



***2019 GCST Summer Open***  
**June 14, 15, and 16, 2019**

- Hosted by:** *Gulf Coast Swim Team* <http://www.gcst.org>
- Sanctioned By:** Florida Swimming of USA Swimming #4762-1  
In granting this approval it is understood and agreed that USA Swimming and Florida Swimming 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.”
- Condition of Sanction:** 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. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited. 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. Exceptions may be granted with prior written approval by the USA-S Vice President of Operations.
- Type of Meet:** Age Group & Senior 50 Meter Long Course Open  
8 & Under: Timed Finals  
10 & Under, 11&12: Prelims and Finals. 10 & Under 400 Free is Timed Final.  
13 & 14, and Senior: Prelims, and A /B Finals. 400 Free, and 400 IM will have an A Final only.  
Meet management reserves the right to use “fly-over” starts, chase starts and/or flighting of heats to control the length of the morning sessions.
- Dates & Times:** Friday, Saturday & Sunday June 14, 15, & 16, 2019:  
Morning sessions will begin at 8:00 AM  
Afternoon sessions will not begin before 10:30 AM.
- Friday and Saturday Finals at 5:30 pm, Sunday Finals at 5:00 PM  
**Swum in Numerical Order - Finals before Consolations**

- Warm-ups:** Fri – Sun: 7:00 – 7:50 am daily for morning prelims.  
Afternoon sessions – Warm-up will start in the diving well, with 30 minutes guaranteed in the main competition pool.  
Finals: (50 minutes guaranteed)  
4:30 – 5:20 PM: Friday & Saturday  
4:00 – 4:50 PM: Sunday
- Location:** Lee County / FGCU Aquatics Center  
10501 FGCU Blvd. S.  
Fort Myers, FL 33965-6565
- Pool Specs:** Certified outdoor, 8 lane 50 meter pool with Competitor non-turbulent lane lines.  
Water depth in the competition pool is 6'7" at each end and 7'6" in the middle of the pool. Separate 25 yard warm-up, warm-up down 8 lane pool.
- Timing Equip:** Daktronics Electronic timing system with electronic results / scoreboard and manual watches.
- Eligibility:** Open to all 2019 registered swimmers with USA Swimming and foreign athletes who have met the listed qualifying times.
- Entry Limit:** Limited to teams with the first **450** entered swimmers, or the first team to fill the 4 hour time limit per session. GCST reserves the right to return any entries that may exceed the limit.  
Swimmers are limited to a maximum of 3 individual events per day. Swimmers posting entries over the entry limit will be considered as entered in the first 3 events.  
**In order to control the length of the meet, we reserve the right to limit the entries in the 400 Free, 800, Free, 1500 Free, and the 400 IM.**  
**Coaches will be advised prior to the meet if this affects your athletes.**
- Finals Scratch Penalty:** Any swimmer who competes in a preliminary heat, and qualifies for either a consolation or a championship finals heat, must swim that event during finals unless the swimmer scratches from the event with the clerk of course no later than 30 minutes following conclusion of the preliminary session. Failure to do so will result in the swimmer being fined \$10. There is no event penalty. Upon payment of the fine, the swimmer will be eligible to continue competing in the meet. Alternate swimmers are encouraged to check with the announcer after the scratch deadline to determine if they will be swimming. A swimmer not originally qualified for the finals session who is seeded into a final due to the scratch of another swimmer will not be penalized for failing to swim in that final.
- Seeding:** Use 50 meter long course times. Conversions, using the formula in the current Florida Swimming Handbook may be used, for entry and seeding purposes. This meet will be pre-seeded, slowest to fastest except: 1500 Free, 400 Free, and the 400 IM which will be deck seeded fastest to slowest.

1500 Free, 800 Free, and 10 & Under 400 Free are Timed Final Events & require positive check-in. Events and/or heats may be combined at the discretion of the referee.

**Entries:** Entries must be submitted by electronic file. Entry file must be received by 11 PM on June 4, 2019. Please e-mail entry file to Don Henshaw at [gcst@comcast.net](mailto:gcst@comcast.net). Entry Fees must be paid prior to the start of the meet on June 14, 2019. Manual entries will be charged \$50.00 per team. **PLEASE PRINT CLEARLY!**

Athletes may enter the meet using conforming and non-conforming times in this order: Long Course Meters (LCM), then Short Course Meters (SCM), then Short Course Yards (SCY). Converted times are not permitted. Swimmers who have not achieved the qualifying standards will not be seeded.

**TEAMS WITH UNATTACHED OR UNREGISTERED SWIMMERS:** Teams may enter swimmers with an Unattached or Unregistered status. Unregistered swimmers must provide proof of registration prior to the swimmer's first event.

