming: Division II**

Event	Boys	Girls
50 Freestyle	26.99	28.99
100 Freestyle	59.99	1:03.99
200 Freestyle	2:19.99	2:24.99
500 Freestyle	6:24.99	6:24.99
100 Butterfly	1:13.99	1:15.49
100 Backstroke	1:12.99	1:13.49
100 Breaststroke	1:19.99	1:22.99
200 Individual Medley	2:37.99	2:40.49

AWARDS: NHIAA Championship and Runner-up plaques will be awarded to the respective Champion and Runner-up team for boys and girls. Custom medals will be awarded for first through sixth place in all events; custom ribbons will be awarded for seventh through twelfth place in all events.

- **MEET RESULTS:** Results will be posted in the upstairs hallways outside of the pool area, and will also be available via Meet Mobile.

Click the links below to be taken to the Live Results

- **Division I Link**
- **Division II Link**

AWARDS PRESENTATION: The schedule for the presentation of awards will be included in the Coaches Packet.

COACHES' MEETING: Pertinent meet information will be emailed to the coaches for review. Any questions can be addressed via email or coaches can request a virtual meeting.

SHAVING: No shaving is permitted within the swimming venue.

MEET ELIGIBILITY: All qualifying times will be considered verified if they have been verified by a referee and submitted to Swimcloud and posted on their website. All individual athletes must have completed the four (4) meet minimum and met the meet qualifying standards. Athletes who have not met these requirements will be disqualified.

DECK RESTRICTIONS: The number of swimmers and coaches on deck is limited due to fire codes. A separate staging area will be available for team personnel that are not allowed on deck at any one time. There shall be no more than four (4) coaches on deck per school at any time(wristbands will be provided to coaches). Two (2) coaches for each gender is suggested; i.e. two (2) girls coaches and two (2) boys coaches. Understanding that a coach must supervise all athletes at all times.

ADMISSION AND FEES:

Ticket sales will open thirty minutes prior to warm-ups

Friday; Diving Championship – Student/Seniors \$5.00 Adults \$7.00

Saturday; Division I Swimming Championship – Student/Seniors \$7.00 Adults \$10.00

Saturday; Division II Swimming Championship – Student/Seniors \$7.00 Adults \$10.00

Only those athletes entered in the meet will be admitted to the competitor seating area. All others are required to pay the admission fee.

PROGRAMS: Will be available at the meet.

An athlete who is entered in an event who intends not to swim must indicate to the Referee an intention to declare a false start prior to the time the heat is called to the starting blocks (Rule 3-2-3).

MEET/PROTEST COMMITTEE: The Meet Director will designate a Meet/Protest Committee for each division consisting of two (2) coaches, the Meet Director, the Meet Referee, the Diving Referee and one (1) athlete.

DIRECTIONS: Take the Route 155A exit off Route 4 in Durham. The pool is in the athletic complex on the right.

PARKING: All posted parking restrictions for all lots, meters, etc. will apply. You will need to park at a metered spot to avoid a ticket. Please be considerate of the students and other users of the UNH facilities.

AWARDS REMINDER: Upon conclusion of the State Meet, please be sure to collect your awards (medals and ribbons) from the Meet Director.