



# SOUTHERN ZONE MICROPHONE



SOUTHERN ZONE AGE GROUP CHAMPIONSHIP MEET

ISSUE ONE.

THURSDAY, JULY 30, 2025

## ORLANDO MARKS 150th ANNIVERSARY WITH GRAND EVENT

We're celebrating the City of Orlando's 150th anniversary - and you're on the guest list! Stop by Discover Downtown on Thursday, July 31, anytime from 9 a.m. - 6 p.m. for a day of celebration:

- ★ Free cookies
- ★ Music and giveaways
- ★ 20% off exclusive 150th anniversary merch



Church Street area prior to 1890.

Let's celebrate 150 years of Orlando - right in the heart of downtown!

**When:** Thursday, July 31, 2025 | 09:00 AM - 06:00 PM

**Location:**

**Discover Downtown, 201 S Orange Ave, Suite 102, Orlando 32801**



## SZAG Championship Meet Gets Underway

Swimmers were greeted by some extreme heat as they entered the Rosen Aquatic & Fitness Center for the 45th Annual SZAG Championship Meet. As the meet began, host LSC Florida turned up the heat in the pool in the 13-14 Girls 800m Freestyle with their swimmers going 1st, 3rd and 4th. The 13-14 Boys followed with Jack Reburn and Porter DeBruin swimming first and third, respectively, giving Florida an early lead in the team standings.

The distance events were followed by the 400m Free and 400m Medley relay events. In the relays, North Carolina showed off their depth with the A and B relays scoring in seven of the eight relay events contested. At the end of Day One, the NCS squad moved into first place by 74 points (see the complete Team Standings on page three).

After the meet concluded on Wednesday, all athletes and coaches were invited to the Social

event hosted at Icon Park across the street from the Aquatic Center and catered by Brother Jimmy's Barbecue.

With three days to go, swimmers have been cautioned to stay hydrated and to maintain body temperature awareness throughout the week ahead. The fun is just beginning!



2025 SZ ADMIN TEAM (L to R: Kevin & Rayleen Soderstrom and Head Admin Referee Quinn Sampson) hard at work.



# Southern Zone Age Group Championship

# MEET RESULTS

## EVENT 1— 13-14 GIRLS 800M FREESTYLE

1.	McKinnley Polk	FL	9:15.95
2.	Lucy Hefner	NC	9:20.65
3.	Keira Druck	FL	9:26.17
4.	Sky Ross	FL	9:32.27
5.	Charissa Higgs	STX	9:32.33
6.	Sarah Harter	NC	9:34.44
7.	Wendy LaPietra	FG	9:35.56
8.	Audrey Burkhart	SC	9:35.60

## EVENT 2 — 13-14 BOYS 1500M FREESTYLE

1.	Jack Reburn	FL	16:32.81
2.	Colby Metzger	FG	16:34.99
3.	Porter DeBruin	FL	16:49.08
4.	Oliver Lin	GA	17:03.84
5.	Luke Reid	FG	17:12.33
6.	Finnegan Cavanaugh	NC	17:16.44
7.	Slater Spencer	NC	17:18.07
8.	Ean Harrison	GA	17:28.59

## EVENT 3 — 11-12 GIRLS 400M FREESTYLE RELAY

1.	FLORIDA-A	FL	4:09.88
2.	GEORGIA-A	GA	4:12.30
3.	NORTH CAROLINA-A	NC	4:13.09
4.	FLORIDA-B	FL	4:13.16
5.	SOUTH TEXAS-A	STX	4:14.66
6.	SOUTHEASTERN-A	SES	4:15.61
7.	SOUTH CAROLINA-A	SC	4:16.97
8.	FLORIDA GOLD-A	FG	4:17.25

## EVENT 4 — 11-12 BOYS 400M FREESTYLE RELAY

1.	FLORIDA-A	FL	3:55.64
2.	NORTH CAROLINA-A	NC	3:58.60
3.	FLORIDA GOLD-A	FG	4:00.75
4.	NORTH CAROLINA-B	NC	4:02.32
5.	SOUTH TEXAS-A	STX	4:02.78
6.	SOUTH CAROLINA-A	SC	4:06.16
7.	FLORIDA-B	FL	4:08.69
8.	SOUTHEASTERN-A	SES	4:09.10

## EVENT 5 — 13-14 GIRLS 400M FREESTYLE RELAY

1.	SOUTHEASTERN-A	SES	3:59.70
2.	NORTH CAROLINA-A	NC	4:00.55
3.	FLORIDA-A	FL	4:03.42
4.	SOUTH TEXAS-A	STX	4:03.94
5.	NORTH CAROLINA-B	NC	4:04.16
6.	FLORIDA GOLD-A	FG	4:05.03
7.	SOUTHEASTERN-B	SES	4:06.51
8.	SOUTH CAROLINA-A	SC	4:06.52

## EVENT 6 — 13-14 BOYS 400M FREESTYLE RELAY

1.	KENTUCKY-A	KY	3:40.90
2.	SOUTHEASTERN-A	SES	3:41.96
3.	NORTH CAROLINA-A	NC	3:42.14
4.	SOUTH TEXAS-A	STX	3:43.02
5.	GEORGIA-A	GA	3:43.63
6.	FLORIDA-A	FL	3:45.83
7.	NORTH CAROLINA-B	NC	3:46.70
8.	SOUTH CAROLINA-A	SC	3:49.07

