

GCST “Trials Qualifier” Meet at FGCU

May 14, 15, 16, and 17, 2020

Hosted by: ***Gulf Coast Swim Team*** <http://www.gcst.org>

Sanctioned by: Florida Swimming Inc. Sanction # 5081
“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”.

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. 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.

Check In: Thursday, May 14, 2020 from 4:00 pm to 8:00 pm. Friday 5/15/2020 after 7:00 am

General Meeting: Friday May 15, 2020 @ 8:00 AM at the pool. Coaches will be responsible for all information presented at this meeting.

Type of Meet: 50 Meter Long Course Prelims / Finals. Senior: A,B,C Finals
Meet management reserves the right to use “fly-over” starts, chase starts or flighted sessions to control the length of the morning sessions. Meet Management guarantees the six (6) fastest heats of each event will swim during the regularly scheduled event cycle during the prelim session. Any remaining heats may be swum at the conclusion of the morning session, fastest to slowest.

Dates & Times: Thursday, Friday, Saturday & Sunday, May 14-17, 2020
Thursday warm up at 4:00 PM, Timed Finals at 5 PM.
Morning sessions at 9:00 am and Finals at 6:00 pm each day

Warm-ups: Thursday: 5:00 – 8:00 PM
Prelims: 7:00 – 8:50 am daily
Finals: 4:30 – 5:50 pm daily (50 minutes guaranteed)

Location: Lee County / FGCU Aquatics Center
10501 FGCU Blvd. S.
Fort Myers, FL 33965-6565

Pool Highlights: Myrtha, certified, 8 lanes, outdoor 50 meter pool with Competitor non-turbulent lane lines. Water depth in the competition pool is at least 6’7” at each end and 7’6” in the center. Separate 25 yard, 8 lane pool for warm up/down.

Timing Equip: Daktronics Electronic timing system with electronic results / scoreboard and manual watches.

- Eligibility:** Open to the first **550** swimmers that are 2020 registered swimmers with USA Swimming or FINA, who have met the listed qualifying times since January 1, 2018. No deck registrations will be accepted. National Team athletes will be given preference into this meet despite the entry deadline..
- Entry Procedure:** All entries must be submitted using **USA Swimming OME** (online meet entry) at www.usaswimming.org/ome and must be paid at checkout on OME.
Foreign Entry payment must be made to GCST at 20560 Rookery Dr. Estero, FL 33928 prior to the entry deadline. Please use overnight or certified mail (Fed Ex, USPS or other form of guaranteed delivery. **Make checks payable to SFSCI.** Entries are not considered accepted until payment is received prior to the entry deadline. A confirmation by email will acknowledge posting of entries. Entrants are responsible for following up if acknowledgement is not received. Please bring a copy of all communications with you to the meet. Once entries are paid for, times can be modified and events can be added, but events cannot be deleted.
Please contact Jaime Lewis at USA Swimming with any questions on the OME system (719) 866-3581 or Don Henshaw at gcst@comcast.net
- Entry Deadline:** Entries may be submitted online beginning **April, 1, 2020 at 12:01 PM EST** and will be accepted through **May 8, 2020 at 10:00 PM EST.**
- Individual Entries:** Use a time in the national database for entry that is faster than the qualifying time and achieved during the qualifying period. Swimmers may enter using an Override Time for times that are not in the national database. Override times must include the meet name and date. Times that cannot be proven by the Entry Coordinator will not be seeded in the meet. Times that are missing from the National Database should be requested through the host LSC National Times Coordinator of the meet at which the time was achieved.
- TEAMS WITH UNATTACHED OR UNREGISTERED ATHLETES:** Teams may enter athletes with an Unattached or Unregistered status.
When building the roster in OME, select the “Add Unattached/Unregistered Swimmer” link.
Unregistered swimmers must provide proof of registration prior to the swimmers first event.
- INDIVIDUAL UNATTACHED ATHLETES:** Unattached athletes that are not awaiting attachment to any team must enter individually. Access the OME system at the address <http://www.usaswimming.org/ome> - log in and select “Enter Individual.”
- Entry Limit:** **Individual Events:** Athletes may enter all events which they qualify, however they may only compete in seven (7) individual events for the meet, including time trials, and no more than three (3) individual events per day.
Deck Entries: No deck entries will be accepted, but Time Trials may be available for those entered in the meet.
- Bonus Swims:** Individuals that qualify in 1 event may enter 2 additional events as Bonus Swims. The 800 Free and 1500 Free are not eligible as Bonus Events. Once an event is marked "bonus", it cannot be changed to a qualified event.
- Seeding:** Eligible entries shall be seeded in the following order – Long Course Meters (LCM), Short Course Meters (SCM), Short Course Yards (SCY), followed by all Bonus entry Long Course (LCM), Short Course Meters (SCM), Short Course Yards (SCY). All submitted times must have been achieved and match exactly a time that is on file with USA Swimming SWIMS database, unless the swimmer is from an International team and is properly registered with a FINA member national governing body. International swimmer entry times must be proven before the swimmer will be seeded and allowed to swim an event.
- ***CONVERTED TIMES ARE NOT PERMITTED.*****
- An * next to the time on the psych sheet or Administrative Referee’s master entry indicates that the time must be cleared before the closing of the scratch box or that swimmer will not be seeded and will not be eligible to compete in that event.

