



SOUTHERN ZONE MICROPHONE



SOUTHERN ZONE AGE GROUP CHAMPIONSHIP MEET ISSUE THREE SATURDAY, AUG 2, 2025

LAST DAY! FAST DAY!

As we enter the final day of competition, teams are already jockeying for bragging rights in the team scoring until next year. Only two points separate Georgia and Southeastern as they battle for fourth place and just six points separate South Carolina and Florida Gold in the race for 6th place.

Great swims continue to light up the

scoreboard and Friday night was no exception. Eight new Futures cuts were smashed and one Zone Record fell in the 13-14 Boys 200m Breaststroke as Edmond Reynolds of South Texas captured his second Zone Record of the meet, by just over a second. The previous record had been in place since 2010. The eight Futures cuts were achieved by Andrew Kruger (KY) in the 200m Fly;

in the 50m Free by Mary Louis Russ (MS), Kate Whatley (SES), and Chandler Daigle (NC); and in the 200m Breast by Mia Lang (NC), Margaret Verina (FG), Edward Reynolds (STX), and Nicolay Chernev (GA).

With the final day of competition about to get going, there is even more fast swimming yet to come. Watch for our fourth issue which will post on Monday.

Meet Landon Baker: Canadian Turned Texan

At age 14, Landon Baker has already experienced a lot. In the last year, he and his family moved from Alberta, Canada to Midland, Texas which took three days by car during which he got to see hundreds of square miles of the United States.

Landon began swimming at a young age (2nd or 3rd Grade) after being coaxed into it by his older sister, Gracie. His favorite events are currently freestyle and backstroke and although he prefers the shorter sprint events, he has begun to up his game dabbling in longer events. On Friday he dropped nearly 9 seconds in his 200m Freestyle race.

His favorite thing about the Southern Zone Meet is being able to swim with many more swimmers and to meet other para competitors.

“The meet provides a great environment to cut times and improve technique,” said Baker. “Back home at COM Aquatics, I am coached by Coach Legend and Coach Tyler, and here I can get additional advice on how

to improve.”

You can catch Landon Baker swimming additional events on Saturday. I’m betting on one being the 100m Freestyle.

“Shoot
for the
moon.
Even if
you miss,
you’ll
land
among
the
stars”

Norman
Vincent
Peale





qz

Southern Zone Age Group Championship

MEET RESULTS

EVENT 29—13-14 GIRLS 200M BUTTERFLY

1. Liana Marek	STX	2:22.38
2. Paige Quadrini	SES	2:25.16
3. Sutton Alexander	SC	1:25.32
4. Chandler Daigle	NC	2:25.95
5. Charlotte Doyle	NC	2:28.30
6. Iris Schemel	FL	2:29.03
7. Anne Russell	SES	2:31.12
8.		



EVENT 30 — 13-14 BOYS 200M BUTTERFLY

1. Andrew Kruger	KY	2:09.05	FUTURES
2. Stokes Oxrieder	NC	2:11.01	
3. Steven Zhou-He	NC	2:11.09	
4. Davis Miller	NC	2:12.68	
5. Jacob Su	NC	2:14.48	
6. Harrison Smith	NC	2:14.51	
7. Max Slutsou	FL	2:15.04	
8. Noah Mejias	FG	2:15.24	



EVENT 31 — 11-12 GIRLS 100M BUTTERFLY

1. Warren Hawkins	GA	1:05.33
2. Millie Conner	SC	1:05.55
3. Ellen Layton	NC	1:07.20
4. Braelyn McCall	FL	1:07.24
5. Junie Densberger	FL	1:07.35
6. Greta Hockett	NC	1:07.48
7. Collins Kim	NC	1:07.60
8. Eden Grizzard	GA	1:08.63



EVENT 32 — 11-12 BOYS 100M BUTTERFLY

1. Alex Kirsling	STX	1:02.01
2. Bennett Christel	FL	1:02.90
3. Janiel Espinosa	FG	1:03.44
4. Ian Lin	NC	1:03.51
5. Cole Bathurst	FL	1:03.83
6. Tony Machavariani	NC	1:04.49
7. Banks Cooler	NC	1:06.31
8. Caden Normand	NC	1:07.15



EVENT 33 — 13-14 GIRLS 50M FREESTYLE

1. Mary Louis Russ	MS	26.82	FUTURES
2. Kate Whatley	SES	26.94	FUTURES
3. Chandler Daigle	NC	27.28	FUTURES
4. Keilah Hollman	SES	27.40	
5. Brielle Hill	GA	27.46	
6. Araiya Ferron	STX	27.53	
7. Lexie Lucchese	FG	27.63	
8. Lucy Hastings	NC	27.78	



