Southern Zone Age Group Championship
July 29-August 1, 2026

Hosted By ROSEN AQUATIC & FITNESS CENTER

Sanctioned by:
Held under the sanction of USA Swimming through Florida Swimming: **#FL-7345**

It is understood and agreed that USA Swimming, Florida Swimming and the Rosen Aquatic & Fitness Center shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

1. Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

2. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms or locker rooms.

3. Deck changes are prohibited.

4. Operation of a drone or any other flying devices is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

   Exceptions may be granted with prior written approval by the Program & Events Coordinator (or his/her designee).

5. All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.

6. The meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and Regulations.

COVID-19:
An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.
USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent

against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND FLORIDA SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

Location:
Rosen Aquatic & Fitness Center (aka 'RAFC' for the rest of this document)
8422 International Drive, Orlando, FL 32819
(See diagram on the last page for facility and parking details)

Pool Specifications:
One eight (8) lane 50-meter course with non-turbulent lane lines and regulation starting blocks. The water depth in the competition pool is a flat bottom with 7 feet depth at the start and turn ends. There is a separate eight (8) lane 25-meter diving well with non-turbulent lane lines for warm up/warm down. Colorado Time Systems Gen7, Omega touchpads, Hy-Tek Meet Manager and a full video display scoreboard will be used for this event. Pool certification is on file with USA Swimming/Florida Swimming.

Medical Supervision:
Lifeguards on duty and AED device available.

Facility Access:
This meet will operate with a closed pool deck per USA Swimming and Safe Sport guidelines. This means only currently registered swimmers, coaches, officials and assigned meet volunteers will be allowed inside the designated competition course for any given session. Registered individuals should be prepared to show proof of their current USAS credentials to gain access to the pool deck.

Spectators will only be allowed in designated viewing areas. This rule is in place for both the safety of our swimmers and the efficiency of our meet operations. **Outside chairs are also not allowed in the spectator areas.** ADA viewing accommodations available upon request. We appreciate your help and understanding with these policies.

Separate locker rooms will be available for athletes, event coaches/officials/staff and spectators.

Spectator Admission:
The following fees apply for all spectators age 8 and above:

- $10 admission fee per day OR $35 admission fee for ALL sessions
- Children aged 7 and under may enter the facility for FREE

Heat sheets will be included with admission and will also be available online. Chaperones listed on the team entry lists will not be required to pay admission.

Meet Schedule:

	WARM-UP*	**MEET START**
TUESDAY, July 28	12:00-7:30pm	-
WEDNESDAY, July 29	11:30am-12:45pm	Timed Finals – 1:00pm
THURSDAY, July 30	6:30-8:15am	Preliminaries – 8:30am
	4:00-5:15pm**	Finals – 5:45pm
FRIDAY, July 31	6:30-8:15am	Preliminaries – 8:30am
	4:00-5:15pm	Finals – 5:30pm
SATURDAY, August 1	6:30-8:15am	Preliminaries – 8:30am
	4:00-5:15pm	Finals – 5:30pm

**See warm-up schedule for details* ***Parade line up – 5:15pm*

Meetings & Deadlines:

	ACTION / MEETING	**TIME / DEADLINE**
WEDNESDAY, July 29	General (Coaches) Meeting	10:00am
	Positive check-in for Wed events	15 minutes after General Mtg
	Relay names submitted	1:00pm
THURSDAY, July 30	Positive check-in for 400 IM	9:00am
	Parade line up	5:15pm
	Relay names submitted	By end of Prelims
FRIDAY, July 31	Positive check-in for 400 Free	9:00am
	Relay names submitted	By end of Prelims
SATURDAY, August 1	Relay names submitted	By end of Prelims

Eligibility:

- All swimmers shall be USA Swimming year-round registered athletes.
- Each LSC may select a maximum of forty-eight (48) athletes for its team. The LSC may select a maximum of twelve (12) females and twelve (12) males in each of the 11-12 and 13-14 age groups.
- Swimmers who have ever achieved any current Junior National Summer standard may not enter those events nor swim those stroke/distances on relays.
- The swimmer's age on the first day of the meet shall determine the swimmer's age for this meet.

