Idaho High School Activities Association

2026 State Swimming Tournament Manual

DAIRY WEST RealGood

IHSAA

November 6-7, 2026

Dairy West
Official Sponsor of IHSAA State Championship Events

Welcome

Congratulations! The Idaho High School Activities Association welcomes your school to the 2026 State Swimming Championships. This event is the culmination of countless hours of dedicated training by many outstanding Idaho student-athletes and schools. We hope it will be an enjoyable and rewarding experience for all participants. Thanks to all tournament officials, coaches, participants, parents, fans, management and member schools who have worked diligently to make this year's tournament a successful event.

Good Luck to all Participants!

Pre-Tournament School Responsibilities

- Coaches must log into their MaxPreps account and declare all athletes for State (**including possible at-large berths**). Deadline is Saturday, Oct. 31st.

- **Submit sweatshirt order for qualifiers ONLY (alternates are not eligible) at www.idhsaa.org**
  - Under the "Schools" tab CLICK "Rosters"
  - Log in with Username and Password used to update school directory
  - Select appropriate activity
  - Verify School Details – If changes are needed; CLICK "Edit My School" If correct; CLICK "My School is Correct"
  - Submit Sweatshirt Order – The total number of shirts requested must be no more than the number of qualified participants. ****** To purchase additional sweatshirts, contact Ben at McU Sports ben@mcusports.com
  - SUBMIT FORM

Coaches' Meeting

There will be a mandatory, online coaches meeting **Tuesday, November 3rd at 7:00 pm MT**. Link will be sent to coaches two days prior.

Team Packet Pick-up

Coaches may pick up their team packets **between noon – 5 pm, Thursday, November 5th** at the IHSAA office (8011 Ustick Rd., Boise, 83704). If coaches ae unable to pick up team packets at this time, they can get them at team check in on Friday.

Admission

PLEASE NOTE: TICKETS WILL BE ALLOCATED DIRECTLY TO TEAMS BASED ON THE NUMBER OF QUALIFIERS.

If teams do not sell their allocated tickets, they will be released to the public for purchase online using the GoFan app on your mobile device. Link can be found at www.idhsaa.org

Session Ticket –Friday	
General Admission	$ 12.00
Discount Ticket	$ 10.00

Session Ticket - Saturday	
General Admission	$ 13.00
Discount Ticket	$ 11.00

NOTE Discount Tickets:

- Seniors 55 & older
- Students in grades 7-12 with an activity card
- Students in grades 1-6

*Children 5 & under admitted free

STATE MEET SCHEDULE

November 6 & 7 – West YMCA, Boise Aquatic Center

5959 N Discovery Way, Boise

Meet Director: Deb Hill
Meet Referees: Vicki Marsh & Chad Schaffer
IHSAA Administrator: Julie Hammons

Friday, November 6

Session 1:	**5A Prelims**
7:30 AM	Team Check In
7:45 AM	Coaches' Meeting
8:00 AM	Warm Ups
8:15 AM	Doors Open for Spectators
8:30 AM	Officials' Meeting
9:15 AM	Competition Begins
12:15 PM	Competition Concludes

(Note: 15 min cool down will be allowed at the end of Session 1)

Session 2:	**6A Prelims**
1:15 PM	Team Check In
1:30 PM	Coaches' Meeting
1:45 PM	Warm Ups
2:00 PM	Doors Open for Spectators
2:15 PM	Officials' Meeting
3:00 PM	Competition Begins
6:00 PM	Competition Concludes

(Note: 15 min cool down will be allowed at the end of Session 2)

DECK AND FACILITY WILL BE CLEARED AT THE CONCLUSION OF 5A PRELIMS

Saturday, November 7

Session 3:	**5A FINALS**
7:30 AM	Team Check In
7:45 AM	Coaches' Meeting
8:00 AM	Warm Ups
8:15 AM	Doors Open for Spectators
8:30 AM	Officials' Meeting
9:15 AM	Competition Begins
12:15 PM	Competition Concludes

(Note: 15 min cool down will be allowed at the end of Session 3)

12:30 PM 5A Team Awards
Approximate

Session 4:	**6A FINALS**
1:45 PM	Team Check In
2:00 PM	Coaches' Meeting
2:15 PM	Warm Ups
2:30 PM	Doors Open for Spectators
2:45 PM	Officials' Meeting
3:30 PM	Competition Begins
6:30 PM	Competition Concludes