VS



**TIE FOR THE
SCARIEST
DRAGON
TEE DESIGN
SC VS FL**



Southern Zone Age Group Championship

MEET RESULTS

EVENT 34—13-14 BOYS 50M FREESTYLE

1. Jesse Cyrus	NC	24.85
2. Edmond Reynolds	STX	25.01
3. Wesley Hatala	GA	25.05
4. Ean Harrison	GA	25.13
5. Ty Rice	KY	25.34
6. Louie Koslin	SES	25.38
7. Bodhi Cummins	NC	25.42
8. Gordon Baio	LA	25.67

EVENT 35 — 11-12 GIRLS 50M FREESTYLE

1. Greta Hockett	NC	27.86
2. Vivian Hughes	FL	28.04
2. Camellia Moore	STX	28.04
4. Abi Cowart	STX	28.08
5. Braelyn McCall	FL	28.48
6. Callie Caplan	FL	28.54
7. Tess Distler	FL	28.66
8. Ellen Layton	NC	28.81

EVENT 36 — 11-12 BOYS 50M FREESTYLE

1. Calan Buss	SC	25.90
2. Liam Wang	FL	26.09
3. Cole Bathurst	FL	26.70
4. Cole Johnson	NC	26.76
5. Michael White	NC	26.92
6. Robert Knyazev	FG	27.08
7. Aiden Childs	FL	27.21
8. Maverick McMeeking	FL	27.63

EVENT 37 — 13-14 GIRLS 200M BREASTSTROKE

1. Mia Lang	NC	2:43.10	FUTURES
2. Margaret Verina	FG	2:43.17	FUTURES
3. Elissa Deal	KY	2:44.46	
4. Payton Horner	GA	2:46.16	
5. Bella Kallus	STX	2:47.60	
6. Ellie Wells	SC	2:49.09	
7. Julia Muse	SES	2:49.57	
8. Evie Carnathan	FL	2:49.59	

EVENT 38 — 13-14 BOYS 200M BREASTSTROKE

1. Edmond Reynolds	STX	2:22.02	NEW ZONE RECORD/FUTURES
2. Nicolay Chernev	GA	2:28.06	FUTURES
3. Dylan Phan	STX	2:30.28	
4. Cal Lockett	STX	2:31.14	
5. Chase Gray	NC	2:32.48	
6. Noah Mejias	FG	2:34.57	
7. Jacob Su	NC	2:34.99	
8. Samuel Carlson	NC	2:35.78	



qz

Southern Zone Age Group Championship

MEET RESULTS

EVENT 39—11-12 GIRLS 100M BREASTSTROKE

1. Charlotte Pruce	SES	1:17.05.
2. Vivian Hughes	FL	1:17.88
3. Lauren Hackett	SES	1:18.72
4. Penelope Chao	NC	1:19.60
5. Claire Liu	KY	1:19.96
6. Lucy Griego	STX	1:21.21
7. Tess Jeltema	NC	1:24.37
8.		

EVENT 40 — 11-12 BOYS 100M BREASTSTROKE

1. John Kucek	GA	1:12.80
2. Hank Jones	STX	1:15.17
3. Cole Johnson	NC	1:16.05
4. Santiago Quevedo	BD	1:17.56
5. Tony Machavariani	NC	1:17.64
6. Aspen Ralys	FL	1:18.23
7. Liam Wang	FL	1:18.26
8. Walker Pridgen	SES	1:20.00

EVENT 41 — 13-14 GIRLS 400M FREESTYLE

1. Keira Druck	FL	4:28.48
2. McKinnley Polk	FL	4:31.33
3. Charissa Higgs	STX	4:32.39
4. Lucy Hefner	NC	4:32.75
5. Liana Merek	STX	4:35.87
6. Amelia Peterson	NC	4:36.73
7. Lily Kozel	WV	4:37.04
8. Grace Goodman	FL	4:37.12

EVENT 42 — 13-14 BOYS 400M FREESTYLE

1. Andrew Kruger	KY	4:10.63
2. Jack Reburn	FL	4:14.34
3. Oliver Lin	GA	4:16.14
4. Porter DeBruin	FL	4:16.37
5. Slater Spencer	NC	4:17.13
6. Rhett Cox	STX	4:17.36
7. Colby Metzger	FG	4:18.59
8. Finnegan Cavanaugh	NC	4:19.59

EVENT 43 — 11-12 GIRLS 400M FREESTYLE

1. Millie Conner	SC	4:39.33
2. Sarah Fiamma	FL	4:42.36
3. Penelope Chao	NC	4:42.72
4. Ashley Lotano	FG	4:44.59
5. Mara Ramthun	FG	4:46.13
6. Abi Cowart	STX	4:46.43
7. Ainsley LeVoy	FL	4:49.48
8. Collins Kim	NC	4:51.85

EVENT 44 — 11-12 BOYS 400M FREESTYLE

1. Alex Kirsling	STX	4:24.55
2. Michael White	NC	4:30.50
3. Janiel Espinosa	FG	4:30.70
4. Caden Normand	NC	4:32.89
5. John Lee	NC	4:33.55
6. Martin Valera	FL	4:35.97
7. Oscar Lans-Mendoza	FG	4:37.13
8. Joaquin Gomez-Liendo	FG	4:37.42



Issue Four of the Southern Zone Microphone will be posted to the Meet Website at <https://2025SZAGchamps.com>. Look for results there.