Entry Limit:

Each LSC is limited to:

- Three (3) individual entries for the 400m Free and 400m IM in the 13-14 Girls and the 13-14 Boys age groups; and three (3) individual entries for the 400m Free in the 11-12 Girls and 11-12 Boys age groups
- Three (3) individual entries for the 13-14 Girls 800m Freestyle
- Three (3) individual entries for the 13-14 Boys 1500m Freestyle
- Two (2) relay teams (A & B) per relay event
- Unlimited entries for all other individual events

Each swimmer is limited to:

- Six (6) individual events for the meet (entered)
- Three (3) individual events per day (entered)

Entry Procedure:

- There are no late entries, deck entries or deck registration for this meet.
- The "TM" event file for TEAM MANAGER/TEAM UNIFY will be posted on the meet website no later than May 15, 2026.
- The only acceptable mode of entry is via Hy-Tek compatible entry file. The entry file must be renamed to clearly identify the entering team, (and the shorter the better).
- A hard copy (pdf) of your entries MUST be attached to the email with your HyTek entries. Athletes WILL NOT be entered into Meet Manager until the Meet Entry Report (hard copy pdf) is received.
- Entries MUST be emailed to **rafcentries@gmail.com.** Submissions to any other address cannot be accepted. Receipt of entries will be acknowledged via email.
- SZAG summary sheet(s) MUST be filled out online via the links below immediately following the submission of your entries:
    - 2026 SZAG Disability Athletes Entry Form (if applicable)
    - 2026 Coach/Chaperone Contact Information. Each LSC is allowed a maximum 12 Coaches/Chaperones, who must be USA SWIMMING REGISTERED. This Contact Information form is due by July 15, 2026.
- If you have an entry question, please contact Entry Coordinator, Mike Brady, at 407-996-0653 or rafcentries@gmail.com
- Each LSC shall identify the name and phone number of the person responsible for their entries. Include that contact person in the email that contains the HyTek Entry file and pdf of the entries.
- Athletes included in improperly identified Commlink Files (Cfile0X.cl2 or zfile00X.zip) will **not** be entered into the meet and any associated entry fees will not be refunded.
- Athletes WILL NOT be allowed to participate in the meet until their entry fee payment has been received by the Meet Director or designee and is due at the General Meeting. Check Payable to Rosen Aquatic Fitness Center.
- Under no circumstance will any swimmer left off the LSC's original Entry Form be permitted to swim any event(s) in the meet.

Entry Deadline:
The entry deadline for this meet will be **Saturday, July 25, 2026 at 12 noon ET.**

Entry Fees:
INDIVIDUAL EVENTS - $15.00 per individual event
RELAYS - $20.00 per relay event
SOUTHERN ZONE SURCHARGE - $5.00 per swimmer
FACILITY SURCHARGE - $25 per swimmer

Please make checks payable to 'Rosen Aquatic & Fitness Center'. All entry fees must be paid in full to the Meet Director no later than the end of the General Meeting on the first day of the competition.

Swimmers With A Disability Entries:
Each LSC may bring up to six (6) swimmers; three (3) boys and three (3) girls with disabilities who are 11 to 18 years of age; selected in any manner deemed appropriate and assisted by the Southern Zone Disability Swimming Coordinator, if necessary. Swimmers' disability must satisfy the definition of a disability as outlined in USA Swimming Rules and Regulations: a permanent physical or mental impairment that substantially limits one or more major life activities. These disabled swimmers are in addition to the permitted forty-eight (48) swimmers and are not required to meet the time standards for

their age group/events, however, they must provide a time for each event they enter. Swimmers with disabilities may compete in finals, earn awards, and score points for their team in the same manner as the able-bodied swimmers. Each swimmer is limited to six (6) individual events for the meet with no more than three (3) events per day.

Entries for disabled athletes should be submitted on the attached entry form indicating preference for seeding and highlighted on the hard copy of the LSC's meet entry. Shorter events that are not included in the listing for each age group may be requested. (Such events may be swum with longer events or other age groups during preliminaries, but will be swum separately in finals, possibly combined by gender and stroke and considering intervals between swims**. It is the responsibility of the swimmer, or his/her coach, to inform the Meet Referee of any disability related accommodations he/she may need to compete.** This information must be given in advance of the meet. Failure to provide advance notice may limit the host's ability to accommodate requests.

