



2026 SOUTHERN ZONE AGE GROUP SWIMMING CHAMPIONSHIP GENERAL MEETING

ROLL CALL OF LSCs ATTENDING

- ☐ BORDER
- ☐ FLORIDA
- ☐ FLORIDA GOLD COAST
- ☐ GEORGIA
- ☐ GULF
- ☐ KENTUCKY
- ☐ LOUISIANA
- ☐ MISSISSIPPI
- ☐ NORTH CAROLINA
- ☐ NORTH TEXAS
- ☐ SOUTHEASTERN
- ☐ SOUTH CAROLINA
- ☐ SOUTH TEXAS
- ☐ WEST TEXAS
- ☐ WEST VIRGINIA

46th
ANNUAL

GENERAL MEETING AGENDA ROSEN AQUATIC & FITNESS CENTER

Introductions

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

Housekeeping – Jonathan Watson/Mike Brady

- Meet Committee Selection-Gary Sanderson, Jonathan Watson, plus 5 additional from 5 different LSCs:
Coach _____ LSC: _____
Coach _____ LSC: _____
Coach _____ LSC: _____
Athlete _____ LSC: _____
Athlete _____ LSC: _____
- Meet Evaluation Form – please complete by end of meet.
- Submit at end of Meeting - Code of Conduct Forms and Entry Fee checks from each LSC.
- Location For Picking up daily heat sheets
- Saturday – Submit Charlene Craddock Award (one vote per LSC, plus vote of Meet Referee, Admin Referee & Meet Director)
- Team Area Assignments
- Awards Presentation Procedures
- Zone Social Event – Wednesday after Timed Finals
- Safety Protocols and Lost & Found Items
- Vendors
- Parade Plans – Line up Thursday at 5:15pm (THEME: SUPERHEROES)
- Concessions & Hospitality
- Livestream

Referee Reminders – Gary Heapy

- Introduction of Key Officials
- Check-in Deadlines & Procedures
- MAAPP Policies
- Warm-up Procedures
- Disability Athlete Procedures
- DQ Process
- Timers Requested
- Other Information

]]\bDAILY RUNDOWN - WEDNESDAY, JULY 29, 2026

WARM-UPS

11:30AM-12:45PM

LANES 1-7 – Open Lanes

LANE 8 – Disability Lane

CHECK-INS

★ 13-14 Girls 800m Free

★ 13-14 Boys 1500m Free

★ Wednesday 400m Relays

Due 15mins after General Meeting

Relay Names Submitted by 1:00PM

TIMED FINALS STARTS – 1:00PM

ENTRY LIMITS

800m Free – 3 athletes per LSC

1500m Free – 3 athletes per LSC

A & B Teams per LSC for relays

WEDNESDAY ORDER OF EVENTS

GIRLS		BOYS
1	13-14 Girls 800m Free	
	13-14 Boys 1500m Free	2
3	11-12 400m Freestyle Relay	4
5	13-14 400m Freestyle Relay	6
7	11-12 400m Medley Relay	8
9	13-14 400m Medley Relay	10

MEET FORMAT

Events on Wednesday are all timed final events. The 13-14 Girls 800m Free and the 13-14 Boys 1500m Free will be swum alternating heats girls and boys, fastest to slowest. Swimmers should provide their own counter.

MEET SOCIAL EVENT

The social will follow the Wednesday session and is available to all participants.

AWARDS

All of today's events will be awarded at the conclusion of today's timed finals session. Coaches, please be sure to have athletes present at the awards stand to receive awards in a timely manner and, ideally, a coach from the LSC of the winning athlete should be present at the awards stand to present the top-8 awards.

