



Association of China and Mongolia International Schools



西安梁家灘國際學校

XLIS XI'AN LIANGJIATAN
INTERNATIONAL SCHOOL

Head of School's Welcome



Dr. Lily Liu

Head of School

Xi'an Liangjiatan International School

Dear Participants,

Welcome back to Xi'an for the 2026 ACAMIS Swim Meet, proudly hosted once again by Xi'an Liangjiatan International School (XLIS)! As the Head of School, I am delighted to reconnect with familiar faces and greet new friends—two years after our unforgettable 2024 gathering, the excitement of welcoming this prestigious event back to our campus feels even more profound.

Xi'an's timeless history and vibrant culture remain the perfect backdrop for this celebration of sport. We cherished the camaraderie, courage, and joy shared during the 2024 meet, and we are eager to create new, lasting memories for you all—whether you're returning to relive past moments or joining us for the first time. Our team has worked tirelessly to ensure your experience is as warm, inclusive, and memorable as ever.

To the athletes, coaches, and support staff: Your dedication to excellence and passion for swimming continue to inspire us. Embrace the thrill of competition, push your boundaries, and savor the chance to connect with fellow athletes from ACAMIS member schools. As before, remember that the true victory lies in the friendships forged, resilience built, and growth achieved along the way.

To the parents and supporters: Thank you for your unwavering encouragement—your cheers were the heartbeat of our 2024 event, and we know they will once again fuel our athletes to shine. Your presence is a gift that makes these moments truly special.

At XLIS, we believe sports are a powerful catalyst for holistic development—fostering teamwork, resilience, and respect. The 2026 ACAMIS Swim Meet carries forward the spirit we cherished in 2024, and we are honored to embark on this new chapter with you.

Here's to a successful, joyful, and unforgettable competition—may every stroke, cheer, and connection leave a lasting impression!



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Athletic Coordinator's Welcome



Zach Dwyer

Director of Athletics and Activities
Xi'an Liangjiatan International School

Greetings student-athletes, coaches, and parents,

Welcome back to Xi'an Liangjiatan International School for the 2026 ACAMIS Jr. Swim Meet! It is exciting to once again organize and host this major sporting event for all schools within the ACAMIS network. I cannot wait to see our campus buzzing with visitors and seeing the joy that interscholastic sport brings our community.

I hope that your experience at this meet is a memorable one and provides a chance to foster interaction between students from different schools.

With around 1,000 combined student-athletes, coaches, and spectators, this event would not be made possible without the contributions of a dedicated team of support staff. Please feel free to reach out for assistance at any time during your stay in Xi'an and our team will be more than happy to help.

Thank you again for taking the time to attend this competition and giving us your trust to put on a memorable event. On behalf of the entire XLIS community, welcome to Xi'an and have a fantastic time at the 2026 ACAMIS Jr. Swim Meet!

XLIS Swim Meet Team



Kriss Parker
Campus Logistics



Vinson Gou
Head of Aquatics



Richie Li
Pool Operations



Ding Jian
Head Referee and
Marshall



Erica Yang
Hotel and Media



Jay Zhang
ICT Support



Ashley Wang
Transportation



Yoyo Dang
Food



Hakim Halim
Volunteer Coordinator



ShanShan Chen
First Aid



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Tournament Itinerary

Times in the itinerary below are subject to change based on the progress and timing of events throughout the course of the meet. Updates will be communicated in a timely manner.

