



***2024 GCST Fall Invitational***  
**September 21 & 22, 2024**

Sanctioned by: Florida Swimming Inc. Sanction # **FL-6770**

“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”.

**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.

- 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 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, 25 Yards, Timed Finals  
Meet management may opt to use fly-over starts at this competition.  
Meet management reserves the right to run one or two courses between 8 to 10 lanes each dependent on the size of the meet if needed. If the entries are less than expected the meet may be moved to one 8 or 10 lane 25 yard course by session. Sessions may be combined.
- Dates & Times: September 21 & 22, 2024.  
Saturday and Sunday warm-up at 7 AM. STARTS at 8:30 AM. For 13 & over at one end of the pool and 12 & under at the opposite end of the pool.  
Diving well will be available for warm-up for all sessions.  
**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.**
- Location: Lee County / FGCU Aquatics Center  
10501 FGCU Blvd. S.  
Fort Myers, FL 33965-6565
- Pool Specifications: Certified 25 yard outdoor pool, non-turbulent lane lines, eight to ten lane pool with eight to 20 lanes 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 & turn end of the pool.
- Medical: Lifeguards are on staff at all times and an AED device is available.
- Timing Equipment: Daktronics timing system with electronic display scoreboard, and 1 watch per lane.
- Eligibility: Open to currently registered swimmers with USA Swimming and foreign athletes.  
On deck registration will not be allowed.
- Entry Limit: Limited to teams with the first 500 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. Swimmers posting entries over the limit will be considered as entered in the first 8 events. In order control the length of the meet, we reserve the right to limit entries in the 400 IM, 500 Free, and 1000 Free. Coaches will be advised prior to the meet if this affects your athletes.
- Seeding: Use 25 yard 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, with the exception of 500 Free, 1000 Free, and the 400 IM which will

be deck seeded, positive check-in, fastest to slowest and swam girls and boys alternating heats. May be MIXED/COMBINED. Positive check in will close 30 minutes prior to the start of the 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 allowed.

Entry Fee: \$5.50 per individual event.  
\$10.00 facility fee per swimmer.  
\$3.00 Online Heat Sheet Fee  
\$2.00 Out of LSC Surcharge  
**Entry fees must be paid prior to the start of the meet.**

Entry Deadline: **All entries must be received by 5:00 pm on Wednesday, September 11, 2024**  
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 **September 11, 2024** deadline. Individual e-mail entries will not be accepted. A \$50.00 fee will be charged to teams wishing to enter manually.  
**Entries will be rejected once we reach the 4 hour limit on any one session including requests for late entries.**

Spectator Seating: Spectators will NOT be allowed on the competition pool deck. Spectator seating will be clearly designated. Admission Fees are \$5 per session for any spectator over 10 years old.  
Fees will be waived for anyone over 12 years of age volunteering to be a timer.

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.  
Camera Zones are located on the sides of the competition pool.

Mail Entries/Fees to: Don Henshaw  
20560 Rookery Dr.  
Estero, FL 33928  
239-560-4820  
**\*Make check payable to Southwest Florida Swim Club, Inc.**

Officials: Admin Referee: Gary Sanderson  
 Meet Referee: Jen Seluk  
 Starter: Darren Halsey, Evelyn Kirby  
 Stroke & Turn: Corrine Garnier-Chan,  
 Admin Official: Adele Woodrow, Maria Medina  
 Marshal: Don Henshaw  
 Meet Manager: Don Henshaw

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

Awards: Individual Events: Above “A” top 8 ribbons, and Below “A” top 8 ribbons for 8 & Under, 10 & Under, & 11-12 only.

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: **Coaches will be required to check-in and show credentials at this meet. Coaches must be current USA Swimming members. Teams must submit a list of coaches names that will be working the meet with their entry.**

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

Rules: Current USA Swimming Rules & Regulations will govern.

