



Francisco Navarro, Oakland Section Commissioner

★★ OAKLAND SECTION ★★

OAKLAND SECTION OFFICE - 1011 UNION STREET - OAKLAND, CA 94607 - (510) 879 - 2438



At the Oakland Section, our mission goes beyond the game. We are dedicated to delivering high-quality coaching, training, and competitive play, all while instilling the values of sportsmanship, integrity, commitment, and mutual respect. Our ultimate goal is to develop the next generation of student-athletes who not only excel on the court, field, pool, course & track but carry themselves with pride and purpose as leaders in their schools and communities.

Our Section is dedicated to offering top-tier coaching, skill development, and competitive play, while fostering the values of sportsmanship, honesty, dedication, self-respect, and respect for others. At the Oakland Section, our goal is to shape future generations of athletes who compete with heart, lead with character, and uplift their teams, schools, and communities.

SWIM & DIVE

The purpose of the sport of Swim & Dive in the Oakland Section is to promote physical fitness, discipline, and individual achievement while fostering a strong sense of teamwork and school pride. Swim & Dive provides student-athletes with a structured environment to develop endurance, technique, and mental focus through rigorous training and competition. The sport encourages goal setting, time management, and personal responsibility, all of which contribute to academic and personal success. By participating in Swim & Dive, students gain confidence, resilience, and a commitment to self-improvement, while also representing their schools in a sport that values both individual excellence and collective effort.

TEAMS COMPETING: KIPP King, Latitude, Oakland HS, Oakland Tech, Skyline

1st Day of Practice - Saturday, January 31, 2026

1st Allowable Contest - Saturday, February 14, 2026

Pre-Season Meeting - Wednesday, March 25, 2026

Sit Out Period - Friday, March 27, 2026

1st OAL Contest - Friday, March 27, 2026

Post Season Meeting - Monday, April 27, 2026

Section Championship - Friday, May 8, 2026

CIF State Championship - May 14-16, 2026

CIF STATE SWIMMING AND DIVING CHAMPIONSHIPS

Dive Championships - Thursday, May 14, 2026

Swim Championships - Friday-Saturday, May 15-16, 2026

Clovis Olympic Swim Complex - Clovis West HS, Clovis



Francisco Navarro, Oakland Section Commissioner

★★ OAKLAND SECTION ★★

OAKLAND SECTION OFFICE - 1011 UNION STREET - OAKLAND, CA 94607 - (510) 879 - 2438



CIF STATE SWIMMING AND DIVING CHAMPIONSHIP REGULATIONS

The State Federated Council rules governing entries per section are as follows:

SWIMMING ENTRIES:

CS – 3; CCS – 3; LACS – 2; NCS – 3; OS – 1; SJS – 3; SDS – 3; SFS – 1; SS – 5; Totals – 24

SWIMMING AT-LARGE ENTRIES:

An athlete shall earn an at-large entry into the State Meet if his/her mark at the final Section competition (which qualifies entrants to the State Meet) is equal to or better than the average of the 16th place qualifying time from the State Meet finals from the three (3) most recent years.

CONSIDERATION TIMES

In the event that there are not 40 automatic qualifiers, consideration times will be used to fill each event to 40 qualifiers/relay teams plus 4 alternates per swimming event. (not including paralympic 50 free). Alternates can be used to replace scratches until the start of the event.

At-Large and consideration times for the 2026 CIF State Swimming Championships will be posted on the CIF website (www.cifstate.org) as well as the Championship Handbook.

DIVING ENTRIES:

(1) Number of swimming entries plus one (1).

CS – 4; CCS – 4; LACS – 3; NCS – 4; OS – 2; SJS – 4; SDS – 4; SFS – 2; SS – 6; Totals - 33

DIVING AT-LARGE ENTRIES:

There will be no at-large qualifiers for diving.

QUALIFYING TO CIF STATE/REGIONAL CHAMPIONSHIPS

Teams/Individuals must compete, and qualify through, their respective CIF Section Championships to participate in CIF State/Regional Championships.