Day	Time	Event	Notes
Thursday March 12	Various	Travelling Teams arrive in Xi'an and are bussed to hotels.	Teams may share buses. Do not take more seats on a bus than described by itinerary.
Day	Time	Event	Notes
Friday March 13	7:30	Hotel Buses Depart	Buses will lineup outside the hotel and depart when full. There will be no assigned seating.
	8:00	Arrive at XLIS	Receive lanyards upon arrival.
	8:20	Warm up Group A	
	8:35	Warm Up Group B	
	8:50	Warm Up Group C	
	8:50	Coaches Meeting	In coaches' lounge (black box theatre).
	9:10	Opening Ceremony/Welcome Address	In the big gym.
	9:30	Events Begin	All schedules found here: https://xalis.com/acamis/jr-swim-2026/ .
	11:30-13:30	Lunch available for pick-up	Students eat in gymnasium, coaches in lounge.
	16:15	Buses To Hotels	Buses will depart 30-minutes after the final race.
Day	Time	Event	Notes
Saturday March 14	7:30	Hotel Buses Depart	Buses will lineup outside the hotel and depart when full. There will be no assigned seating.
	8:00	Arrive at XLIS	Head straight for gymnasium and/or change rooms.
	8:20	Warm up Group A	
	8:35	Warm Up Group B	
	8:50	Warm Up Group C	
	8:50	Coaches Meeting	In coaches' lounge (black box theatre).
	9:15	Events Begin	All schedules found here: https://xalis.com/acamis/jr-swim-2026/ .
	11:30-13:30	Lunch	Buffet served in the cafeteria, with seating inside and outside.
	16:15-16:45	Awards Presentations	Held in the campus theatre.
	16:45-18:30	Food Festival and Barbecue	Held in the campus courtyard and playground
	18:30	Buses to Hotels/Airport/Train Station	Departure times are flexible for teams who need to leave early.
Day	Time	Event	Notes
Sunday March 15	TBA	Buses to Airport/Train Station as required	Teams may share buses. Do not take more seats on a bus than described by itinerary.



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Meet Protocol and Scoring

Entries regulations:

- Swimmers must be fully enrolled, full-time students at the school they are representing.
- All entries MUST be via Hytek Team Manager to; zach.dwyer@xalis.com
- If you don't have Team Manager version 8 you can download for free the Hy-Tech Team Manager TM8.0 Lite. Link: <https://hytek.active.com/downloads.html>
- Entry deadline is 4:30pm, Tuesday, March 3rd. Alterations can be made until March 9th, after which only scratches will be accepted.
- Two Age Groups (9-10, and 11-12)
 - 9-10 on 12th March 2026
 - 8 year olds are not allowed to swim up.
 - 11-12 on 12th March 2026 *Unless swim ups take place.
 - Students who swam up at the Senior Meet in Shanghai will not be permitted to participate at this meet.
- Maximum number of 8 swimmers per age group and gender. (Max 32 in total)
- Five (5) individual events, and two (2) relays maximum per swimmer.
- Team entries per event are unlimited, but only 4 swimmers per team will score points. i.e. if a team chooses to submit 5 swimmers in the 100m Free, only 4 of those 5 will score which allows for a fairer outcome for smaller teams and promotes a cross section of event selection for swimmer development.
- Swimmers can swim up for individual events but must then swim up for all to score. If swimming up - event organizer must be notified when entries are sent for it to be scored.
- Prelims will not be used for the 9-10 age group. These swimmers will only swim timed finals.
- The 11-12 age group will swim prelims and finals for 50m events. Only timed finals will be used for 100m+ events.
- Schools are to only enter A relays, meaning only one relay team per school per event.
- Swimmers can swim up for relays to form a team if a team has less than 4 swimmers in that age group (1 team per age group max) / gender but no repeats at another age group
- Mixed gender relay teams can swim but not score, but only one team per event.
- Any combined events are scored according to the age group & gender.
- Additional swims are not allowed on the day of the meet. Scratches only. Scratches are to be done during warm up. Warm up lanes and times will be assigned once entries have been received (two or three days before start of meet).
- Qualifying times apply - QT - 200 free 4:30 mins & 400 free 8:00 mins.
- For the Junior Swim event, swimmers entering 100m or longer races must submit accurate times with Hytek entry.
- If a swimmer doesn't swim the Qualifying time 10 team points will be deducted from team scores.
- Please only enter swimmers in events where they have successfully achieved the qualifying times.



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- No time (NT) entries will not be accepted, please provide a time for all swimmers in all events (hand times accepted for this purpose if an official time is not available).
- Swimmers are strongly encouraged to wear swim caps that clearly indicate their school. Swim club caps are not allowed.

