



2020 Florida vs Florida Gold Coast All-Star OW Challenge

Sanctioned by: Florida Swimming Inc. Sanction # **OW-5056**

“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.

Hosted by: Gulf Coast Swim Team

Age Determination: **SWIMMER’S AGE GROUP IS DETERMINED ON DECEMBER 31, 2020 USING FINA AGE RULES.**

Date and time: Clinic on Saturday, April 4th at FGCU Aquatic Center 2-4 PM.
Races on Sunday, April 5, 2020 at FGCU Waterfront.

Times are approximate and may change based on entries

7:00 AM - Boys Check-in opens for 5K Event

7:45 AM - Boys 5K Check-in closes.

8:00 AM – Boys 5K race starts.

7:45 AM - Girls Check-in opens for 5K Event

8:30 AM - Girls 5K Check-in closes.

9:30 AM – Girls 5K race starts.

8:45 AM - Check-in opens for Boys & Girls 2K Event.

9:30 AM – Boys & Girls 2K check-in closes.

11:00 AM – Boys & Girls 2k race starts.

9:45 AM – Boys & Girls 10 & U 800 Check-in opens.

10:30 AM – Boys & Girls 10 & Un 800 Check-in closes.

12:00 PM - Boys & Girls 10 & Un 800 Race starts.

Location:

FGCU Waterfront, Fort Myers, FL 33965

Lake access will be available on the day of the event only.

Timing system:

Video at finish.

Eligibility:

All swimmers must be 2020 athlete members of USA Swimming that can meet the following time standards:

10 & under (800m swim): National BB time in any event 200 yards or over (time entered in USA

Swimming database or in results section of Florida Swimming web site); or proof of completion of a sanctioned open water swim.

11-12 (2K): National BB times in any event 400 meters or more (time entered in USA Swimming database or in results section of Florida Swimming web site); or, proof of completion of a sanctioned open water swim.

13-14 (5K): National BB time in any event 400 meters or more (time entered in USA Swimming database or in results section of Florida Swimming web site); or, proof of completion of a sanctioned open water swim.

15 & up (5K): National BB time in any event 400 meters or more (time entered in USA Swimming database or in results section of Florida Swimming web site); or, proof of completion of a sanctioned open water swim.

NOTE – All races, in water starts, land finish.

G / B	Event Description
1-2	13 & over 5K*
3-4	11-12 2K
5-6	10 & Under 800 Meter

* 13 & over 5K will swim all ages together by gender and scored separately by age groups, 13-14, 15-16, and Open.

- Entry Procedures: Entry by Hytek / TeamUnify file or Deck Entry Procedures below.
- Entry Deadline: 11:00 PM EST Friday, March 27th, 2020
- Entry fee: \$80 per individual swimmer.
Make checks payable to
Southwest Florida Swim Club, Inc.
Mail payment to GCST 20560 Rookery Dr. Estero, FL 33928.
- Rules: Current USA Open Water Swimming Technical rules will govern. For the safety of swimmers, fingernails and toenails must be clipped. Officials will check fingernail length prior to the events, clippers will be available, and they will be used. Please plan ahead.
- Apparel note: All suits must conform to current USA Swimming rules. No wet suits
- Courses: All courses are in FGCU Lake (fresh water). Water starts and land finishes..
10 & under: 800 mar on a loop course
11-12: 2K loop course
13 & over: 5K loop course
- All-Star Team Rules: Each LSC Team is to be made up of 4 male and 4 female swimmers maximum in each age group.
- Zone Selection: This event will be a selection meet for the Florida OW Zone Team Trip to the SZ OW Championships. The top 4 Florida LSC finishers in each group (Combined with FL OW Championships in 11-12, 13-14, 15-16, and Open) will qualify for the Florida Zone Team. Applications must be filled out at the FL OW Champs after your race. The SZ OW Champs will be on May 29-31, 2020 at Chattanooga, TN.
- Scoring: Top 8 male and female swimmers in each age group will be scored as follows: 9, 7, 6, 5, 4, 3, 2, 1.
- Awards: Top 8 male and female of each age group medals for 1st through 3rd places, ribbons for 4th-8th places.
Awards must be picked up at the event, and will not be mailed.
- Team Awards: Winning LSC Trophy.
- Hotels: For hotel and other local information please call 1-888-529-6588
- Meet director: Gregg Cross, 239-462-3322, coachgregg55@aol.com

Entries: Don Henshaw, 239-560-4820, gcst@comcast.net
Event web site: floridaswimming.org, and gcst.org
Officials: Referee: Mark McCaw
Starter: Molly Roberts
Safety Official: Nancy Apperson
Medical Official: Lee County Parks and Recreation