



2023 GCST Spring Invite at FGCU

April 21, 22, and 23, 2023

Sanctioned by: Florida Swimming Inc. Sanction # **FL-6411**

“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:

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

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 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 MAAPP is a condition of participation in the conduct of this competition.

Hosted By: Gulf Coast Swim Team (<http://www.gcst.org>)

Type of Meet: Age Group & Senior, 50 Meter, Long Course, Timed Finals
Meet management may opt to use fly-over and/or chase starts at this competition.

Dates & Times: April 21, 22, & 23, 2023
Friday 5:00 PM (10&U, 11-12, 13-14, and Senior)
Morning sessions begin at 8:30 AM (13-14 & Senior)
Afternoon sessions will begin 1 hour after the morning session is completed (8 & Under, 10 & Under, and 11-12)
In the event of less than anticipated entries, the afternoon, and morning sessions may be merged into one morning session on Saturday, and Sunday. Teams entered will be notified of any change.

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

Pool Specifications: Certified 50 meter outdoor pool, non turbulent lane lines, eight lane pool with eight to be used during the competition; Separate 25 yard, 8 lane pool will be available for continuous warm up/down. A pool depth of 6'7" at the start end.

Warm-ups: April 21 PM Sessions: 4:00 PM
April 22 & 23, AM Session: 7:30 AM
April 22 & 23, PM Sessions: Not before 11:00 am – One hour guaranteed

Timing Equipment: Daktronics timing system with electronic scoreboard display.

Medical: Lifeguards on duty during them meet with AED on site.

Eligibility: Open to currently registered swimmers with USA Swimming and foreign athletes who are members of invited teams and have met the listed qualifying times. If your team would like an invitation please e-mail Don Henshaw at gcst@comcast.net.

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 4 individual events per day, plus relays. Swimmers posting entries over the entry limit will be considered as entered in the first 4 events. No limit on relay entries, but teams should indicate "A", "B", etc. In order to control the length of the meet, we reserve the right to limit the entries in the 1500, 800 and 400 Free, 400 IM and all relays. Coaches will be advised prior to the meet if this affects your athletes.

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 fastest to slowest. The 400 Free, 800 Free, 1500 Free and the 400 IM will be deck seeded. Positive check in is required 45 minutes prior to each session.

Scratch Penalty: No penalty for scratching on the block.

Entries: Entries may be submitted on the enclosed entry forms, or on Hytek disk. Non Hy-Tek entries will be charged \$50.00 per team. **PLEASE PRINT CLEARLY!**

Deck Entries: Deck entries will not be permitted. *On deck registration will not be allowed.

- Entry Fee: \$5.50 per Individual Event, \$6.00 per Relay
\$10 Facility Fee per swimmer
\$2 Non-FL Swimmer Surcharge
\$3 Online Heat Sheet Fee per swimmer
Entry fees must accompany entries. Entries will not be accepted without full payment prior to the entry deadline.
- Entry Deadline: **All entries must be received by 5:00 pm on Tuesday April 11, 2023.** Enclose payment to The Southwest Florida Swim Club, Inc. Express Mail or other rapid mail service is suggested. Hy-tek entry files may be e-mailed to Don Henshaw at gcst@comcast.net, however, payment and original hard copy of meet entry must be received by the April 11, 2023 deadline.
- Mail Entries to: Don Henshaw
20560 Rookery Dr.
Estero, FL 33928
239-560-4820
***Make check payable to Southwest Florida Swim Club**
- Officials: Meet Referee: Jen Seluk
AO: Mary Ann Nielsen
Starter: Darrin Halsey
Head Stroke and Turn: Evelyn Kirby
- Scoring: Individual: 9-7-6-5-4-3-2-1 Relays: 18-14-12-10-8-6-4-2
- Awards: Individual Events: 1st - 8th Ribbons
Relays: 1st – 3rd Ribbons
Team Award: 1st Place, and runner-up visiting teams
High Point Award: Male and Female, each age group
- Team Representative: 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.
- Coaches: **All coaches will be required to sign in and show proof of current USA Swimming membership when they first arrive at the meet or will not be allowed deck access.**
- For Information: Contact Don Henshaw (239) 560-4820, gcst@comcast.net
- Rules: Current USA Swimming Rules & Regulations will govern.
- 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 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.
- Spectator Seating: Spectators will NOT be allowed on the competition pool deck. Spectator seating will be clearly designated. Coolers and ice chests will not be allowed into the facility.

Timers: Teams with 5 or more swimmers entered into the meet may be asked to provide 2 timers per session. Notification will be send out requesting a list of your timers. This list must be submitted 2 days before the start of the meet.

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)

Controlled Warm Up (Last Half)

Lane(s)

1 - 8 Circle swimming only

Lane(s)

- 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 April 21, 2023: 5:00 PM

<u>Event #</u>	<u>Age Group</u>	<u>Description</u>
1-2	10 & Under	200 Individual Medley
3-4	11-12	200 Individual Medley
5-6	Senior	400 Individual Medley (1)
7-8	10 & Under	400 Free (2)
9-10	Senior	400 Free (1)

- (1) Events will be swum together by gender, fastest to slowest, alternating girls and boys heats, scored as 11-12, 13-14, and Senior. Positive Check-in required by 4:15 pm.
- (2) Positive Check-in required by 4:15 pm.

