

2025 Eastern Zone FALL HOD Meeting

Age Group Chair Report

EZ Age Group Chair Discussions

Over the last 2 years, the Zone AG Chairs have organized LSC AG Chair Zooms with the leadership of Dana Skelton, Team Advisor for USA Swimming.

We have met to discuss different topics that affect each LSC at the Age Group Level. Most recently, last week, we met to discuss “How LSCs are implementing 50s into LSC Age Group Championship Meets”. We are consistently getting 30-40 people on each zoom. Discussions are engaging and productive.

2026 Age Group Championships Dates & Sites

Short Course Championships

April 1-4, 2026

Hosted by Niagara/ FAST Swimming & STAR Swimming
Burt Flickinger Aquatic Center, Buffalo NY

Long Course Championships

July 29-August 1, 2026

Hosted by NOVA
NOVA Aquatic Center, Richmond VA

EZ LC Age Group Championships

Hosted by Virginia Swimming at Collegiate School Aquatic Center/ SwimRVA

August 6-9, 2025

Meet Host and Attendees comments/reactions:

Meet ran very well, smooth sessions, and under timeline for most sessions.

BIG plus of adding a “B final” for events. Gave more swimmers opportunities to race & contribute. Did not affect timelines from previous years.

This meet by the numbers: (2024 comparison)

9-10s: 122 female/ 157 male/ 279 total (97/133/230)

11-12s: 72 female/ 115 male/ 187 total (108/105/213)

13-14s: 172 female/ 159 male/ 331 total (159/180/339)

TOTAL Athletes: 803 (785)

Timeline Session Reports: (session finish time) (2024 comparison)

Wednesday – 7:36pm (7:53pm)

Thursday – 8:01pm (7:51pm)

Friday – 7:34pm (7:46pm)

Saturday – 6:09pm (6:23pm)

Times/Records:

4 NEW Individual Event Records

5 NEW Relay Event Records

Overall Time Improvements (based on seed times) (2024 comparison)

Total – 41% (40%)

Girls – 38% (36%)

Boys – 41% (40%)

Relays – 49% (50%)

Team Scores:

Girls -

1st – Middle Atlantic LSC

2nd – Virginia LSC

3rd – New Jersey LSC

Boys -

1st – New Jersey LSC

2nd – Middle Atlantic LSC

3RD – Metropolitan LSC

Overall -

1st – Middle Atlantic LSC

2nd – New Jersey LSC

3rd – Virginia LSC

EZ SC Age Group Championships

Hosted by Fairport Area Swim Team (FAST) at Webster Aquatic Center

April 2-5, 2025

Meet Host and Attendees comments/reactions:

Meet ran smoothly. Lots of swimmers, coaches, and spectators. Officials, Coaches, Volunteers were well take of care via hospitality. Long lines for meet “swag” but very popular.

Team Scores –

Overall:

Metro Area Lifetime – 1490.5

Stamford Sailfish Aquatic Club – 1034.5

Nation’s Capital Swim Club – 777.5

Girls:

Metro Area Lifetime – 923

Phoenix Aquatic Club – 445

Ridgefield Aquatic Club – 390

Boys:

Stamford Sailfish Aquatic Club – 966

Metro Area Lifetime – 567.5

Nation's Capital Swim Club – 518.5

This meet by the numbers:

- 212 teams
- 912 athletes
- 232 coaches
- 4,265 splashes
- 5 new individual records

<u>Age Group</u>	<u>Female</u>	<u>Male</u>		<u>Age Group</u>	<u>Total</u>
8	0	2		8	2
9	10	20		9	30
10	105	104		10	209
11	21	28		11	49
12	76	131		12	207
13	81	53		13	134
14	128	153		14	281
	421	491			912