EVENT 45—13-14 GIRLS 200M MEDLEY RELAYS

1. SOUTHEASTERN-A	SES	2:00.09
2. FLORIDA-A	FL	2:02.23
3. GEORGIA-A	GA	2:03.01
4. SOUTHEASTERN-B	SES	2:03.31
5. SOUTH TEXAS-A	STX	2:03.77
*6. NORTH CAROLINA-A	NC	2:03.82
*6. FLORIDA GOLD-A	FG	2:03.82
8. SOUTH CAROLINA-A	SC	2:03.91

EVENT 46 — 13-14 BOYS 200M MEDLEY RELAY

1. GEORGIA-A	GA	1:50.85
2. KENTUCKY-A	KY	1:51.31
3. NORTH CAROLINA-A	NC	1:51.51
4. SOUTH TEXAS-A	STX	1:52.57
5. SOUTHEASTERN-A	SES	1:53.36
6. SOUTH CAROLINA-A	SC	1:53.56
7. NORTH CAROLINA-B	NC	1:53.90
8. FLORIDA GOLD-A	FG	1:54.92

EVENT 47 — 11-12 GIRLS 200M MEDLEY RELAY

1. FLORIDA-A	FL	2:05.64
2. NORTH CAROLINA-A	NC	2:08.21
3. GEORGIA-A	GA	2:08.23
4. FLORIDA-B	FL	2:08.73
5. SOUTHEASTERN-A	SES	2:09.14
6. SOUTH CAROLINA-A	SC	2:09.22
7. NORTH CAROLINA-B	NC	2:09.80
8. FLORIDA GOLD-A	FG	2:11.59

EVENT 48 — 11-12 BOYS 200M MEDLEY RELAY

1. FLORIDA-A	FL	2:00.20
2. NORTH CAROLINA-A	NC	2:02.04
3. NORTH CAROLINA-B	NC	2:02.10
4. SOUTH TEXAS-A	STX	2:03.22
5. FLORIDA GOLD-A	FG	2:03.78
6. SOUTHEASTERN-A	SES	2:05.68
7. SOUTH CAROLINA-A	SC	2:06.14
8. SOUTH CAROLINA-B	SC	2:06.59



OFFICIAL'S CORNER



Admin TEAM: (R-L):
Quinn Sampson, Rayleen
Soderstrom and Kevin
Soderstrom



MANY THANKS TO ALL OF THE
FANTASTIC OFFICIALS WHO
GAVE THEIR TIME AND ENERGY
TO PRODUCE THE 45th SZAG
CHAMPIONSHIP MEET!














Gary Sanderson (Left) is this year's Head
Meet Referee. Gary runs a tight ship. Gary
directs and advises all the officials working
at the meet and is admired. Be like Gary!



ACTION JACKSON



DAY THREE TEAM STANDINGS

1	 NORTH CAROLINA	2,168.5
2	 FLORIDA	1,714
3	 SOUTH TEXAS	1,155.5
4	 GEORGIA	1,072.5
5	 SOUTHEASTERN	1,070.5
6	 SOUTH CAROLINA	932
7	 FLORIDA GOLD COAST	926
8	 KENTUCKY	575
9	 LOUISIANA	151
10	 MISSISSIPPI	114
11	 BORDER	83
12	 WEST VIRGINIA	13
13	 WEST TEXAS	6

REMINDERS FOR DAY 4 — SATURDAY:

- ★ If every assigned LSC could provide 3 timers each session we could have relief timers and the ability to rotate them for breaks. The timers for prelims need to be in briefing room by 8am; 5pm for finals.
- ★ Assigned LSCs for timing Saturday prelims are in the Group Me app.
- ★ Saturday Prelims start at 8:30am. Finals begin at 5:30pm.
- ★ Relay cards for the 200m Medley Relays are due by 1:00pm.
- ★ All Disability Athletes will have finals and score points for their LSC. See Rayleen Soderstrom for placement in finals.
- ★ If a tie for finals occurs in the preliminaries, go to the Admin Table to schedule a swim-off. If a DQ is called, please send one coach only to investigate the reason for the call.
- ★ Please note there are several awards breaks scheduled during evening finals. All awards will be available at the end of the meet. All team awards and high point awards will be awarded at the end of the meet.
- ★ The Charlene Craddock Sportsmanship Award ballots must be turned in at the Admin Table by the end of today's prelims. The award will be presented during finals this evening.

SOUTH TEXAS STAFF



Left to Right: Nathan Koppock, Alexa deLuna, Jennie Lou Leeder, Emma Buckridge, Kellie Ketay and Jeremy Block.