

Minnesota Intercollegiate Athletic Conference



2025-26 MIAC Swimming & Diving Season Preview

Swimming & Diving

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BLOOMINGTON, Minn. – Swimmers and divers from across the Minnesota Intercollegiate Athletic Conference (MIAC) are ready to jump back in the pool for the beginning of the 2025-26 competition season.

Augsburg and Hamline dove into the action head first over the weekend with the Hamline Relay Invite last Saturday. The regular season will begin for more teams this weekend, with Gustavus, Hamline, and St. Catherine all slated to host competitions. Conference squads will then spend the better part of the next four months preparing for the [2026 MIAC Swimming and Diving Championships](#) in February. As the season progresses, the top MIAC [men's](#) and [women's](#) swim times and dive scores will be logged weekly on [MIACathletics.com](#).

The 2026 MIAC Championships will begin on the evening of Wednesday, February 11, and run through Saturday, February 14, with morning prelims and evening finals scheduled for the last three days of the meet. The 2026 Championships will once again take place at the Jean K. Freeman Aquatic Center on the campus of the University of Minnesota, with Macalester College and St. Olaf College serving as this season's hosts. Following the MIAC Championships, the 2026 NCAA Division III Swimming & Diving Championships will be held March 18-21, 2026 at the IU Natatorium on the campus of Indiana University Indianapolis.

2024-25 CHAMPIONSHIP STANDINGS

MIAC Men's Swimming & Diving

Gustavus - 879*
Saint John's - 712
Carleton - 553
Macalester - 462.5
St. Olaf - 438.5
Hamline - 182

MIAC Women's Swimming & Diving

Gustavus - 699*
Macalester - 679
St. Olaf - 576.5
Carleton - 497.5
St. Catherine - 396
Saint Benedict - 320
Concordia - 178
Hamline - 159
Augsburg - dnc

*MIAC Champion

RULE CHANGES

The NCAA Swimming and Diving Rules Committee and NCAA Playing Rules Oversight Panel approved rule changes related to video review, procedural appeal, and diving standardization to align with USA Diving and World Aquatics practices. A full list of the NCAA rule changes for swimming & diving can be found [here](#).

MIAC SPORTS NETWORK

The [MIAC Sports Network](#) powered by Hudl returns as the streaming home of all MIAC-hosted games, events, and championships. The MIAC Sports Network is available on the web (<https://miacsportsnetwork.com/>) along with streaming apps for television and mobile devices, including Android TV, Apple TV, Amazon Fire, Roku (TV), iOS, Android (mobile), and Amazon Fire Tablet. The app can be found and installed free of charge by searching for the MIAC Sports Network.

The 2026 MIAC Swimming & Diving Championships will be streamed live on the [Jean K. Freeman Aquatic Center's YouTube channel](#) in February. Playlist information and links will be made available in advance of the conference meet.

MIAC APP

The MIAC [mobile app](#) is free to fans and can be downloaded on both the [Apple App Store](#) and the [Google Play Store](#) for Android devices.

AWARD WATCH

The MIAC Men's and Women's All-Conference honorees will be announced in February following the conference championships. The top three finishers in each conference championship event, including relays, will receive All-Conference status. Finishers #4-6 and relay finisher #4 at the conference championship meet will receive honorable mention distinction. Head coaches will also vote on individual awards, including Swimmer of the Year, Diver of the Year, Rookie of the Year, and Coach of the Year, following the championships. To be eligible for Rookie of the Year honors, a student-athlete must be a true college first-year student (not a transfer from another institution or an academic sophomore/junior/senior who has not used eligibility).

Throughout the regular season, the MIAC will recognize top individual performances with MIAC Athlete of the Week awards for both swimming and diving. Athlete of the Week awards will be issued on Tuesdays throughout the academic year when at least three MIAC teams have competed in a given week, and nominations for outstanding performances have been submitted.

LOOKING AHEAD

First Meet Date: Saturday, October 4

MIAC Championships: Wednesday, February 11 - Saturday, February 14, 2026

Men's Season Links: [Schedule](#) | [News](#) | [Leaderboard](#) | [Athletes of the Week](#) | [Championships](#) | [Record Book](#)

Women's Season Links: [Schedule](#) | [News](#) | [Leaderboard](#) | [Athletes of the Week](#) | [Championships](#) | [Record Book](#)

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