

2026 Southern Zone Senior Championships
Houston, Texas | July 27 – August 1, 2026
Venue: University of Houston Recreation Center
Address: 4500 University Drive, Houston, TX 77004

Monday| July 27

- Monday AM Regular Workout/s at Crawfish based on site

Tuesday| July 28

- Tuesday AM Regular Workout/s at Crawfish based on site
- Travel to Houston, Texas either Monday or Tuesday
- Check into hotel, Airbnb, or team accommodations
- Get settled and unpack
- Stretch and loosen up after travel
- **Team Check In:** We will check in as a Team on Tuesday (7/28) 5:00pm in the lobby area next to the pool and do a team dynamic activity to get blood flowing.
- Shave (if applicable)
- Eat a healthy dinner

Wednesday | July 29

Shirt: Under the Big Top

6:00–6:30 AM – Wake Up & Breakfast

7:30–8:00 AM – Arrive at the Pool for Warm-Up, Communicate with your coach.

9:00 AM – Prelims Begin

12:00–2:00 PM – Lunch on Your Own / Recovery / Nap

2:15 PM – Wake Up, Shower, and Prepare for Finals

4:00–5:15 PM – Finals Warm-Up

5:30 PM – Competition Begins

7:00 PM Dinner/Lights Out by 10:00 PM

Thursday | July 30

Shirt: 2026 Red Crawfish Shirt with Black Shorts

6:00–6:30 AM – Wake Up & Breakfast

7:30–8:00 AM – Arrive at the Pool for Warm-Up, Communicate with your coach.

9:00 AM – Prelims Begin

12:00–2:00 PM – Lunch on Your Own / Recovery / Nap

2:15 PM – Wake Up, Shower, and Prepare for Finals

3:45 PM – Meet Outside the Natatorium and Enter as a Team

4:00 PM - Team Photo (Red Shirt w/ Black Shorts)

4:00–5:15 PM – Finals Warm-Up

5:30 PM – Finals Begin
8:00 PM – Dinner/Lights Out by 10:00PM

Friday | July 31

Shirt: Black Crawfish T-Shirt

6:00–6:30 AM – Wake Up & Breakfast

7:30–8:00 AM – Arrive at Pool for Warm-Up

9:00 AM – Prelims Begin

12:00–2:00 PM – Lunch on Your Own / Recovery / Nap

2:15 PM – Wake Up, Shower, and Prepare for Finals

4:00-5:15 PM – Finals Warm-Up

4:45 PM – Report to Cheer for Teammates (If not competing in Finals or completing a loosen-down.)

5:30 PM – Finals Begin

8:00 PM – Dinner/Lights Out by 10:00 PM

Saturday | August 1

Shirt: Training Day Crawfish T-Shirt

6:00–6:30 AM – Wake Up & Breakfast

7:30–8:00 AM – Arrive at Pool for Warm-Up

9:00 AM – Prelims Begin

12:00–2:00 PM – Lunch on Your Own / Recovery / Nap

2:15 PM – Wake Up, Shower, and Prepare for Finals

3:45 PM – Arrive for Finals Warm-Up

4:00–5:15 PM – Finals Warm-Up

5:30 PM – Finals Begin

Travel Home - Athletes may depart on Saturday evening or Sunday, depending on travel arrangements and approval from the coaching staff.

Packing Checklist

- Racing suits
- Practice suits
- Team caps
- Extra goggles
- Towels
- Water bottles
- Sports drinks or hydration mixes
- Recovery snacks
- Gels, GU, caffeine products, bars, etc.

Team Apparel

- Team warm-ups
- Team shirts listed in itinerary
- Black shorts
- Parka (recommended)
- Additional warm clothing

Team Appearance - All athletes should wear designated team apparel and warm-ups while on deck and during team activities. We want to look and act like a championship team.

Technical Suits - Arena technical suits are strongly encouraged. As an Arena-sponsored team, athletes are encouraged to compete with Arena equipment whenever possible.

Team Caps - Black Crawfish Cap

Finals Attendance - Athletes are expected to attend Finals sessions to support teammates unless excused by the coaching staff.

Facility Policies - No parents are allowed on deck. Spectators are limited to designated seating areas. All athletes must complete the required University of Houston participation waiver prior to receiving credentials.

Final Reminders

- Hydrate throughout the week.
- Stay off your feet between sessions.
- Eat quality meals and snacks.
- Be early to every team function.
- Check email and team communications daily for schedule updates.
- Print and obtain coach signatures on any reimbursement forms before leaving Houston.

Team Goal - Race hard. Support your teammates. Represent Crawfish Aquatics with pride.