(Note: 15 min cool down will be allowed at the end of Session 4)

6:45 PM 6A Team Awards
Approximate

DECK AND FACILITY WILL BE CLEARED AT THE CONCLUSION OF 5A FINALS

SUPERVISION / DECK ACCESS LIMITATION

Each school is responsible for the conduct of its students. IHSAA rules require schools to provide close supervision at all contests and asks for support and cooperation of administrators in enforcing the following rules:

1. No one other than authorized individuals will be allowed on deck or in restricted areas – TWO COACHES PER TEAM ALLOWED IN COACHES' AREA.
2. Persons who enter the deck or restricted areas **will be removed** from the premises for the remainder of the meet.

Rules
This meet will be governed by the rules of the IHSAA and the National Federation of State High School Associations. This is a USA Swimming observed meet.

Representation
Twenty-one (21) individuals per event/classification and twelve (12) relays per classification will qualify for the state meet. The representation per district and classification are as follows:

6A District	Indiv. Events	Relays
I-II	2*	2**
III	9*	7**
IV-V-VI	3*	2**

* Next seven fastest times statewide qualifies
** Next fastest time statewide qualifies

5A District	Indiv. Events	Relays
I-II	2*	2**
III	2*	1**
IV	4*	3**
V-VI	3*	3**

* Next ten fastest times statewide qualifies
** Next three fastest times statewide qualifies

Individual swimmers may swim a maximum of four events, no more than two of which may be individual events. Preliminaries and finals are considered one meet. Relay only swimmers must be listed in the master entry file. All relay swimmers and alternates must be entered in the file.

Declared False Start: In the event that an athlete choses to "Declare False Start" (DFS), the following procedures should be followed: (from NFHS Rule 3-2-3).

- ***For Prelims session***: A declared fall start must be communicated to the referee prior to the start of the athlete's event.
- ***For Finals session:*** A declared false start must be communicated to the referee 15 minutes prior to the start of the finals session.

If the declared fall start is correctly communicated prior to the stated time frame, no penalty will be provided to the athlete. A declared false start does not disqualify the competitor from further competition or nullify previous performances. ***However, the event still counts as one of the competitors events and they may not exceed 4 events for the meet (no more than 2 individual events).*** For more clarification please see NFHS Rule 3-2 situations and Rulings in the NFHS Swimming Rulebook.

Seven lanes will be used in prelims for individual events; six lanes will be used for relay events. 5A and 6A preliminary events will swim in separate sessions on Friday, seeded in championship format by times from district meets. All finals events will swim and score in separate sessions on Saturday. Six finalists and six consolation finalists for individual events, six finalists and six consolation finalists for relay events per classification. The top 12 in individual events will score, the top 9 relay events will score.

Scoring Individual events: 16, 13, 12, 11, 10, 9, 7, 5, 4, 3, 2, 1

Relays: 32, 26, 24, 22, 20, 18, 14, 10, 8

Coaches will be given relay cards in their coaches' packets. Relay swimmers will carry their cards to the blocks with them.

Order of Events
200 Medley Relay
200 Freestyle
200 Individual Medley
50 Freestyle
10 min break

100 Butterfly
100 Freestyle
500 Freestyle
10 min break
200 Freestyle Relay
100 Backstroke
100 Breaststroke
400 Freestyle Relay

Parking
Parking is limited at the facility. Local teams, please don't have your athletes drive themselves and park onsite. Consider carpooling if at all possible.

Team Check In
Each team packet will contain a qualifiers' list and only those athletes plus designated alternates will be allowed on deck. No exceptions. Buses should drop participants off in the front of the facility and teams will follow the signs to team check in. PLEASE ENTER AS A GROUP AND BE ACCOMPANIED BY A COACH.

Awards
Awards will be presented intermittently throughout Saturday finals with the team awards at the conclusion of the session.

Academic Champions: Plaques will be awarded to the boys and girls teams with the highest cumulative team GPA in 6A and 5A. Awards will be presented prior to the National Anthem on Saturday.

Team Awards: Trophies will be awarded to the champion, runner-up, third and fourth place teams for boys and girls in 6A and 5A. Championship banners from Dairy West will be awarded to all first-place teams.

