



**WYOMING STATE 3A/4A  
SWIMMING & DIVING CHAMPIONSHIPS**  
*Cheyenne East Aquatics Facility*  
*2800 E. Pershing Blvd.*

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To: Boys 3A and 4A Swimming & Diving Coaches

From: Jerry Schlabs, Meet Director

Date: January 20, 2026

Subject: Meet Information – Boy's State Swimming & Diving Championship Meet

Enclosed is the meet information for the 2026 3A and 4A Boy's Swimming & Diving Championships to be held February 19-21, 2026.

**MEET SCHEDULE**

Wednesday February 18, 2026	Thursday February 19, 2026	Friday February 20, 2026	Saturday February 21, 2026
<b>5:30 p.m.</b> 4A Assigned Team Warm-up Sessions (Call/Text Katie Blunn to schedule 306-620-1110)	<b>10:00 a.m.</b> 4A Entries Due  <b>12:00 p.m.</b> 4A Warm-ups begin (open until 2:00 p.m.)  <b>2:00 p.m.</b> 4A Diving Prelims/Semis 4A assigned swim warm-ups 4A Sprint Sessions (Immediately after diving) 4A Swim Prelims (30-minutes after diving)  <b>7:00 p.m.</b> 3A Assigned Team Warm-up Sessions (Call/Text Katie Blunn to schedule 307-620-1110)	<b>8:00 a.m.</b> 3A Entries Due 4A Open Warm-ups begin  <b>8:55 a.m.</b> 4A Warm-ups and Sprint Sessions (Open)  <b>9:45 a.m.</b> Clear the Pool  <b>10:00 a.m.</b> 4A Swim & Dive Finals  <b>2:00 p.m.</b> 3A Open Warm-ups begin  <b>4:00 p.m.</b> 3A Diving Prelims/Semis 3A assigned Sprint Sessions (Immediately after diving) 3A Swim Prelims (30-minutes after diving)	<b>8:00 a.m.</b> 3A Open Warm-ups begin  <b>8:55 a.m.</b> 3A Warm-ups and Sprint Sessions (Open)  <b>9:45 a.m.</b> Clear the Pool  <b>10:00 a.m.</b> 3A Swim & Dive Finals

## **SWIMMING ENTRIES**

- 4A entries are due Thursday, February 19<sup>th</sup> @ 10:00 a.m. and 3A due Friday, February 20<sup>th</sup> @ 8:00 a.m.
- All entries must be on Hy-Tek. Entries should be emailed to [jerry.schlabs@laramie1.org](mailto:jerry.schlabs@laramie1.org) on the appropriate attached event file.
- Electronic entries for swimming and diving are the official entries.
- Cell phone – please include a number with your entries where you can be reached while in Cheyenne.
- Changes to entries are allowed up until entry deadline.
- A Hy-Tek printout of your entries (for confirmation of entries received) available upon request.
- Athlete's grade in school must be included in the entries. To include grade in school, you must go to preferences in Team Manager and create a field to allow you to enter the grade for an athlete. Go to Setup – System Preferences & check “Show School Year.” Then go to Athletes – Choose Athlete – School Year and Select Year. Please use the following abbreviations: FR-SO-JR-SR.
- Non-qualified relay athletes must be included on your team roster in your electronic entries. To enter them you will need to go to one of your relays and put their name in as a swimmer/alternate on that relay.

## **DIVING ENTRIES**

- 4A Diving Sheets are due by 10:00 a.m., Thursday, February 19<sup>th</sup>.
- 3A Diving Sheets are due by 8:00 a.m., Friday, February 20<sup>th</sup>.
- Changes will be allowed until ONE hour prior to the meet start time.
- The fillable dive card attached must be used.

## **RELAY CARDS**

- Official State Relay Cards must be used and will be available at the meet.
- Preliminary cards are YELLOW.
- Finals cards are BLUE.
- Remember to include heat and lane numbers on your relay cards.

## **LOCKER ROOMS**

- Locker rooms will be assigned and signs will be posted.
- Remind your athletes to bring only necessary items for the meet and do not leave any items in the locker rooms. Cheyenne East High School is not responsible for lost or stolen items.

## **SCHEDULED WARM-UPS**

- If you wish to schedule a workout time prior to the regularly scheduled warm-up time, call or text Katie Blunn at (307) 620-1110 to arrange a time.
- 4A workout sessions begin at 5:30 p.m. on Wednesday, February 18<sup>th</sup>.
- 3A workout sessions begin at 7:00 p.m. on Thursday, February 19<sup>th</sup>.
- Girls are not allowed to work out during the boy's state meet.

## **TEAM PICTURES**

- Team photos and names are due by February 5<sup>th</sup>. Please email your professional digital photo and names to Jerry Schlabs at [jerry.schlabs@laramie1.org](mailto:jerry.schlabs@laramie1.org) by the due date to be included in the program.