## EVENT 7— 11-12 GIRLS 400M MEDLEY RELAY

1.	NORTH CAROLINA-A	NC	4:38.21
2.	SOUTH CAROLINA-A	SC	4:42.18
3.	GEORGIA-A	GA	4:43.65
4.	SOUTHEASTERN-A	SES	4:44.21
5.	NORTH CAROLINA-B	NC	4:46.15
6.	FLORIDA-B	FL	4:47.60
7.	FLORIDA GOLD-A	FG	4:48.14
8.	SOUTH TEXAS-A	STX	4:49.51

## EVENT 8 — 11-12 BOYS 400M MEDLEY RELAY

1.	NORTH CAROLINA-A	NC	4:24.28
2.	FLORIDA-A	FL	4:27.83
3.	SOUTH TEXAS-A	STX	4:29.00
4.	NORTH CAROLINA-B	NC	4:32.41
5.	FLORIDA GOLD-A	FG	4:36.01
6.	SOUTH CAROLINA-A	SC	4:37.22
7.	GEORGIA-A	GA	4:37.82
8.	SOUTHEASTERN-A	SES	4:38.41

## EVENT 9 — 13-14 GIRLS 400M MEDLEY RELAY

1.	SOUTH CAROLINA-A	SC	4:28.29
2.	GEORGIA-A	GA	4:32.04
3.	SOUTH TEXAS-A	STX	4:32.21
4.	FLORIDA GOLD-A	FG	4:32.49
5.	FLORIDA-A	FL	4:32.59
6.	NORTH CAROLINA-A	NC	4:33.10
7.	SOUTHEASTERN-A	SES	4:34.20
8.	NORTH CAROLINA-B	NC	4:34.95

## EVENT 10 — 13-14 BOYS 400M MEDLEY RELAY

1.	SOUTH TEXAS-A	STX	4:04.04
2.	KENTUCKY-A	KY	4:04.67
3.	GEORGIA-A	GA	4:04.80
4.	NORTH CAROLINA-A	NC	4:07.09
5.	SOUTH CAROLINA-A	SC	4:07.41
6.	SOUTHEASTERN-A	SES	4:09.54
7.	FLORIDA GOLD-A	FG	4:11.80
8.	NORTH CAROLINA-B	NC	4:11.89



## SOUTH CAROLINA



## WHO IS THE ACTUAL MEET ANNOUNCER?
















VS





# DAY ONE TEAM STANDINGS

1	 <b>NORTH CAROLINA</b>	<b>541</b>
2	 <b>FLORIDA</b>	<b>467</b>
3	 <b>SOUTH TEXAS</b>	<b>351</b>
4	 <b>SOUTHEASTERN</b>	<b>321</b>
5	 <b>FLORIDA GOLD COAST</b>	<b>297</b>
5	 <b>SOUTH CAROLINA</b>	<b>297</b>
7	 <b>GEORGIA</b>	<b>281</b>
8	 <b>KENTUCKY</b>	<b>160</b>
9	 <b>LOUISIANA</b>	<b>50</b>
10	 <b>MISSISSIPPI</b>	<b>12</b>
10	 <b>BORDER</b>	<b>12</b>
12	 <b>WEST VIRGINIA</b>	<b>1</b>
	 <b>WEST TEXAS</b>	

# ZONE STAFF PHOTOS

## SOUTH TEXAS KENTUCKY



Left to Right: Jeremy Blak, Emma Buckridge. Kellie Ketay, Alexa DeLuna, and Nathan Coppock.



Left to Right: Nathan Smith, Chris Fay, Evan Hawkins, Jaxon Strothman, and J.P. Goyetche.

## FLORIDA SOUTH CAROLINA



Left to Right: Matt Suits, Dave VanCandy, Scott Parlett, Ana Pizarro, Kyle Berry, and Kyle Casias.



Left To Right: Lincoln Green, Kyle Bradley. Mary Leigh Gaza, Sidney Clinton and Fabio Silva.



# ZONE STAFF PHOTOS

## NORTH CAROLINA WEST VIRGINIA



*Left to Right: Louisa Raisbeck, Amy Faulk, Gavin Spake, Harrison Gibson, Pierce Bradshaw, Briley Pen-*



*Left to Right: Sonia McGrady, Heather Priddy, Bradi Schriever, and Brandon Wone*

## WEST TEXAS



*Left to Right: Nathan Roman, Greta Williams, Luke Serrano, and Tyler Heredia.*

## MISSISSIPPI



*Left to Right: Jonathan Haynes, Stephanie Gonzalez, and Alex Billings.*

### REMINDERS FOR DAY 2:

- ★ If every LSC could provide 2 timers each session we could have relief timers, which due to the heat would be very helpful. Please have timers report to the timers briefing room by 8am for prelims.
- ★ Parade line-up starts outdoors on I-4 side of building at 5:15PM.
- ★ Awards from Day 1 will be presented before finals on Day 2.
- ★ 13-14 400m IM is a timed final event with top-8 swimming at night.
- ★ 200m Free Relay names are due at the end of preliminaries