Individual Awards: The top 6 finishers in each event will receive medals in 6A and 5A.

Meet Committee
The Meet Committee is responsible for the proper conduct and supervision of the State Swimming meet.
2026 Meet Committee:
Deb Hill, Meet Director
District Rules' Interpreters
Julie Hammons, IHSAA Administrator

Concessions
TBD

Restrooms
Portable toilets, some with handicap access, will be located around the area. Participants will be allowed to use the locker rooms.

T-shirts/ Souvenir Merchandise
State Championship merchandise, including t-shirts, sweatshirts, and other items will be available for purchase from McU Sports on Friday afternoon and Saturday during the meet.

Hotel Conduct/Supervision
Please make sure your athletes are properly supervised at all times. Coaches are strongly encouraged to check rooms closely upon arrival and again at departure.

Tournament Information/Guidelines

Pre-Meet Practice
Teams will be allowed to practice as time/space allows. Please contact the Boise Aquatic Center to arrange practice times.

Locker / Dressing Rooms
Participants will be allowed to use the locker rooms at the West YMCA. However, no personal items should be stored or left in the locker rooms. All teams must keep their items in their designated team area. The IHSAA / West Y are not responsible for damaged or missing items. Please keep valuables at home.

Warm Ups
Warm up and cool down lanes will be available for the entirety of the meet.

Officials
Officials will be provided by the IHSAA and will be IHSAA and USA Swimming certified.

National Anthem
The National Anthem will be played at the start of each session.

Protests
NFHS Swimming Rule 4-1-2
Authorized Officials
In championship meets, a meet committee and a meet director shall assume responsibility for all aspects of meet management. The meet committee shall make decisions on matters not specifically covered by the rules or on misapplication of a rule during a meet. Judgment calls of officials are not subject to review by this committee. The decisions of the meet committee are final.

Programs / Heat Sheets
The composition and printing of tournament programs and heat sheets are the responsibility of the IHSAA. Heat sheets will be provided for coaches and officials. Meet mobile will also be available. Each team will receive one complimentary souvenir program.

Sportsmanship
IHSAA SPORTSMANSHIP RULES

The following sportsmanship rules will be in effect at all IHSAA state play-offs and championship events:

1. Full and/or half face painting are not permitted - Partial face painting is permitted such as small markings on the cheeks, nose, or forehead. Covering the face or head with a mask, or anything that obscures identification, is not permitted. School mascots and halftime performers are excluded.
2. Posters/Banners/Signs - All signs must display only positive support for one's own team.
3. Artificial Noisemakers - Artificial noisemakers are prohibited.
4. Balloons -Balloons are not permitted at any IHSAA state play-in game or championship event.
5. Attire - Bare chests are not permitted (participants excluded). Shirts must be worn.
6. Inappropriate Behavior - The following are not permitted:
   a. Throwing objects onto (or entering) the playing area before, during or after a contest.
   b. Verbal harassment or derogatory remarks directed toward an opponent or official.

CROWD CONTROL

Each school is responsible for the conduct of its students and adult fans. IHSAA rules require schools to provide close supervision at all contests and asks for support and cooperation of administrators in enforcing the following rules:

1. No one other than authorized individuals will be allowed on the pool deck or in restricted areas.
2. Persons who enter the pool deck or restricted areas will be removed from the premises for the remainder of the tournament.

High School Media Credential Protocol

Members of the school media (school newspaper/yearbook) will be issued IHSAA tournament credentials by the school's Athletic Director and must comply with mainstream media guidelines.

Broadcasting/Web casting

Live video and audio broadcasting of IHSAA State events (full or condensed versions) is strictly prohibited and in direct violation of the IHSAA's agreement with the NFHS Network and Idaho Sports.com.
Broadcasting or streaming events declined by the NFHS Network and/or Idaho Sports.com must be approved by the Idaho High School Activities Association and each member school that is participating in this event.

IHSAA Webcast Partner: NFHS Network

Exclusive video broadcast rights of IHSAA sponsored State Tournament events are contracted through the NFHS Network. Permission for cable operators, newspapers, radio stations, television stations, school broadcasting, private individual or Internet sites in relation to video broadcast of IHSAA sponsored State Tournament events must be done by contacting NFHS Network. Credentials will not be granted to media not receiving clearance from the IHSAA through NFHS Network.