



**GCST DECEMBER INVITE
DECEMBER 5-6, 2020**

Sanctioned by: Florida Swimming Inc. Sanction # **5401-1**
"In granting this approval it is understood and agreed that USA-S/ FL shall be free and held harmless from any liabilities or claims from damages arising by reason of injuries to anyone during the conduct of the event".

COVID-19 Statement In applying for this sanction(ed event), the Host, GULF COAST SWIM TEAM agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, FLORIDA (LSC), the State of FLORIDA and LEE COUNTY.

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND FLORIDA SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION,



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AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

LEE COUNTY ADDENDUMS

1. Adults 65 years and older and people of any age who have serious underlying medical conditions are strongly encouraged to avoid large crowds.
2. Do not come to the event if you or any household member has been exposed to a person with COVID-19 within the past 14 days.
3. If event staff use any indoor areas for their event (excluding restrooms), the disinfecting and cleaning of the used indoor areas will be performed by the event staff
4. All outdoor activity will cease once the onsite Weather bug Lightning Detection Unit alerts, it is located by the outdoor bathroom building. This alert goes into effect when lightning is detected within 10 miles of the park and is signaled by 1 long air horn blast, followed by a flashing strobe light. This alert will last 30 minutes from the last lightning strike and activities cannot resume until the all clear air horn signal goes into effect, 3 short air horn blasts.
5. When there is a lightning delay, all participants and spectators shall leave the facility and seek socially distancing safe shelter in their vehicles.

Condition of Sanction:

1. Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
2. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.
3. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and prohibited.
4. Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete / coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.



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Exceptions may be granted with prior written approval by the USA-S Vice President of Program Operations.

5. All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

Sponsored by:	Gulf Coast Swim Team
Type of Meet:	Closed 25 Yard, Timed Finals Events
Date and Time:	11 & Over Sat. 5, & Sun. 6, 2020 - 9:30 AM Start Time 10 & Under Sat. 5, & Sun. 6, 2020 - 1:30 PM Start Time
Location:	San Carlos Park Community Pool
Pool Spec:	Six certified 25 yard, outdoor pool with maximum six 25 yard racing lanes having a minimum depth of 3'8" feet at the turn end of the pool. 4'8" at the start end of the pool. Non-turbulent lane lines.
Timing Equipment:	Daktronics Timing System (2 buttons) with stopwatches for backup times.
Start time:	Morning Session at 9:30 AM Afternoon Session at 1:30 PM (Estimated)
Warm-up:	Morning Session at 8 AM Afternoon Session at 12 PM or 1 half hour after AM sessions.
Sessions:	Sessions may be combined based on the number of entries and timeline. Teams will be notified.
Eligibility:	Open to GCST (50), SD (20), FG-TS (20), PS (20) & SWIM (100) swimmers that are currently registered USA Swimming members.
Seeding:	25 yard times will be used for seeding.
Scratches:	No penalty for scratching on the block.



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- Entry Deadline: Nov. 30, 2020
- Entry Limit: Swimmers may enter a maximum of three (3) individual events per day.
- Entry Fee: \$4.15 per event, \$15.00 Facility Fee, and \$2.00 Online Heat Sheet Fee.
Entry Fees may be paid at the meet or mailed to:
SFSCI
20560-Rookery Dr.
Estero, FL 33928
Make checks payable to Southwest Florida Swim Club, Inc.
- Awards: Ribbons 1st through 8th for 12 & under swimmers.
- Rules: Current USA Swimming Technical rules will govern. Safety rules, As outlined by USA Swimming, and as recommended by the Head Marshall, will be in effect during all warm-up periods and in all warm-up areas. Fly over starts may be used at the discretion of the referee
- Officials: Meet Referee: Mark McCaw
Administrative Official: Mary Ann Nielsen
Starter: Molly Roberts
Chief Stroke and Turn: Jen Seluk, Corrine Garnier-Chan
Meet Marshall: Evelyn Kirby
- Meet Manager: Don Henshaw
Phone - 239-560-4820
E-mail - gcst@comcast.net
- Coaches/Officials: Coaches/Officials shall wear their USA Swimming registrations card in a conspicuous location at all times while on deck during the meet. Coaches must sign in at their first session of the meet
- Deck Entries: Deck entries will not be allowed.
- Camera Zones: Per Florida Swimming Rule 223.13, Meet Management shall designate and inform the public of "Camera Zones" at each swim meet where both still photography and video photography of a race or a competitor in a race may be



