

Girls Independent Schools League
2026 Swimming and Diving League Championship
Hosted by Ladue Horton Watkins High School

To: Athletic/Activity Directors, Swimming & Diving Coaches
From: Nick Gianino, Activities Director, and Rob Peglar, Head Coach, LHWHS
When: Dive: Sunday, February 1st 2026 Swim: Saturday, February 7th 2026
Diving: Warmups at 12:15 PM, two boards available. Competition Begins at 1:00 PM
11 dives, if >20 divers we will cut to 20 after 5 dives. Cut to 16 after 8 dives.
Swimming: Warmups 7:30 AM - 8:55 AM in three groups (lane assignments TBD)
Competition Begins at 9:00 AM sharp.

Swimming Events: Timed Finals in normal NFHS championship meet format as follows:

- 200 Medley Relay (must list relay alternates; counts toward maximum 4 events)
- 200 Free, 200 IM, 50 Free
- 15-Minute Break where diving would occur during a normal dual meet – pool open for general warmup
- 100 Fly, 100 Free, 500 Free
- 200 Free Relay (must list relay alternates; counts toward maximum 4 events)
- 100 Back, 100 Breast
- 400 Free Relay (must list relay alternates; counts toward maximum 4 events)

Meet Rules: 4 team entries per individual event and 1 team entry per relay event.

ALL entries MUST include a verifiable SEED TIME - no seed time, no entry. “NT” entries are not accepted. Heats are flat-seeded, slowest heat first, fastest heat last.

Championship meet scoring, 16 places 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1, relays 2X.

An individual may compete in 4 events with a maximum of 2 individual events. Alternates in relays count towards the maximum.

Entries must be received by noon Friday, January 30th by email to Rob. Please attach Hy-Tek Team Manager export entry file to email. **Entries submitted by PDF are not accepted. Please use your approved MSHSAA acronym with your entry.** Hy-Tek events file will be provided not later than noon on Monday, January 19th. Please include divers in your Hy-Tek entry. Please attach their dive sheets (PDF) or embed in the body of your email in the form of dive # with position (e.g., Dive 1, 203C). Meet will be published online in real-time via Meet Mobile.

Most Sincerely,

Rob Peglar
Head Coach, Swimming and Diving
robert.peglar@ladueschools.net
(314) 308-6983 call or text

Nick Gianino
Activities Director
ngianino@ladueschools.net
(314) 983-5406 Office