Meet Format:
Events on the first day of competition will be swum as timed finals. The 13-14 girls 800m Free and 13-14 Boys 1500m Free will be alternated between girls, then boys, fastest to slowest. **Swimmers must provide their own counter.**

All remaining individual events conducted over the remaining days of competition will be swum as prelims/finals with the **top 16** individuals from each age group/gender returning to swim in Finals. All 'A' heat Final swimmers will be announced behind the blocks and 'B' heat Consolation swimmers will be announced once in the water. **We will NOT parade athletes for Finals.** If swimmers with a disability qualify for finals, additional heat(s) will be added. All relays will be swum as timed final events. Mixed Relays shall consist of 2 girls and 2 boys in any order.

Chase starts may be used at the discretion of the Meet Referee if a reduction to the timeline is deemed advisable. With the approval of the Zone Age Group Chair, the Meet Referee and Meet Director, changes to the meet logistics (if deemed appropriate) may be made.

Seeding:
The conforming time standard for this meet is long course meters (LCM). Swimmers will be seeded in the order of LCM/SCY. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. The Meet Director reserves the right to combine heats and events at the discretion of the Meet Referee.

Scratch & Positive Check-in Procedures:
This meet will follow USA Swimming procedures specified in rule 207.11.6 except where exceptions are herein stated. We ask that all coaches declare any scratches to the Clerk of Course before the deadlines to ensure full heats and the best competitive opportunities possible for all athletes.

A positive check-in, located at the Clerk of Course, will be required for the following events—800m Freestyle, 1500m Freestyle, 400m IM, 400m Freestyle, and all relay events. Swimmers and relay teams that are not checked in, may not be seeded in the event.

Scratch Penalties:
According to the scratch rule, a swimmer who is properly checked-in for a positive check-in event, been seeded, and fails to compete in said event, shall be barred from his/her next individual event unless excused by the Meet Referee. There is no penalty for failure to compete in pre-seeded preliminary heats of individual events except that an individual event from which a swimmer has not scratched prior to the appropriate deadline will be counted toward that swimmer's three (3) events per day limit. There is no penalty for failure to compete in relay events.

A swimmer qualifying for Finals who neither scratches with the Administrative Referee nor declares his/her intent to scratch within 30 minutes after the announcement of qualifiers for that event is considered checked in. If a checked-in swimmer fails to compete in Finals, he or she shall be barred from further competition in the meet unless excused by the Meet Referee. In order to field full Finals heats, it is requested that swimmers who qualify in the top-30 and have no intention of swimming in Finals indicate this by scratching.

Scoring:
Each LSC shall be scored as a team for the Southern Age Group Swimming Championship. Each event shall be scored to 16 places under the following system:

- Individual Events:
  - A Final - 20-17-16-15-14-13-12-11
  - B Final - 9-7-6-5-4-3-2-1
- Relay Events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2
- Swimmers with a disability will be scored based on the number of disability swimmers in that particular event as follows: Five athletes (6-4-3-2-1); Four athletes (5-3-2-1); Three athletes (4-2-1); Two athletes (3-1); One athlete (2).
- All events will be scored separately as 11-12 Girls, 11-12 Boys, 13-14 Girls and 13-14 Boys.

Awards:
The following awards shall be awarded:

- Individual Events: 1st through 8th place medals
- Relay Events: 1st-3rd place medals
- Team Awards:
  - 1st Place LSC TEAM – 60 T-Shirts & Team Award Plaque or Medal
  - 2nd Place LSC TEAM & 3rd Place LSC TEAM – Award Plaque or Medal
- Age Group High Point Awards:
  - High Point Male & Female Award (11-12 and 13-14)
- Charlene Craddock Sportsmanship Award
  - Medals and 54 swim caps
  - The Craddock Award shall be presented to the team that exhibits the highest level of sportsmanship throughout the meet. This is a Sportsmanship Award as opposed to a Spirit Award. This Award shall be voted on by the Meet Director, Meet Referee, Head Starter and LSC's (one (1) vote each) during the last session of the competition. A minimum of nine (9) votes shall be required for selection.