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taken. Acceptable "Camera Zones" may include, but are not limited to the side courses of a pool, team gathering areas, concession area, turn-end of competition course when not in use as a "start-end," etc. Meet Management shall also designate "Non-Camera Zones." Under NO circumstances will Camera Zones include the area immediately behind the starting blocks at either end of the racing course(s) while they are in use for "race starting purposes" during competition and warm-ups, locker rooms, restrooms, or any other dressing area. Any individual failing to abide by this rule could be subject to the Florida Swimming Code of Conduct violation as defined in Rule 239.2.

Warm-Up Schedule:

Each Team will be assigned a 30 minute block to warm-up.
Lane 1-8 Continuous swimming only (push-off no equipment) Last 10 minutes is controlled warm-up
Lane 1 and 8 Continuous swimming only (push-off no equipment) Lane 2 and 7 Dive one way sprint only
Lane 3-6 Continuous swimming only (push-off no equipment)

Except for racing start, swimmers must enter the pool feet first with one hand touching the deck of the pool.



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Saturday, Dec. 5, 2020 Swimmers may enter a maximum of three (3) events

8 AM Warm-up 9:30 AM Start

***** USE 25 YARD TIMES FOR ENTRY *****

<u>G/B Evt #</u>	<u>Description</u>
1-2	11-12 200 Free
3-4	Open 200 Free
5-6	11-12 100 Back
7-8	Open 100 Back
9-10	11-12 50 Breast
11-12	Open 200 Breast
13-14	11-12 50 Free
15-16	Open 50 Free
17-18	11-12 50 Fly
19-20	Open 200 Fly
21-22	Open 1000 Free*
23-24	Open 400 IM*

*may be combined by gender. Heats may be limited

Saturday, Dec. 5, 2020

12 PM Warm-up (EST) 1:30 PM Start (EST)

<u>G/B Evt #</u>	<u>Description</u>
25-26	10 & Under 200 Free
27-28	8 & Under 25 Back
29-30	10 & Under 50 Back
31-32	8 & Under 25 Breast
33-34	10 & Under 100 Breast
35-36	8 & Under 50 Free
37-38	10 & Under 100 Free
39-40	8 & Under 25 Fly
41-42	10 & Under 50 Fly
43-44	10 & Under 500 Free



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Sunday, Dec. 6, 2020 Swimmers may enter a maximum of three (3) events

8 AM Warm-up

9:30 AM Start

<u>G/B Evt #</u>	<u>Description</u>
45-46	11-12 200 IM
47-48	Open 200 IM
49-50	11-12 50 Back
51-52	Open 200 Back
53-54	11-12 100 Breast
55-56	Open 100 Breast
57-58	11-12 100 Free
59-60	Open 100 Free
61-62	11-12 100 Fly
63-64	Open 100 Fly
65-66	Open 500 Free*
67-68	Open 1650*

***may be combined by gender. Heats may be limited**

Sunday, Dec. 6, 2020 Swimmers may enter a maximum of three (3) events

1 PM Warm-up (EST)

2 PM Start (EST)

<u>G/B Evt #</u>	<u>Description</u>
69-70	10 & Under 200 IM
71-72	8 & Under 50 Back
73-74	10 & Under 100 Back
75-76	8 & Under 50 Breast
77-78	10 & Under 50 Breast
79-80	8 & Under 25 Free
81-82	10 & Under 50 Free
83-84	8 & Under 50 Fly
85-86	10 & Under 100 Fly
87-88	8 & Under 100 IM
89-90	10 & Under 100 IM