DAILY RUNDOWN – THURSDAY, JULY 30, 2026

WARM-UPS

1ST WARM-UP-6:30-7AM

L#	LSC
1	OPEN
2	FLORIDA GOLD COAST
3	BORDER
4	OPEN
5	MISSISSIPPI
6	SOUTHEASTERN
7	OPEN
8	DISABILITY

2ND WARM-UP-7-7:30AM

L#	LSC
1	OPEN
2	NORTH CAROLINA
3	KENTUCKY
4	OPEN
5	WEST VIRGINIA
6	SOUTH CAROLINA
7	OPEN
8	DISABILITY

3RD WARM-UP-7:30-8AM

L#	LSC
1	OPEN
2	GEORGIA
3	SOUTH TEXAS
4	WEST TEXAS
5	LOUISIANA
6	FLORIDA
7	OPEN
8	DISABILITY

SPECIFIC WARM-UPS

8:00-8:20AM

Pace Lanes – 1 & 8

One-Way Start Lanes – 2,3,6,7

General Warm-up Lanes – 4, 5

PRELIMS BEGIN

8:30AM

THURSDAY ORDER OF EVENTS

GIRLS		BOYS
11	13-14 200m Freestyle	12
13	11-12 200m Freestyle	14
15	13-14 100m Breaststroke	16
17	11-12 50m Breaststroke	18
19	13-14 100m Backstroke	20
21	11-12 50m Backstroke	22
23*	13-14 400m Individual Medley	24*
IN EVENING FINALS		
25	11-12 200m Freestyle Relay	26
27	13-14 200m Freestyle Relay	28

POSITIVE CHECK-IN DEADLINES

9:00AM – 13-14 400m IM check-in

End of Prelims – 200m Free Relay names submitted

PARADE

The parade of LSCs will line up at 5:15pm and will precede the start of the evening finals.

ENTRY LIMITS

*Only 3 swimmers from each LSC may swim in each 400m IM Event

AWARDS

Athletes will be recognized for today's events during the finals session before the relays. 200 Free Relay awards will be presented on Friday after the 400 Free timed final heats.

FINALS

- ☒ All relays are timed finals and swum in finals
- ☒ The 400m IM will be swum as a timed final event with the fastest eight seeded swimmers in each age group/gender swimming in evening finals.
- ☒ FINALS WARM-UP
 - Warm-ups (Open) – 4:00-4:55pm
 - Specific Warm-Ups – 4:55-5:10pm
 - Parade Line-Up – 5:15pm
 - Finals Begin – 5:45pm
- ☒ Awards for 200 Free, 100 Breast, 50 Breast, 100 Back, 50 Back, and 400IM will be given in Thursday finals.

DAILY RUNDOWN – FRIDAY, JULY 31, 2026

WARM-UPS

1ST WARM-UP-6:30-7AM

L#	LSC
1	OPEN
2	GEORGIA
3	SOUTH TEXAS
4	WEST TEXAS
5	LOUISIANA
6	FLORIDA
7	OPEN
8	DISABILITY

2ND WARM-UP-7-7:30AM

L#	LSC
1	OPEN
2	FLORIDA GOLD COAST
3	BORDER
4	OPEN
5	MISSISSIPPI
6	SOUTHEASTERN
7	OPEN
8	DISABILITY

3RD WARM-UP-7:30-8AM

L#	LSC
1	OPEN
2	NORTH CAROLINA
3	KENTUCKY
4	OPEN
5	WEST VIRGINIA
6	SOUTH CAROLINA
7	OPEN
8	DISABILITY

SPECIFIC WARM-UPS

8:00-8:20AM

Pace Lanes – 1 & 8

One-Way Start Lanes – 2,3,6,7

General Warm-up Lanes – 4, 5

PRELIMS BEGIN

8:30AM

FRIDAY ORDER OF EVENTS

GIRLS		BOYS
29	13-14 200m Butterfly	30
31	11-12 100m Butterfly	32
33	13-14 50m Freestyle	34
35	11-12 50m Freestyle	36
37	13-14 200m Breaststroke	38
39	11-12 100m Breaststroke	40
41*	13-14 400m Freestyle	42*
43*	11-12 400m Freestyle	44*
AWARDS-200 Free Relay, 200/100 Fly		
IN EVENING FINALS		
45	13-14 200m Medley Relay	46
47	11-12 200m Medley Relay	48

POSITIVE CHECK-IN DEADLINES

9:00AM – 11-12 & 13-14 400m Freestyle check-in

End of Prelims – 200m Medley Relay names submitted

ENTRY LIMITS

*Only 3 swimmers from each LSC in each 400m Free event.

