## Intro to AGC

My name is Julia Merrill, and I coach for the Tri-City Channel Cats. I've been coaching in IES since 2014 and enjoy getting to know the other coaches, officials, and volunteers in the LSC. I've been on the Age Group Zones coaching staff for three years and it is one of my favorite opportunities as a coach.

## Overview on 2025 Zones

- Sr Zones team traveled to Clovis with 19 swimmers
  - Aiming for 24 athletes in 2026!
- AGZ team traveled to Elk Grove, CA with 47 swimmers
  - 24 of these swimmers will be no longer able to attend next year, as they will be turning 15 next summer!
  - IES is excited to see who we can add to our All-Star roster next year!
- Results files for IES teams for AGZ & SRZ are posted on the IES website under the "2026 Zones Teams" tab
  - Thanks Todd Stafek, for creating them!

## **Overview of 2026 Zones**

- Sr Zones will be July 28 August 1, 2026
  - o Clovis, CA
  - Hotel contract has been signed with Hyatt Fresno, as in years past
- AGZ will be August 5-8, 2026
  - o Mt Hood, OR
  - o Block has been set up at the Holiday Inn Express Portland East / Troutdale
  - Updated IES time standards will be available ASAP
- PLAN AHEAD! Important dates:
  - Online confirmation of IES estimated athletes for AGZ & SRZ will be distributed by Nov 15
  - Deadline for confirmation of travel with IES for SRZ is Dec 15
  - Purchase of travel team airline tickets for SRZ planned for mid-March 2026