800 and 1500 FREE: Timed Finals. Positive check-in is required to be seeded. Thursday events must be checked in one half hour before the scheduled start of the session. Swimmers may declare their desire to swim in the preliminary session by the check-in deadline (same as scratch box closing) on Saturday night. Both events will be seeded to finish at 4:30 PM on Sunday. Swum fastest to slowest alternating women/men with the fastest 8 men & fastest 8 women who did not elect to swim in the preliminary session seeded in finals.

400 IM and 400 FREE: Will be swum as follows:

1. Fastest 4 heats of women, slowest to fastest
2. Fastest 4 heats of men, slowest to fastest
3. All remaining heats, alternating women and men, fastest to slowest

Finals:

Finals events will be swum in the following order: A-Final, B-Final, C-Final.
All Finals will be competed in 8 lanes.

FINALS PROTOCOL:

- A - Finalists will be paraded.
- B - Finalists will be announced behind the blocks
- C - Finalists will be announced in the water.

Scratches:

DEADLINES:

- Friday's Events: Thursday 5:30 PM.
- Saturday's Events: Friday 5:30 PM
- Sunday's Events: Saturday 5:30 PM

PRELIMINARIES: Failure to scratch by the deadlines listed and not swum in the prelim will result in a fine of \$10.00 which must be paid before the swimmer can compete in any other individual events. There is no event penalty. The swimmer must declare their intent to swim with the Administrative Referee for the next day's competition prior to the closing of the scratch box for the next day's seeding (positive check in all subsequent events).

FINALS: Any swimmer who competes in a preliminary heat and qualifies as one of the fastest twenty four (24) swimmers must swim A-Finals, B-Finals, or C-Finals; or must declare his/her possible intention to scratch within thirty (30) minutes of the announcement or posting of the preliminary results of that event and further declare their final intentions within 30 minutes of their last individual preliminary event. "Failure to Swim" in finals without properly scratching will result in the swimmer being fined \$25.00. Until the fine is paid, the swimmer will not be eligible to continue competing in the meet. A swimmer not in the originally announced or posted in the fastest twenty four (24) swimmers who is moved into a final due to the scratch of another swimmer, will not be penalized for failing to swim in that final. Swimmers within the top thirty two (32) are encouraged to declare their intention not to compete if they do not intend to swim, so that the Administrative Referee will be able to properly seed the meet for finals. Scratches must be done individually; team scratches will not be accepted.

NOTE: Alternates wishing to swim in an open lane in finals must be standing at the starter's tent, prepared to step on the block for the swim when the swimmers are called to the blocks.

The Referee will NOT instruct the Announcer to call for the alternate.