## **CLERK OF COURSE**

- Championship finalists are required to check in at the clerk of course.
- The staging area is on the East side of the pool, by the 3-meter diving boards.
- Athletes in Championship Finals are expected to participate in the Finals March.

## **AWARDS PRESENTATION**

- Awards will be given after the FINALS HEAT of each event.
- Senior Recognition will be after the 200 Free Relay.
- Athletes must wear team attire when receiving their awards. Parkas are recommended. If your team does not have parkas, you can wear team warm-ups or other team attire (no swimsuits).

## **BODY PAINT**

- Body paint should be applied at home or at the hotel, before arriving at the pool. Please DO NOT apply OR remove body paint at Cheyenne East.

## **CRITERIA FOR ACHIEVING ALL-STATE – WYOMING COACHES ASSOCIATION**

- Top two finishers of individual events and the top finisher in each relay. Certificates will be provided at the meet by the Wyoming Coaches Association

## **WYOMING SWIMMING & DIVING COACHES ASSOCIATION AWARDS**

- The Wyoming Swimming & Diving Coaches Association awards the top three finishers in individual events as well as the top three relays.
- A template to complete the certificates can be found on the WHSAA State Swim & Dive page.

## **TEAM CAMPS**

- Teams are not allowed to sit behind the diving boards. Teams may camp on the North, West, and South sides of the pool.

## **SPECTATORS**

- NO RESERVED SEATING! Please review WHSAA Rule 4.3.0 with your parents.

## **RESULTS**

- Hard copies of all results will be available in the team folder in the office. A Hy-Tek Team Manager Export of the meet will be sent to you on or before Monday, February 23, 2026.

### **OTHER INFORMATION/MISC.**

- We will have a coaches and officials hospitality room in breezeway off of deck. Managers are not allowed in the hospitality room.
- State swim meet apparel provided by WHSAA vendor agreement.
- Concessions will be provided by Cheyenne East.
- WHSAA school/team abbreviation must be used.

### **CHEYENNE EAST AQUATICS FACILITY WARM-UP/COOL-DOWN PROCEDURES**

- Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to the Cheyenne East Aquatics Facility.
- Coaches must supervise their swimmers throughout the warm-up and cool-down sessions.
- Coaches must supervise their athletes while the meet is being conducted, including the cool-down area.
- Feet first entries for swimmers shall be required for the warm-up and cool-down sessions except during designated sprint sessions.



## **4A STATE MEET WARM-UP SCHEDULE**

Thursday, February 19, 2026			Thursday, February 19, 2026	
4A Swimming Warm-up			Sprint Session Following Diving	
1:30-2:00	2:00-2:30	2:30-3:00	1 <sup>st</sup> 10-Minutes	2 <sup>nd</sup> 10-Minutes
Competition Pool			Competition Pool	
Lane 1-CLOSED	Lane 1-CLOSED	Lane 1-CLOSED	Lane 1-CEN	Lane 1-CAM
Lane 6-CEN	Lane 6-NCH	Lane 6-CSO	Lane 2-CEN	Lane 2-KWH
Lane 7-CEN	Lane 7-EVN	Lane 7-JAC	Lane 3-RIV	Lane 3-CSO
Lane 8-RIV	Lane 8-CAM	Lane 8-RSP	Lane 4-THB	Lane 4-JAC
Lane 9-THB	Lane 9-SHE	Lane 9-LAR	Lane 5-GRV	Lane 5-RSP
Lane 10-GRV	Lane 10-KWH	Lane 10-LAR	Lane 6-EAS	Lane 6-LAR
West Warm-up Pool			Lane 7-NCH	Lane 7-OPEN
Lane 1-EAS	Lane 1-OPEN	Lane 1-OPEN	Lane 8-EVN	Lane 8-OPEN
Lane 2-EAS	Lane 2-EVN	Lane 2-OPEN	Lane 9-SHE	Lane 9-OPEN
Lane 3-GRV	Lane 3-CAM	Lane 3-OPEN	Lane 10-OPEN	Lane 10-OPEN
Lane 4-OPEN	Lane 4-KWH	Lane 4-OPEN		

Friday, February 20, 2026		Friday, February 20, 2026	
4A Finals Swimming Warm-up		4A Finals Sprint Session	
8:25-8:55	8:55-9:25	9:25-9:35	9:35-9:45
Competition Pool		Competition Pool	
Lane 1 -JAC/SOUTH	Lane 1-EVN	Lane 1-CSO/EAS	Lane 1-RSP
Lane 6-CEN	Lane 6-CAM	Lane 6-JAC/NCH	Lane 6-EVN
Lane 7-RIV	Lane 7-SHE	Lane 7-CEN	Lane 7-CAM
Lane 8-THB	Lane 8-KWH	Lane 8-RIV	Lane 8-SHE
Lane 9-GRV	Lane 9-LAR	Lane 9-THB	Lane 9-KWH
Lane 10-NCH	Lane 10-RSP	Lane 10-GRV	Lane 10-LAR
West Warm-up Pool			
Lane 1-EAS	Lane 1-OPEN		
Lane 2-JAC	Lane 2-OPEN		
Lane 3-Sou	Lane 3-OPEN		
Lane 4-OPEN	Lane 4-OPEN		

Thursday – Open warm-ups on West end after 3:00 p.m.