**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 Hour)*

**Lane(s)**

1 - 8 Circle swimming only

*Controlled Warm up (Last half hour)*

**Lane(s)**

1	Pace - 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 – push off

## ORDER OF EVENTS

### *Session 1 Saturday September 21, 2024 Warm-up 7 AM, Start 8:30 AM*

<u>G-B Event #</u>	<u>Age Group</u>	<u>Description</u>
1-2	13 & over	200 IM*
3-4	13 & over	50 Fly*
5-6	13 & over	100 Backstroke*
7-8	13 & over	200 Breaststroke*
9-10	13 & over	200 Butterfly*
11-12	13 & over	100 Free*
13-14	13 & over	50 Breast*
15-16	13 & over	1000 Free!

\* Event is combined and scored as 13-14, and Open.

! Swimmers must provide their own timer and counter.

Positive check-in closes 30 minutes prior to the start of the session.

<u>G-B Event #</u>	<u>Age Group</u>	<u>Description</u>
17-18	11-12	100 Free
19-20	10 & under	100 Free
21-22	8 & under	25 Free
23-24	11-12	50 Breaststroke
25-26	10 & under	50 Breaststroke*
27-28	11-12	200 Free
29-30	10 & Under	200 Free
31-32	11-12	100 Backstroke
33-34	10 & under	100 Backstroke
35-36	8 & under	25 Backstroke
37-38	11-12	50 Butterfly
39-40	10 & under	50 Butterfly*
41-42	11-12	100 IM
43-44	10 & under	100 IM
45-46	12 & Under	500 Free!

\* Event is combined and scored as 8 & Under, and 9-10.

! Swimmers must provide their own timer and counter.

Positive check-in closes 30 minutes prior to the start of the session.

**Session 2 Sunday September 22, 2024 Warm-up 7 AM, Start 8:30 AM**

<b><u>G-B Event #</u></b>	<b><u>Age Group</u></b>	<b><u>Description</u></b>
47-48	13 & over	200 Backstroke*
49-50	13 & over	200 Free*
51-52	13 & over	50 Back*
53-54	13 & over	400 IM!*
55-56	13 & over	50 Free*
57-58	13 & over	100 Breaststroke*
59-60	13 & over	100 Butterfly*
61-62	13 & over	500 Free!*

\* Event is combined and scored as 13-14, and Open.

! Positive check-in closes 30 minutes prior to the start of the session.

<b><u>G-B Event #</u></b>	<b><u>Age Group</u></b>	<b><u>Description</u></b>
63-64	11-12	200 IM
65-66	10 & Under	200 IM
67-68	11-12	50 Free
69-70	10 & Under	50 Free*
71-72	11-12	100 Breaststroke
73-74	10 & Under	100 Breaststroke
75-76	8 & Under	25 Breaststroke
77-78	11-12	50 Backstroke
79-80	10 & Under	50 Backstroke*
81-82	11-12	100 Butterfly
83-84	10 & Under	100 Butterfly
85-86	8 & Under	25 Butterfly
87-88	12 & Under	1000 Free!

\* Event is combined and scored as 8 & Under, and 9-10.

! Swimmers must provide their own timer and counter.

Positive check-in closes 30 minutes prior to the start of the session.

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 Wednesday, September 11, 2024**  
**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><b>Name of Coach</b></u>	<u><b>Team</b></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**

<b>TOTAL NUMBER OF SWIMMERS</b>	_____	@ \$13.00 each= \$	_____
<b>Out of LSC Surcharge</b>	_____	@ \$2.00 each= \$	_____
<b>Total Women s events</b>	_____	@ \$5.50 each= \$	_____
<b>Total Men s events</b>	_____	@ \$5.50 each= \$	_____
<b>Non-Hy-Tek Entry Fee</b>		@ \$50.00 = \$	_____
<b>TOTAL ENTRY FEES PAID</b>			\$ _____

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

**2024 GCST Fall Open**  
**Florida Gulf Coast University, Fort Myers, Fl.**  
☒ (9/21-22/2024) ☒



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

**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!