Awards and Scoring

- Scoring: 16 places (16, 15, 14, 13, 12, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1) for individual events and double the points for relays.
- Relay points will be awarded to team tallies but not to individual point tallies.
- Top 8 swimmers in each event (Male & Female) will receive 1st – 2nd – 3rd Medals and 4th, 5th, 6th, 7th, and 8th ribbons.
- High Point trophies for top 3 in age group and gender
- Top 3 teams receive trophies. 1st, 2nd, 3rd.
- Best Small Team / Quality team award trophy (qualification to be communicated following entries)

Swimming Rules

- Result or Race Disputes: The ruling for this is 30min after results have been posted. Disputes can only come through a coach. We will then look to correct (if a computer or error on our side) and or give an explanation as soon as we can. We will not be accepting camera or iPad/iPhone footage as evidence to base DQ decisions on.
- Rules related to strokes and turns will be enforced so remind your swimmers that this will occur. FINA disqualification rules apply, as well as the one start rule. Anyone who starts early will be disqualified even if race not recalled.
- Common DQ's to be aware of:
 - Moving forward on the block after the swimmers are set.
 - Incorrect touches i.e. one hand touch in fly or breast.
 - Incorrect starts & turns i.e. IM turns, also swimming freestyle in backstroke turns, breaststroke turns & starts.
- DQ sheets will be placed in team trays for the coaches to collect.

Start / Finish Protocol

- The race starts will be as follows:
 1. One “long whistle” from the starter - this signals the swimmers to get on the block. (swimmers should not get on the block before this)
 2. Starter will say “Take your marks”-At this point the swimmer should be ready to go.
 3. The “Buzzer” will sound – this will signal the start of the race.
- Please be sure they know to have their cap and goggles on before they are called to the blocks ie: while the previous race is in progress or about to finish.



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- We will be doing “fly over starts” for all 100m events except backstroke so please explain to your swimmers at the end of their race to go to the lane-rope in their lane and move 1 meter out from the touch pads and wait for the next heat to start before exiting the pool. (Please ensure they know to be quiet for the start of the next race).
- For fly over starts, swimmers must exit at the side of the pool closest to them after the next race starts, i.e. lanes 1-to-4 exit at lane 1 and lanes 5-to-8 exit at lane 8.
- Please remind swimmers not to climb out over the touch pads - this includes during warm-ups.

Meet Events

Jr. Swim Standard Long Course Program					
Friday			Saturday		
Age	Distance	Stroke	Age	Distance	Stroke
11-12	400	Free*	11-12	200	IM*
9-10	200	Free*	9-10	100	Free*
11-12	100	Breast*	11-12	100	Free*
9-10	50	Back*	9-10	50	Breast*
11-12	50	Back	11-12	50	Breast
9-10	50	Fly*	9-10	50	Free*
11-12	50	Fly	11-12	50	Free
		FINALS	11-12	100	Back*
11-12	50	Back Finals			FINALS
11-12	50	Fly Finals	11-12	50	Breast Finals
9-10	200	Medley Relay*	11-12	50	Free Finals
11-12	200	Medley Relay*	9-10	200	Free Relay*
			11-12	200	Free Relay*

*Timed Finals. All other events prelim / final

Warm Up Groups

Teams have been divided into three warm-up groups and been assigned a lane. Teams with the fewest swimmers in each group are sharing a lane for warm-ups.