**INDIVIDUAL UNATTACHED SWIMMERS:** Unattached swimmers who are not awaiting attachment to any team must enter individually.

**Deck Entries:** Deck entries may be accepted by the Administrative Referee or his/her designee, up to 45 minutes **before the start of the meet ON Friday, June 14** under the following conditions:

- \* Swimmers must meet all other standard requirements of the meet.
- \* Entry & meet fees must be paid at time of entry
- \* A swimmer may not scratch an event to deck enter an event
- \* A swimmer may only deck enter an event that has an existing empty lane.
- \* No new heats will be established.

**Entry Fee:** Facility Fee/Swimmer \$15.00  
\$4.15 - Individual Time Final Events  
\$6.10 – Individual Prelim / Finals Events  
\$8.00 - Relay Events  
Entry Fees must be paid in full prior to the start of the meet.  
Make checks payable to Southwest Florida Swim Club, Inc.

**Deck Entries:** \$10.00 per individual event plus \$15.00 Facility Fee.

**Entry Deadline:** **11:00 PM on June 5, 2019**

**Officials:** Meet Referee: John King  
Administrative Referee: Mark McCaw  
Starter: Molly Roberts  
AO: Mary Ann Nielsen  
Meet Marshall Don Henshaw  
Meet Manager: Don Henshaw

Evaluations are available for some N2 and N3 positions. Some may be limited. It is recommended, but not required that officials apply in advance of the meet to Tim Jacobson: [flswimfive@gmail.com](mailto:flswimfive@gmail.com)  
Priority will be given to those applying in advance.

**Scoring:** Individual: 9-7-6-5-4-3-2-1

**Awards:** Individual Events: 1<sup>st</sup> – 3<sup>rd</sup> Medals  
4<sup>th</sup> – 8<sup>th</sup> Ribbons  
Team Award: 1<sup>st</sup> place visiting and runner-up visiting team  
High Point: 1<sup>st</sup> Place Award; Men & Women, Each Age Group

**Team Rep:** Prior to the start of the meet, the name of one person other than the coach, who will check with the referee about any matter pertaining to the meet, may be given to the referee. For each team, the coach and that person only will be recognized.

**Identification:** Coaches and Officials shall wear their USA Swimming registration card in a conspicuous location at all times while on deck during a swim meet. Teams must submit a list with their entry of current coach members that will be working the meet for hospitality purposes.

**Camera Zones:** Per Florida Swimming Rule 223.12, 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 competition a race may be 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.

**For Information:** Contact Don Henshaw (239) 560-4820, [GCST@comcast.net](mailto:GCST@comcast.net)

**Rules:** Current USA Swimming Rules & Regulations will govern.

**Hotels:** **HOTEL HOTLINE:** Please call Lee County Sports Housing at 1-239-541-1800, Monday through Friday between 9 a.m. and 5 p.m. Eastern, or submit a reservation request online at: <http://leecountysportshousing.org/event/1099>

**WARM-UP SCHEDULE**

NO EQUIPMENT PERMITTED

**SWIMMERS MUST ENTER THE WATER FEET FIRST WITH AT LEAST ONE HAND IN CONTACT WITH THE POOL DECK EXCEPT WHEN EXECUTING A CONTROLLED RACING START, SUPERVISED BY A COACH.**

\* The referee/marshal may alter warm-up procedures to meet the needs of the swimmers.

**All Sessions:**

General Warm Up (First Half)

Lane(s)

1 - 8 Circle swimming only

Controlled Warm Up (Last Half)

Lane

- 1 Pace 50s - push off
- 2 Racing Starts - one way only
- 3 Circle swimming only
- 4 Circle swimming only
- 5 Circle swimming only
- 6 Racing Starts - one way only
- 7 Racing Starts - one way only
- 8 Pace 50's – push off

ORDER OF EVENTS

**Friday, June 14, 2019 8:00 AM**

EVENT #	AGE GROUP DESCRIPTION	<u>GIRLS</u>	<u>BOY</u>
1-2	Senior 50 Backstroke		
9-10	13-14 200 Backstroke	2:59.39	2:49.69
11-12	Senior 200 Backstroke	2:55.59	2:41.39
17-18	13-14 200 Freestyle	2:42.59	2:32.29
19-20	Senior 200 Freestyle	2:38.69	2:26.09
25-26	13-14 100 Breaststroke		
27-28	Senior 100 Breaststroke		
33-34	13-14 1500 Freestyle (1,3)	20:39.79	20:28.49
35-36	Senior 1500 Freestyle (1,3)	20:14.39	19:22.99

The following events will not start before 10:30 AM with a 30 min. guaranteed warm-up:

