

Swimmer's Meet Rules

GCST Swim Caps:

GCST swimmers must wear a GCST swim cap (if they wear a swim cap), at all team competitions.

Caps can be purchased from the coaches.

Championship qualifiers may receive a special cap depending on the meet.

GCST Team Shirts / Uniforms:

Swimmers are required to wear team shirts, jackets, and warm-ups at all team competitions depending on weather conditions etc. High school shirts, jackets, and other types of apparel are not acceptable.

GCST shirt rotation at meets:

Black on Friday, blue on Saturday, and white or grey on Sunday.

During hot summer months black may be switched with grey.

GCST Team Suits:

Swimmers are required to compete in our team suit. The team suit is a black endurance suit with or without the team logo on it. Swimmers may wear tech suits for championship meets as determined by the coaches. Suit must be black in color. If purchasing a jammer with a color panel on the side, use royal blue, stripes, print, or solid.

At The Meet:

Be on time for warm-ups. Warm-up times are posted on the Event Page.

Do not stand around on the deck wasting time while the rest of your team mates are in the water warming up.

Always check-in with your coach before your events, and after your events.

Always warm-up before your event, and swim down after your event. Do not play in the warm-up pool / lanes.

Keep the team area clean! Do not make a mess under the bleachers, or throw food on the deck. You will be held responsible for cleaning it up.

Be a "team player"! Cheer for your team mates, and participate in team cheers.

Swimmers are required to be in our designated team area during swim meets. They must notify coaches when they leave the area. Swimmers must check with coaches regarding relay assignments before they leave the meet.

Parents are not allowed under the swimmer's team tents during swim meets. A "parents" team tent will be provided at away meets if needed.

Prelims / Finals Meets:

Swimmers making Finals in all Prelim / Finals meets must swim their Finals events. You will only be allowed to scratch an event for a medical reason.

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All other requests will be denied.

Championship Meets:

Swimmers are entered by the coaches into championship meets. Swimmers must attend practice on a regular basis with either none or minimal practice absences to be allowed to enter championship meets.

Swimmers taking breaks, or missing practice during the season will not be allowed to enter or attend championship meets.

Failure to comply with these meet rules will result in a warning from the coaches, sanctions placed on the swimmer, and or removal from the meet.