Warm Up Group A								
Lane	1	2	3	4	5	6	7	8
School(s)	STAM	NIS	BCIS	WAB	ISF	XLIS	CISB/QISS	CAIS
Swimmers	14	18	23	30	32	18	17	10

Warm Up Group B								
Lane	1	2	3	4	5	6	7	8
School(s)	HAR	SSIS	CISS	SASPX	ISB	DCSD	CISG/VSA	TISM
Swimmers	11	17	19	32	29	25	15	14

Warm Up Group C								
Lane	1	2	3	4	5	6	7	8
School(s)	YCISBJ/BIBA	SHSIS	BSB	WCIS	HIS	SWIS	KEY	HAN/SCIS
Swimmers	14	16	21	32	30	20	16	15



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Participating Teams

Xi'an Liangjiatan International School

XLIS Blue Dragons

18 Swimmers



Xi'an Hanova International School

Hanova Hawks

10 Swimmers



Western Academy of Beijing

WAB Tigersharks

30 Swimmers



International School of Beijing

ISB Dragons

29 Swimmers



Beijing City International School

BCIS Water Warriors

23 Swimmers



British School of Beijing

BSB Aquabears

21 Swimmers



Keystone Academy Beijing

Keystone

16 Swimmers



Harrow Beijing

Harrow Lions

11 Swimmers



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Participating Teams

Yew Chung International School of Beijing

YCIS Scorpions

10 Swimmers



Canadian International School of Beijing

CISB Bobcats

9 Swimmers



Beijing International Bilingual Academy

BIBA Leopards

4 Swimmers



Changchun American International School

CAIS Tigers

10 Swimmers



Canadian International School of Guangzhou

CISG Grizzlies

6 Swimmers



Hangzhou International School

HIS Dragons

30 Swimmers



The Independent Schools Foundation Academy

ISF Qilin

32 Swimmers



Stamford American School Hong Kong

Stamford Lions

14 Swimmers



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Participating Teams

Victoria Shanghai Academy Hong Kong

VSA Sharks

9 Swimmers



The International School of Macao

TIS Tigers

14 Swimmers



Nanjing International School

NIS Lions

18 Swimmers



Qingdao No. 1 International School of Shandong Province

QISS Sharks

6 Swimmers



Shanghai American School Puxi

SAS Aqua Eagles

32 Swimmers



Wellington College International School Shanghai

WCIS Aqualions

32 Swimmers



Dulwich College Shanghai Pudong

DCSD Aqua Panthers

25 Swimmers



Concordia International School Shanghai

CISS Phoenix

19 Swimmers



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Participating Teams

Shanghai Singapore International School

SHSIS Sabres

16 Swimmers



Shanghai Community International School Pudong

SCISPD Dragons

5 Swimmers



Shen Wai International School

SWIS Rocs

20 Swimmers



Suzhou Singapore International School

SSIS Dragons

17 Swimmers



Addresses and Contacts

Campus Address

Xi'an Liangjiatan International School, Xi'an International Community, Xi'an, Shaanxi
西安梁家滩国际学校 - 西安国际社区，三星快速干道以西

Hotel Addresses and Contact

Hyatt Centric - No. 3500, No.1 Yu Hua Road, Yanta District – Tel. (29) 6800-1234
高新凯悦尚萃酒店 - 雁塔区高新鱼化一路 3500 号 - 电话 (29) 6800-1234

Xi'an Grand Hyatt Hotel - Number 12 Jin Ye Road, Gaoxin District – Tel. (29) 8811-1234
西安君悦酒店 - 西安市雁塔区锦业路 12 号 - 电话 (29) 8811-1234

Sheraton Xi'an South - No.99, Tian Gu Qi Road, Gaoxin District – Tel. (29) 6868-6789
西安高新区喜来登酒店 - 西安市高新区天谷七路 99 号 - 电话 (29) 6868-6789



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Name	Responsibility	Title	Contact Number
Zach Dwyer	Event Organizer	Director of Athletics	173-9276-5334
Vinson Gou	Co-event Organizer	Head of Aquatics	139-9193-9111
Lily Liu	School Official	Head of School	158-2909-5555
Brian Lalor	School Official	Deputy Head of School	186-9145-3987
Kriss Parker	Safety and Facility Coordinator	Logistics Director	186-0221-9836
Shanshan Chen	Medical Director	School Doctor	186-2941-5331

Emergency Contacts and Hospitals

Xi'an Emergency Number:
Dial 120 (Emergency support in both English and Chinese)