Saturday April 22, 2023: 8:30 AM

Event #	Age Group	Description
11-12	Senior	200 IM
13-14	13-14	200 IM
15-16	Senior	200 Back
17-18	13-14	200 Back
19-20	Senior	100 Breast
21-22	13-14	100 Breast
23-24	Senior	50 Free
25-26	13-14	50 Free
27-28	Senior	50 Back
29-30	13-14	50 Back
31-32	Senior	100 Fly
33-34	13-14	100 Fly
35-36	Senior	200 Free Relay

******* 10 Minute Break*******

37	Senior	Women's 1500 Free (3)
38	Senior	Men's 1500 Free (3)

- (3) Events will be swum together by gender, fastest to slowest, alternating girls and boys heats, scored as 13-14, and Senior. Positive check-in required no later than 45 minutes prior to the session start time. **Participants in events 37-38 must provide a person to time for their event and a person to count laps.**

Saturday April 22, 2023: Not Before 12:00 PM

Event #	Age Group	Description
39-40	11-12	200 Free
41-42	10 & Under	200 Free
43-44	11-12	100 Back
45-46	10 & Under	100 Back
47-48	11-12	100 Breast
49-50	10 & Under	100 Breast
51-52	11-12	50 Free
53-54	10 & Under	50 Free
55-56	8 & Under	50 Free
57-58	11-12	50 Fly
59-60	10 & Under	50 Fly
61-62	8 & Under	50 Fly
63-64	11-12	200 Free Relay
65-66	10 & Under	200 Free Relay

Sunday April 23, 2023: 8:30 AM

<u>Event #</u>	<u>Age Group</u>	<u>Description</u>
67-68	Senior	200 Free
69-70	13-14	200 Free
71-72	Senior	200 Breast
73-74	13-14	200 Breast
75-76	Senior	100 Free
77-78	13-14	100 Free
79-80	Senior	50 Fly
81-82	13-14	50 Fly
83-84	Senior	50 Breast
85-86	13-14	50 Breast
87-88	Senior	100 Back
89-90	13-14	100 Back
91-92	Senior	200 Fly
93-94	13-14	200 Fly
95-96	Senior	200 Medley Relay

Sunday April 23, 2023: Not Before 12:00 PM

<u>Event #</u>	<u>Age Group</u>	<u>Description</u>
97-98	11-12	100 Free
99-100	10 & Under	100 Free
101-102	11-12	50 Breast
103-104	10 & Under	50 Breast
105-106	8 & Under	50 Breast
107-108	11-12	50 Back
109-110	10 & Under	50 Back
111-112	8 & Under	50 Back
113-114	11-12	100 Fly
115-116	10 & Under	100 Fly
117-118	11-12	200 Medley Relay
119-120	10&Under	200 Medley Relay

**2023 GCST Spring Open
Master Entry Form
April 21-April 23, 2023**

Hosted by Gulf Coast Swim Team
At The Lee County / FGCU Aquatic Center
10501 FGCU Blvd. S.
Fort Myers, FL 33965-6565

**Mail all entries to be received by
5:00 pm April 11, 2023
20560 Rookery Dr, Estero, FL 33928
GCST Office: 239-560-4820**

Team Name _____ **Call letters** _____
Address _____

Coach _____ **LSC** _____
Home phone _____ **Office Phone** _____
Fax # _____ **E-Mail Address** _____

SWIMMER/COACH REGISTRATION

I certify that all individuals listed on the attached entry forms are currently registered members of United States Swimming and are eligible to compete in this meet. I further certify that one or more of the following coaches will be on deck supervising the activities of these individuals during warm-up and competitive sessions at the meet.

<u>Name of Coach</u>	<u>Team</u>
_____	_____
_____	_____
_____	_____

I certify that the individuals listed above are currently registered USA Swimming Coach Members, and that I am a current USA Swimming registered Non-athlete member.

_____	_____	_____
Signature of coach	Team	Date

FINANCIAL RECAP

TOTAL NUMBER OF SWIMMERS	_____ @ \$13.00 each= \$ _____
Non-FL LSC Swimmers	_____ @ \$2.00 each = \$ _____
Total Women's events	_____ @ \$5.50 each= \$ _____
Total Men's events	_____ @ \$5.50 each= \$ _____
Total Relays	_____ @ \$5.00 each= \$ _____
Non Hy-Tek Entry Fee	_____ @ \$50.00= \$ _____

TOTAL ENTRY FEES PAID \$ _____

***Make checks payable to Southwest Florida Swim Club**

2023 GCST Spring Open
Florida Gulf Coast University, Fort Myers, Fl.
★ (4/21-23/2023) ★



Call this toll free number for special swim team room rates at close to the pool hotels.

CALL EARLY TO RESERVE YOUR HOTEL!

Hotel availability is “first-come-first-serve”.

Call the Lee County Sports Organizing Committee at

1-888-529-6588 for the best selection

and ask for “*special swim discounts*” on hotel rates!