If swimmers with a disability qualify for finals, heats will be added.

AWARDS

Athletes will be recognized for Thursday's 200 Free Relays, and today's 200 Fly and 100 Fly after the 400 Free finals heats conclude and before the 200 Medley relays. Please have your top-8 finishers at the awards podium in a timely manner and a coach from the LSC of the winning athlete should be at the podium to present the awards.

FINALS

- ☒ All relays are timed finals and swim in finals
- ☒ The 400m Freestyle will be swum as a timed final event with the fastest eight seeded swimmers in each age group/gender swimming in evening finals.
- ☒ FINALS WARM-UP
 - Warm-ups (Open) – 4:00-5:00pm
 - Specific Warm-Ups – 5:00-5:20pm
 - Finals Begin – 5:30pm

DAILY RUNDOWN - SATURDAY, AUGUST 1, 2026

WARM-UPS

1ST WARM-UP-6:30-7AM

L#	LSC
1	OPEN
2	NORTH CAROLINA
3	KENTUCKY
4	OPEN
5	WEST VIRGINIA
6	SOUTH CAROLINA
7	OPEN
8	DISABILITY

2ND WARM-UP-7-7:30AM

L#	LSC
1	OPEN
2	GEORGIA
3	SOUTH TEXAS
4	WEST TEXAS
5	LOUISIANA
6	FLORIDA
7	OPEN
8	DISABILITY

3RD WARM-UP-7:30-8AM

L#	LSC
1	OPEN
2	FLORIDA GOLD COAST
3	BORDER
4	OPEN
5	MISSISSIPPI
6	SOUTHEASTERN
7	OPEN
8	DISABILITY

SPECIFIC WARM-UPS

8:00-8:20AM

Pace Lanes – 1 & 8

One-Way Start Lanes – 2,3,6,7

General Warm-up Lanes – 4, 5

PRELIMS BEGIN

8:30AM

SATURDAY ORDER OF EVENTS

GIRLS		BOYS
AWARDS PRIOR TO START OF FINALS		
50 Free, 200 Breast, 100 Breast, 400 Free		
49	13-14 200m Backstroke	50
51	11-12 100m Backstroke	52
53	13-14 100m Freestyle	54
55	11-12 100m Freestyle	56
57	13-14 200m Individual Medley	58
AWARDS IN FINALS		
200 Medley Relays, 200 Back, 100 Back, 100 Free		
59	11-12 200m IM	60
61	13-14 100m Butterfly	62
63	11-12 50m Butterfly	64
AWARDS IN FINALS		
200 IM, 100 Fly, 50 Fly		
65	13-14 MIXED 200m Freestyle Relay	65
66	11-12 MIXED 200m Freestyle Relay	66
FINAL AWARDS PRESENTATION		
☒ Awards For Mixed Freestyle Relays ☒ High Point Awards ☒ Charlene Craddock Sportsmanship Award ☒ Top-3 Team Awards		

POSITIVE CHECK-IN DEADLINES

End of Prelims – Relay names submitted

AWARDS

Athletes will be recognized for Friday's events (shown above) before finals begin and all Saturday events during the finals session (see Awards breaks above in the order of events). Please have athletes report to the podium in a timely manner and any coach of the winning athlete's LSC should report to the podium to present awards to the top-8 athletes.

FINALS

- ☒ All relays are timed finals and swum in finals
- ☒ FINALS WARM-UP
 - Warm-ups (Open) – 4:00-5:00pm
 - Specific Warm-Ups – 5:00-5:20pm
 - Finals Begin – 5:30pm