Scoring:

The top 16 places in each event; (A) Finals and (B) Finals, and all timed final events, will be scored.
Individual: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

Entry Fees:

\$12.00 per Individual Event. \$15 per swimmer Facility Fee, and Online Heat Sheet Fee of \$2.
\$10.00 per Individual Time Trial Entry

Officials Briefings:

Friday May 15, 2020 @ 7:30 am. Subsequent Sessions: one hour prior to start

Officials: Meet Referee: Jon King, Bill Hollowsky
Head Starter: Molly Roberts
Admin Referee: Mark McCaw
Stroke & Turn: Jen Seluk
Marshall: Don Henshaw
Meet Manager: Don Henshaw
Admin Official: Adele Woodrow, Mary Ann Nielsen

National Certifications: Evaluations are available for all N2 and N3 positions. Some may be limited. It is recommended but not required that officials apply in advance to the meet referee at mm2886@comcast.net. Priority will be given to those applying in advance.

Awards: Individual Events: No individual awards given at this meet.
High Point: 1st and 2nd Place Female and Male Speedo Gear

Identification: Swimmers, Coaches and Officials shall wear their event credentials in a conspicuous location at all times while on deck during the meet.
Coaches must sign in at their first session of the meet to be allowed on deck

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 competitor in 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 each 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

Rules: Current USA Swimming Rules & Regulations will govern.

Time Trials

Time permitting, time trials will be offered 30 minutes after the completion of each preliminary session. The entry fee is \$10.00 per individual event. Time Trials sign up will from 9:00 – each day at the Clerk of Course. Only athletes entered in the meet are eligible to

11:00 am
compete in time

trials. Athletes must provide their own lane timer and lap counter for all time trial events.

Time Trial Schedule (Time Permitting)

Friday Following the 400 IM
Saturday Following the 200 BR
Sunday Following the 100 FR

Order of Events

Friday Events/Saturday Events/Sunday Events
Saturday Events/Sunday Events/Friday Events
Sunday Events/Friday Events/Saturday Events

*** 1500 & 800 Freestyle Time Trials Friday afternoon only (time permitting)

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

Lane(s)

1 - 8 Circle swimming only

Controlled Warm Up (Last Half Hour)

Lane

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

Thursday May 14, 2020					
EVENT # W / M	EVENT DESCRIPTION	WOMEN LCM	WOMEN SCY	MEN LCM	MEN SCY
1*	1500 Freestyle	18:52.49	18:21.59		
2*	800 Freestyle			9:08.99	10:16.69
*Events 1-2 will swim alternating W/M heats fastest to slowest.					
18:52.49	18:21.59	17:42.89	17:16.49	18:52.49	18:21.59
Friday May 15, 2020					
EVENT # W / M	EVENT DESCRIPTION	WOMEN LCM	WOMEN SCY	MEN LCM	MEN SCY
3-4	100 Freestyle	1:02.79	55.09	56.39	49.39
5-6	100 Breaststroke	1:23.79	1:12.99	1:16.79	1:05.59
7-8	200 Butterfly	2:36.19	2:16.39	2:23.89	2:05.79
9-10	400 Freestyle	4:43.79	5:13.69	4:23.49	4:53.29

Saturday May 16, 2020					
EVENT # W / M	EVENT DESCRIPTION	WOMEN LCM	WOMEN SCY	MEN LCM	MEN SCY
11-12	200 Freestyle	2:14.89	1:59.09	2:02.79	1:47.39
13-14	100 Butterfly	1:09.49	1:01.79	1:02.39	54.79
15-16	200 Backstroke	2:36.59	2:17.49	2:26.89	2:07.59
17-18	50 Freestyle	28.99	25.59	26.29	22.59
19-20	400 Ind. Med	5:26.39	4:45.69	5:06.79	4:23.79

Sunday May 17, 2020					
EVENT # W / M	EVENT DESCRIPTION	WOMEN LCM	WOMEN SCY	MEN LCM	MEN SCY
21*	800 Free	9:45.39	10:55.39		

22*	1500 Free			17:42.89	17:16.49
23-24	100 Backstroke	1:12.49	1:03.89	1:06.59	58.19
25-26	200 Breast	3:03.59	2:37.89	2:46.69	2:23.19
27-28	200 Ind. Med	2:35.19	2:15.59	2:20.99	2:02.99
*Events 21-22 will swim alternating W/M heats fastest to slowest, at the end of prelims, finishing at 4:30 PM with top 8 W/M seeded in finals.					

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.