Friday – Diving boards close at 9:40 a.m.

Friday – 4A Finals begin at 10:00 a.m.

## **3A STATE MEET WARM-UP SCHEDULE**

Friday, February 20, 2026			Friday, February 20, 2026	
3A Swimming Warm-up			Sprint Session Following Diving	
3:30-4:00	4:00-4:30	4:30-6:00	1 <sup>st</sup> 10-Minutes	2 <sup>nd</sup> 10-Minutes
Competition Pool			Competition Pool	
Lane 1-CLOSED	Lane 1-CLOSED	Lane 1-CLOSED	Lane 1-LAN	Lane 1-POW
Lane 6-LAN	Lane 6-COD	Lane 6-BUF	Lane 2-LAN	Lane 2-RAW
Lane 7-LAN	Lane 7-COD	Lane 7-BUF	Lane 3-NEW	Lane 3-DOU
Lane 8-NEW	Lane 8-POW	Lane 8-LYM	Lane 4-SUB	Lane 4-BUF
Lane 9-KEM	Lane 9-RAW	Lane 9-LYM	Lane 5-KEM	Lane 5-BUF
Lane 10-SUB	Lane 10-DOU	Lane 10-WOR	Lane 6-COD	Lane 6-WOR
West Warm-up Pool			Lane 7-COD	Lane 7-LYM
Lane 1-OPEN	Lane 1-OPEN	Lane 1-OPEN	Lane 8-OPEN	Lane 8-OPEN
Lane 2-OPEN	Lane 2-OPEN	Lane 2-OPEN	Lane 9-OPEN	Lane 9-OPEN
Lane 3-OPEN	Lane 3-OPEN	Lane 3-OPEN	Lane 10-OPEN	Lane 10-OPEN
Lane 4-OPEN	Lane 4-OPEN	Lane 4-OPEN		

Saturday, February 21, 2026		Saturday, February 21, 2026	
3A Finals Swimming Warm-up		3A Finals Sprint Session	
8:25-8:55	8:55-9:25	9:25-9:35	9:35-9:45
Competition Pool		Competition Pool	
Lane 1-DOU	Lane 1-LYM	Lane 1-LYM	Lane 1-DOU
Lane 6-NEW	Lane 6-KEM	Lane 6-KEM	Lane 6-NEW
Lane 7-POW	Lane 7-LAN	Lane 7-LAN	Lane 7-POW
Lane 8-COD	Lane 8-LAN	Lane 8-RAW	Lane 8-COD
Lane 9-BUF	Lane 9-RAW	Lane 9-SUB	Lane 9-BUF
Lane 10-WOR	Lane 10-SUB	Lane 10-OPEN	Lane 10-WOR
West Warm-up Pool			
Lane 1-OPEN	Lane 1-OPEN		
Lane 2-OPEN	Lane 2-OPEN		
Lane 3-OPEN	Lane 3-OPEN		
Lane 4-OPEN	Lane 4-OPEN		

Friday – Open warm-ups on West end after 5:00 p.m.

Saturday – Diving boards close at 9:40 a.m.

Saturday – 3A Finals begin at 10:00 a.m.

## ORDER OF EVENTS

- 1 200 Yard Medley Relay
- 2 200 Yard Freestyle
- 3 200 Yard Individual Medley
- 4 50 Yard Freestyle
- 5 1 Meter Diving
- 6 100 Yard Butterfly
- 7 100 Yard Freestyle
- 8 500 Yard Freestyle
- 9 200 Yard Freestyle Relay
- 10 100 Yard Backstroke
- 11 100 Yard Breaststroke
- 12 400 Yard Freestyle Relay



## SCHOOL ABBREVIATIONS

3A SCHOOLS	ABBREVIATION	4A SCHOOLS	ABBREVIATION
Buffalo	BUF	Campbell County	CAM
Cody	COD	Cheyenne Central	CEN
Douglas	DOU	Cheyenne East	EAS
Kemmerer	KEM	Cheyenne South	CSO
Lander Valley	LAN	Evanston	EVN
Lyman	LYM	Green River	GRV
Newcastle	NEW	Jackson Hole	JAC
Powell	POW	Kelly Walsh	KWH
Rawlins	RAW	Laramie	LAR
Big Piney/Pinedale	SUB	Natrona County	NCH
Worland	WOR	Riverton	RIV
		Rock Springs	RSP
		Sheridan	SHE
		Thunder Basin	THB