Results:
Results will be posted on the meet website as soon as they become available following each session.

Meet Committee & Lead Officials:

Meet Director/Entry Coordinator	Mike Brady	mbrady@rosenaquatic.com
Meet Referee/Officials Contact	Gary Heapy	gheapy@theflooringauthority.com
Admin Referee	Marie Kissinger	marie@cmck.cc
SZ Age Group Chair	Jonathan Watson	01silversurfer@bellsouth.net
SZ Coach Director	Tristan Formon	tristanformon@gmail.com
SZ Non-Coach Director	Melissa Hellervik-Bing	mhellervikbing@hotmail.com

Coaches / General Meeting:
All coaches on deck must be registered and certified with USA Swimming. Meet Management will require all coaches to show proof of certification/registration to access the pool deck, and coaches shall prominently display their credentials at all times while on deck.

There will be a coaches general meeting on Wednesday, July 29 at 10am in the Hospitality Room.
Additional coaches' meetings may be called at the Meet Referee's discretion. Meet Management requests that at least one coach representative from each team attend all coaches' meetings.

Officials:
There will be an officials' meeting one hour prior to each session in the Officials Briefing Room located in the back hallway adjacent to the diving well. We welcome all certified officials on deck. If you are able to work as a Stroke & Turn Judge, contact the Meet Referee or sign-up in advance at Southern Zone Officials

Chief Judges/Starters/Referees: Officials who are interested in assigned positions should complete an Application to Officiate found on the Southern Zone website Southern Zone Officials by the deadline.

The uniform is a white collared-shirt over navy or black bottoms with white or black shoes.

National Officials Evaluations: This meet is applying for approval to be an Officials Qualifying Meet for N2 and N3 all positions by USA Swimming. Officials should submit the application found on the Southern Zone website. Officials are required to work a minimum of four (4) sessions to be evaluated. Evaluation requirements can be found at www.usaswimming.org.

Meet Committee:
The Meet Director and the Southern Zone Age Group Chairman will appoint a Meet Committee. It will consist of—The Meet Referee, the SZAG Chair or his designee (Chairman), three (3) coaches present and two (2) athletes swimming in the meet from five (5) different, randomly selected LSC's. This committee will have jurisdiction over technical protests with the exception of officials' judgment calls. The committee will follow the USA Swimming Rules and Regulations, the Southern Zone Age Group Swimming Championships Meet Handbook, and the meet information letter at all times.

Meet Website:
A Southern Zones Age Group Championship meet website will be live no later than May 15, 2026 The address will be shared with all LSCs as soon as it becomes available.

Timers:
Timers shall be provided by each LSC during Preliminaries and Finals and each LSC will be assigned to certain lanes. The schedule of assignments will be determined and provided to LSCs upon declaration to attend the meet and posted on the meet website once available. Volunteers are also welcome to time.

Parade / Theme:
This year's parade theme will be provided to LSCs and posted on the meet website once available.

Discounted Universal Tickets:
All attendees of the Southern Zone Age Group Championship will have access to discounted tickets to Universal Orlando Parks. LSC's (or families) interested in this opportunity should email Meet Director Mike Brady at mbrady@rosenaquatic.com.

Social Event:
A social event for all participants will be held on Wednesday evening after Finals. Details will be provided to LSCs and posted on the meet website once available.

Team Seating / Warm Up Schedule:
Team seating will be assigned based on last year's final team scores. These seating assignments, along with the warm up schedule for each LSC, will be determined and announced following all declarations to attend the meet.

Hospitality:
Hospitality meals will be provided on site for all coaches and officials from RAFC restaurant sponsors. A schedule of breakfast, lunch and dinner serving times will be posted on the meet website once available.

Team 'Grab & Go' Catering:
Grab and go lunch and dinner options will be available from RAFC restaurant sponsors. Details will be provided to LSCs and posted on the meet website once available.

Concessions:
Food trucks will be available on site throughout the event. Details will be posted on the meet website once available.

