



SOUTHERN ZONE MICROPHONE



SOUTHERN ZONE AGE GROUP CHAMPIONSHIP MEET ISSUE ZERO. TUESDAY, JULY 28, 2026

Welcome to Orlando for the 2026 46th Annual Southern Zone Age Group Championship Swim Meet. Since this meet began in 1980 in Dallas, Texas, swimmers from across the southeastern US have provided superheroic swims and amazing accomplishments in this stepping-stone meet to the national level.

You are currently perusing the first issue of our daily newsletter that will be available throughout the meet to keep everyone abreast of the meet highlights. This is YOUR newsletter and we welcome submissions from your LSC staff detailing any highlights you would like published.

We will be including the top performances from the previous day in each issue along with the following:

- ♦ Team Scores
- ♦ Record Setting Swims
- ♦ New Qualifying Swims
- ♦ Parade Photos
- ♦ Quotes Overheard On The Deck
- ♦ Coaching Staff Photos
- ♦ Meet Official Highlights
- ♦ Athlete Spotlight
- ♦ Creative T-Shirts on display

Send in Submissions No Later Than 10pm to:

01silversurfer@bellsouth.net and we will try to publish submissions the next day. We hope the meet is a huge success for all participants. Remember to stay well-hydrated and let us know if you have questions throughout the week.

Jonathan Watson
SZ Age Group Chair
01silversurfer@bellsouth.net

BACK TO ORLANDO

The World Needs More Superheroes

Twelve Local Swim Committees (LSCs) have entered teams competing in the 2026 SouthernZone Age Group Championship Meet being held this week in Orlando, Florida. The 4-day competition features some of the best athletes in the southeastern US age 11-14. The athletes have been selected from the top swimmers in their LSC who have not yet achieved a Summer Junior National qualifying time. Swimmers will compete in 66 events including relays and score points for their respective LSCs. In addition, swimmers with disabilities will also be competing in the meet. All of the competitors have shown to be superheroic just for qualifying for this meet—one of the fastest age group meets in the country annually. Highlights of the meet include a meet social on Wednesday after the timed finals session, an opening meet parade on Thursday evening, nightly finals and outstanding team spirit on display daily.



Everything kicks off with the General Meeting set for Wednesday at 10AM followed the women's 800m Free and mens 1500m Free and 400m Free and Medley relays. A meet social will follow the timed finals session at the Rosen Aquatic & Fitness facility. Awards from Wednesday's events will be recognized following the timed finals session.

WHO'S YOUR SUPERHERO?

WEDNESDAY ALERT!

We will be coming around to get photos and names of all coaching staffs and officials during the meet. The photos will be included each day

SOUTHERN ZONE RESULTS

- ★ Top Finishers
- ★ LSC Scores
- ★ Record Breakers
- ★ Futures/Juniors Qualifiers

TIMER ASSIGNMENTS (2 PER LANE) FOR WEDNESDAY TIMED FINALS

LANE	LANE	LANE	LANE	LANE	LANE	LANE	LANE
1	2	3	4	5	6	7	8
KY	SES	MS	LA	SC	STX	GA	BDR