3-4	11 & 12 200 Butterfly (3)	3:22.00	3:20.00
5-6	10 & Under 100 Backstroke		
7-8	11-12 100 Backstroke		
13-14	10 & Under 200 Freestyle	3:20.99	3:12.09
15-16	11-12 200 Freestyle	2:50.39	2:45.19
21-22	10 & Under 50 Breaststroke		
23-24	11-12 50 Breaststroke		
29-30	10 & Under 200 IM	3:43.19	3:40.79
31-32	11-12 800 Free (2, 3)	12:29.18	12:15.19

NOTES:

- (1) COMBINED 13-14 AND SENIOR TIMED FINAL EVENT, SCORED SEPARATELY, POSITIVE CHECK-IN REQUIRED BY THE SCRATCH DEADLINE.
- (2) DECK SEEDED EVENT, POSITIVE CHECK-IN REQUIRED BY THE CHECK-IN DEADLINE.
- (3) TIMED FINAL EVENT

**Saturday, June 15, 2019 8:00 AM**

<u>EVENT#</u>	<u>AGE GROUP DESCRIPTION</u>	<u>GIRLS</u>	<u>BOYS</u>
39-40	Senior 50 Breaststroke		
47-48	13-14 100 Freestyle		
49-50	Senior 100 Freestyle		
57-58	13-14 200 Breaststroke	3:25.59	3:11.59
59-60	Senior 200 Breaststroke	3:20.79	3:02.49
65-66	13-14 100 Butterfly		
67-68	Senior 100 Butterfly		
73-74	13-14 400 Ind. Medley (2)	6:27.59	6:04.69
75-76	Senior 400 Ind. Medley (2)	6:18.79	5:47.29

The following events will not start before 10:30 AM with a 30 min. guaranteed warm-up:

37-38	11 & 12 200 Backstroke (3)		
41-42	8 & Under 50 Freestyle (3)		
43-44	10 & Under 50 Freestyle		
45-46	11-12 50 Freestyle		
51-52	8 & Under 50 Breaststroke (3)		
53-54	10 & Under 100 Breaststroke		
55-56	11-12 100 Breaststroke		
61-62	10 & Under 50 Butterfly		
63-64	11-12 50 Butterfly		
69-70	10 & Under 400 Freestyle (2,3)	6:51.09	6:44.59
71-72	11-12 400 Freestyle (2)	5:56.49	5:48.69

NOTES:

- (1) COMBINED 13-14 AND SENIOR TIMED FINAL EVENT, SCORED SEPARATELY, POSITIVE CHECK-IN REQUIRED BY THE SCRATCH DEADLINE.
- (2) DECK SEEDED EVENT, POSITIVE CHECK-IN REQUIRED BY THE CHECK-IN DEADLINE.
- (3) TIMED FINAL EVENT

**Sunday, June 16, 2019 8:00 AM**

<u>EVENT#</u>	<u>AGE GROUP DESCRIPTION</u>	<u>GIRLS</u>	<u>BOYS</u>
77-78	Senior 50 Butterfly		
85-86	13-14 50 Freestyle		
87-88	Senior 50 Freestyle		
95-96	13-14 200 Butterfly	2:59.49	2:49.19
97-98	Senior 200 Butterfly	2:54.79	2:40.39
105-106	13-14 100 Backstroke		
107-108	Senior 100 Backstroke		
111-112	13-14 200 Ind. Medley	3:03.39	2:51.99
113-114	Senior 200 Ind. Medley	2:59.69	2:43.99
115-116	13-14 400 Freestyle (2)	5:40.89	5:24.09
117-118	Senior 400 Freestyle (2)	5:32.89	5:09.89

The following events will not start before 10:30 AM with a 30 min. guaranteed warm-up:

79-80	11-12 200 Breaststroke (3)	3:50.00	3:42.00
81-82	10 & Under 100 Freestyle		
83-84	11-12 100 Freestyle		
89-90	8 & Under 50 Butterfly (3)		
91-92	10 & Under 100 Butterfly		
93-94	11-12 100 Butterfly		
99-100	8 & Under 50 Backstroke (3)		
101-102	10 & Under 50 Backstroke		
103-104	11-12 50 Backstroke		
109-110	11-12 200 IM	3:24.00	3:22.00

NOTES:

- (1) COMBINED 13-14 AND SENIOR TIMED FINAL EVENT, SCORED SEPARATELY, POSITIVE CHECK-IN REQUIRED BY THE SCRATCH DEADLINE.
- (2) DECK SEEDED EVENT, POSITIVE CHECK-IN REQUIRED BY THE CHECK-IN DEADLINE.
- (3) TIMED FINAL EVENT

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