Vendors:
Fine Designs and Kiefer Swim Shop will be on site and available to you throughout the meet. Online shopping access pre- and post-event will also be available from these vendors. Details will be posted on the meet website once available.

Lodging:
Discounted hotel rooms through Rosen Hotels & Resorts, along with RAFC sponsors, will be posted on the meet website once available.

Livestream:
A livestream of the event will be available. Details to be posted to the meet website once available.

MAAPP 2.0:

- A USA Swimming club that hosts a sanctioned USA Swimming swim meet indicates acknowledgement of USA Swimming's Minor Athlete Abuse Prevention Policy (MAAPP 2.0).
- All USA Swimming members including athletes 18 years and older and adults who are attending this swim meet and interact with minor athletes are expected to comply with the MAAPP policy.
- All chaperones, team managers, adult swimmers, meet directors, officials, and non-member parents and meet volunteers who are attending this swim meet are expected to understand and comply with MAAPP.

Technical Suit Ban For 12&Unders:

A Technical Suit is one that has the following components:

- a.) Any suit with any bonded or taped seams regardless of its fabric or silhouette; or
- b.) Any suit with woven fabric extending past the hips.
- Note: WOVEN FABRIC - a suit with knit fabric and sewn seams not extending below the knees is permitted.

Safe Sport:

The USA Swimming Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to creating a healthy and positive environment free from abuse for all its members. Components of the program include, but are not limited to, providing education and training, enforcing policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandatory reporting of violations. The Minor Athlete Abuse Prevention Policy prohibits Applicable Adults (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult. Applicable Adults are required to abide by this policy in full during this meet. Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for Safe Sport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 720-531-0340 or online at www.uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency. All athletes age 18 and older must complete Athlete Protection Training to be a USA Swimming registered member in good standing. Any 18 & over athlete who has not completed Athlete Protection Training by the first day of competition will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns 18 on or after July 24th who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay. A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition. This includes, without limitation, individuals listed on the U.S. Center for SafeSport's Centralized Disciplinary Database, USA Swimming's List of Individuals Permanently Suspended or Ineligible for Membership, USA Swimming's List of Individuals Suspended or Ineligible –Specific Date, and all adult members (defined by the SafeSport Code for the Olympic and Paralympic Movement as 18 years and over) of USA Swimming who have not completed athlete protection education as required by the U.S. Center for SafeSport.

Camera Zones:
Per Florida Swimming Rule 223.13, Meet Management shall designate and inform the public of "Camera Zones" at each swim meet where both still photography and video photography of a race or a competitor in a race may be taken. Acceptable "Camera Zones" may include but are not limited to the side courses of a pool, team gathering areas, concession area, turn-end of competition course when not in use as a "start-end." Etc. Meet Management shall also designate "Non-Camera Zones." Under NO circumstances will Camera Zones include the area immediately behind the starting blocks at either end of the racing course(s) while they are in use for "race starting purposes" during competition and warm-ups, locker rooms, rest rooms, or any other dressing area. Any individual failing to abide by this rule could be subject to the Florida Swimming Code of Conduct violation as defined in Rule 239.2.

Inclement Weather:
In case of an “Act of God” or bad weather scenario which cancels a session, meet management, in consultation with the Meet Committee, will make the final decision how the meet will safely proceed.

Travel Info:
The Rosen Aquatic & Fitness Center is served by the Orlando International Airport (MCO) and is a 20 minute drive from the airport. There are MULTIPLE hotels, restaurants and shopping areas all within walking distance of the facility. The RAFC facility address is 8422 International Dr, Orlando, FL, 32819.

Map & Parking:

Questions:
Please reach out to Meet Director, Mike Brady at mbrady@rosenaquatic.com and/or 407-996-0653.