Hospital A Local Hospital - International Dept Xi'an No.1 Hospital (西安市第一医院) Contact: 赵健 (Jian Zhao) 135-7230-9000	Hospital B Local Hospital - International Dept Xi'an International Medical Centre Hospital (西安国际医学中心) Contact: 关向前 (Xiangqian Guan) 181-6181-1591
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Campus Wifi

Username: ACAMIS2026

Password: ACAMIS2026

Affiliated Travel Agency

CITS 西安中国国际旅行社有限责任公司

Contact Person: 高晶晶 Ms. Gao

Contact Number: 133-2457-3935

Email: gaojing82495650@aliyun.com

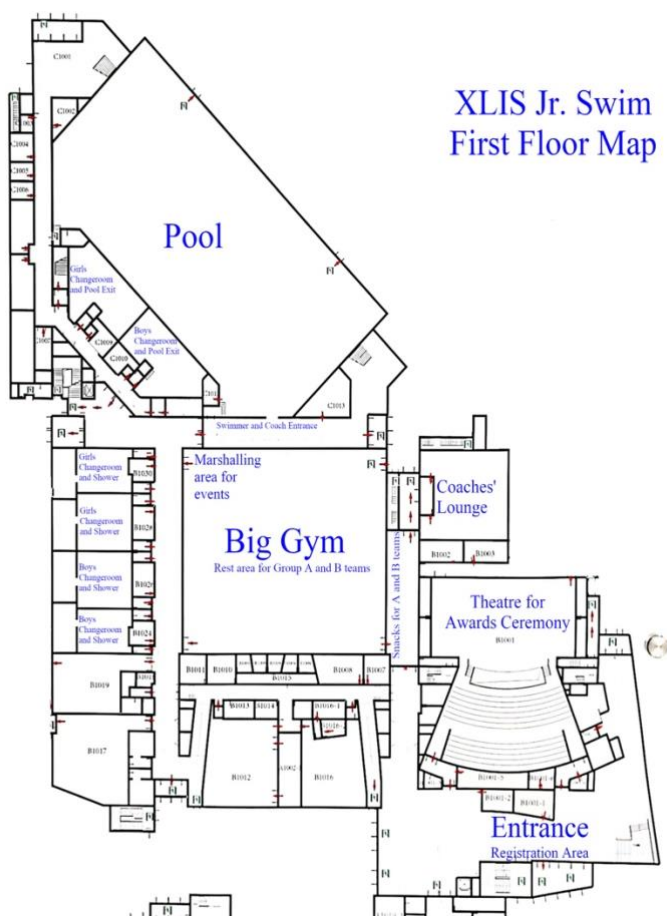


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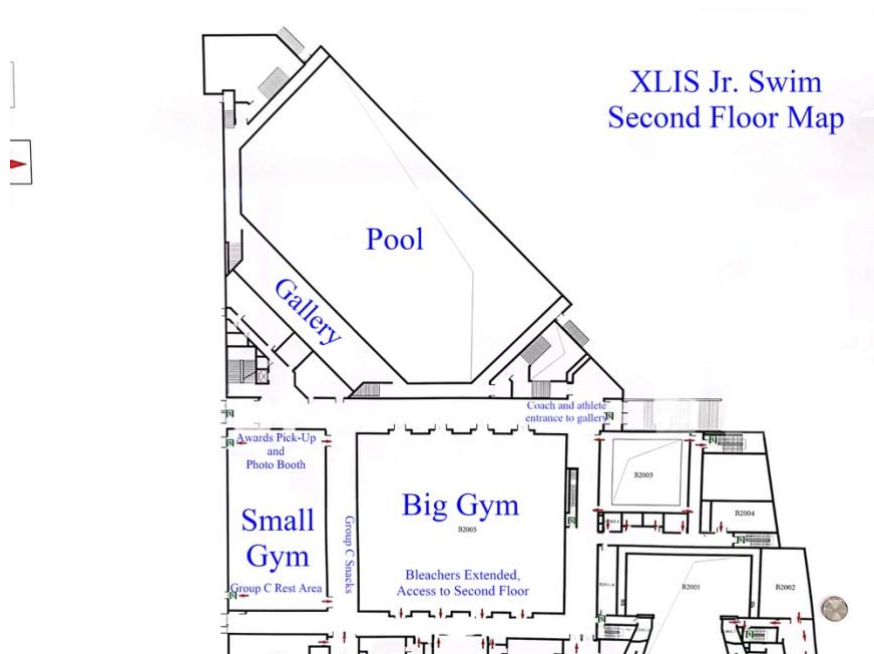
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XLIS Swim Meet Map