Order of Events:

Event #	DAY ONE – WEDNESDAY, JULY 29	Timed Finals – 1:00pm
1	13-14 Girls	800m Freestyle*
2	13-14 Boys	1500m Freestyle*
3-4	11-12	400m Freestyle Relay*
5-6	13-14	400m Freestyle Relay*
7-8	11-12	400m Medley Relay*
9-10	13-14	400m Medley Relay*
***Awards for the Wednesday events will be awarded following timed final session**		

Prelims – 8:30am	DAY TWO – THURSDAY, JULY 30	Finals – 5:45pm
11-12	13-14	200m Freestyle
13-14	11-12	200m Freestyle
15-16	13-14	100m Breaststroke
17-18	11-12	50m Breaststroke
19-20	13-14	100m Backstroke
21-22	11-12	50m Backstroke
23-24	13-14	400m Individual Medley*
***Only 3 members from each LSC per event may swim the 400 IM. Event will be swum as timed finals with the top eight (8) seeded swimmers in each age group/gender to swim in the evening Finals.** **Awards for 200 Free, 100 Breast, 50 Breast, 100 Back, 50 Back and 400 IM (in Finals)**		
25-26	11-12 (FINALS)	200m Freestyle Relay**
27-28	13-14 (FINALS)	200m Freestyle Relay**
****All relays are timed finals and will be swum in Finals**		

Prelims – 8:30am	DAY THREE – FRIDAY, July 31	Finals – 5:30pm
29-30	13-14	200m Butterfly
31-32	11-12	100m Butterfly
33-34	13-14	50m Freestyle
35-36	11-12	50m Freestyle
37-38	13-14	200m Breaststroke
39-40	11-12	100m Breaststroke
41-42	13-14	400m Freestyle*
43-44	11-12	400m Freestyle*
***Only 3 members from each LSC per event may swim the 400 Free. Event will be swum as timed finals with the top eight (8) seeded swimmers in each age group/gender to swim in the evening Finals. Awards for 200 Free Relays, 200 Fly and 100 Fly (in Finals)**		
45-46	13-14 (FINALS)	200m Medley Relays**
47-48	11-12 (FINALS)	200m Medley Relays**
****All relays are timed finals and will be swum in Finals**		

Prelims – 8:30am	DAY FOUR – SATURDAY, AUGUST 1	Finals – 5:30pm
Awards for 50 Free, 200 Breast, 100 Breast and 400 Free before Finals begin		
49-50	13-14	200m Backstroke
51-52	11-12	100m Backstroke
53-54	13-14	100m Freestyle
55-56	11-12	100m Freestyle
57-58	13-14	200m Individual Medley
Awards for 200 Medley Relays, 200 Back, 100 Back and 100 Free (in Finals)		
59-60	11-12	200m Individual Medley
61-62	13-14	100m Butterfly
63-64	11-12	50m Butterfly
Awards for 200 IM, 100 Fly and 50 Fly (in Finals)		
65	13-14 (FINALS)	Mixed 200 Free Relay**
66	11-12 (FINALS)	Mixed 200 Free Relay**
Awards for Mixed Medley Relays High Point Awards, Charlene Craddock Sportsmanship Award, Top-3 Team Awards **All relays are timed finals and will be swum in Finals		

2026 USA SWIMMING SOUTHERN ZONE AGE GROUP SWIMMING CHAMPIONSHIPS
JULY 29-AUGUST 1, 2026

Coaches:

Please use this checklist to make sure you return all the required items. This form must be filled out and included with your entry.

- ☐ Hard copy (pdf) of meet entry attached with entry email sent to rafcentries@gmail.com
- ☐ Check for all fees (payable to Rosen Aquatic & Fitness Center) due at General Meeting
- ☐ Identify the LSC person (name, email) serving as the person responsible for your entry
- ☐ List of up to 12 members of your team's coaching staff and chaperones
- ☐ Have at least one coach and one captain attend the General Coaches Meeting at 10:00am on Wednesday, July 29 at the RAFC Hospitality Room.
- ☐ Proofread your entry to be sure all athletes have been included
- ☐ Entry deadline – Saturday, July 25, 2026 at 12:00pm NOON EDT
- ☐ Submit the Coaches/Chaperones Contact Information form
- ☐ Complete the Disability Athletes Entry Form if you have disability athletes attending

I certify that this entry is completed to the best of my ability and that all swimmers entered have achieved the entry time submitted in each event.

_____ _____

Coach's Signature Date

_____ _____

LSC Abbreviation