The Jr. Swim Meet will take place on the first and second floors of building B at XLIS. On Friday, all Jr. Swim student-athletes, coaches, and spectators will only be permitted access to Building B. On Saturday, sections of Building A, including the cafeteria and coffee bar, will be open to all visitors.

You can find a map of the first and second floors of Building B on this page.



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Additional Tournament Logistics

Tournament Communication and Updates

Communication during the meet will take place in the meet's WeChat group. Only attending coaches, ADs, or school officials should be added into the group. The group QR code was issued via email to the point-of-contact for each participating school.

All HY-TEK meet files, including session schedules and heat sheets, will be uploaded throughout the meet to the following webpage: www.xalis.com/acamis/jr-swim-2026/.

Changerooms and Child Protection

There will be three changerooms accessible male student-athletes and the same for females throughout the duration of the meet. Each changeroom is equipped with toilets and showers. These changerooms are **for student-athletes only** and no adult, whether coach or parent, is permitted to enter the changerooms during the duration of the tournament.

All washrooms at the XLIS campus are marked as either student-only or adult-only in English, Chinese, and Korean. Please ensure student-athletes, coaches, and spectators use the correctly marked washrooms.

Campus Access

All coaches and spectators will receive a lanyard upon arriving to the campus and signing in for the tournament. All coaches and spectators should wear this lanyard throughout the tournament to ensure access to the appropriate spaces. Student-athletes will receive a wristband that will serve the same function.

Tournament Menu for Student-Athletes and Coaches

Meal	Friday, March 13	Saturday, March 14
Morning Snack	Muffin and milk box	Honey cake and yogurt
Lunch	Choose One: 1) Ham and Cheese Sandwich Combo 2) Vegan Veggie Wrap Combo 3) Tuna Sandwich Combo 4) Terriyaki Chicken Rice Bowl 5) Curry Rice Bowl	Choose One: 1) Chinese dishes self-serve buffet 2) Takeaway lunch boxes (rice bowl or spaghetti) 3) Fast or health food takeaway combo
Afternoon Snack	Fruit and mixed nuts	Fruit and cookies
Dinner	/	Choose Two: 1) Sausage Platter 2) Tacos 3) Korean combo 4) Burger combo 5) Dessert cakes
Coaches' Lounge	Fully catered with food, coffee and tea replenished twice each day	



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Acknowledgements

In addition to the XLIS tournament team who operated the swim meet, this event would not have been possible without the contributions of XLIS community members and our external partners.

Lifeguards and Officials

Shaanxi Qiancheng Sports Culture Communication / 陕西谦乘体育文化传播有限责任公司

Aquatics Support

Lanpure / 上海蓝宇水处理股份有限公司

Touchpad and Technology Support

Shandong Yueshi Technology Company / 山东悦实信息科技有限公司

Raffle Sponsor

Rocket Science Sports

Administrative Support

Ms. Echo Zhao

Student Volunteers

XLIS Secondary Student Council

Parent and Student Snacks

XLIS Parent-Teacher Association

Logo Design

XLIS Student – Jessica Luo

Purchasing and Asset Acquisition

Ms. Yana Cui

Event Set-Up and Tear Down

Ms. Jenny Guo

Photography and Digital Promotion

Ms. Fancy Fan and Mr. Salman Syed

Emergency Medical Support

Xi'an Number 1 Hospital / 西安第一医院（高新院区）



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