



## ***2024 GCST Spring Invite at FGCU***

**April 19, 20, and 21, 2024**

- Sanctioned by: Florida Swimming Inc. Sanction #  
“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:
- 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 19, 20, & 21, 2024  
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 19 PM Sessions: 4:00 PM  
April 20 & 21, AM Session: 7:30 AM  
April 20 & 21, 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](mailto: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  
Deck Entry: \$10.00 per Individual Event  
**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 09, 2024.** Enclose payment to The Southwest Florida Swim Club, Inc. Express Mail or other rapid mail service is suggested. Hytek entry files may be e-mailed to Don Henshaw at [gcst@comcast.net](mailto: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.  
Esteros, 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: 1<sup>st</sup> - 8<sup>th</sup> Ribbons  
Relays: 1<sup>st</sup> - 3<sup>rd</sup> Ribbons  
High Point Award: Male and Female, 8 & Un, 10 & Un, 11-12, and 13-14.
- 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](mailto:gcst@comcast.net)
- Rules: Current USA Swimming Rules & Regulations will govern.
- 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 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 19, 2024: 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            | 13-14            | 400 Individual Medley (1) (2) |
| 7-8            | Senior           | 400 Individual Medley (1) (2) |
| 9-10           | 10 & Under       | 400 Free (2)                  |
| 11-12          | 11-12            | 400 Free (2)                  |
| 13-14          | 13-14            | 400 Free (1) (2)              |
| 15-16          | Senior           | 400 Free (1) (2)              |

- (1) 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 by 4:15 pm.
- (2) Positive Check-in required by 4:15 pm.

***Saturday April 20, 2024: 8:30 AM***

| <b><u>Event #</u></b> | <b><u>Age Group</u></b> | <b><u>Description</u></b> |
|-----------------------|-------------------------|---------------------------|
| 17-18                 | Senior                  | 200 Free Relay            |
| 19-20                 | Senior                  | 200 IM                    |
| 21-22                 | 13-14                   | 200 IM                    |
| 23-24                 | Senior                  | 200 Back                  |
| 25-26                 | 13-14                   | 200 Back                  |
| 27-28                 | Senior                  | 100 Breast                |
| 29-30                 | 13-14                   | 100 Breast                |
| 31-32                 | Senior                  | 50 Free                   |
| 33-34                 | 13-14                   | 50 Free                   |
| 35-36                 | Senior                  | 50 Back                   |
| 37-38                 | 13-14                   | 50 Back                   |
| 39-40                 | Senior                  | 100 Fly                   |
| 41-42                 | 13-14                   | 100 Fly                   |

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

|       |        |               |
|-------|--------|---------------|
| 43-44 | Senior | 1500 Free (3) |
| 45-46 | 13-14  | 1500 Free     |

- (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 20, 2024: Not Before 12:00 PM***

| <b><u>Event #</u></b> | <b><u>Age Group</u></b> | <b><u>Description</u></b> |
|-----------------------|-------------------------|---------------------------|
| 47-48                 | 11-12                   | 200 Free                  |
| 49-50                 | 10 & Under              | 200 Free                  |
| 51-52                 | 11-12                   | 100 Back                  |
| 53-54                 | 10 & Under              | 100 Back                  |
| 55-56                 | 11-12                   | 100 Breast                |
| 57-58                 | 10 & Under              | 100 Breast                |
| 59-60                 | 11-12                   | 50 Free                   |
| 61-62                 | 10 & Under              | 50 Free                   |
| 63-64                 | 8 & Under               | 50 Free                   |
| 65-66                 | 11-12                   | 50 Fly                    |
| 67-68                 | 10 & Under              | 50 Fly                    |
| 69-70                 | 8 & Under               | 50 Fly                    |
| 71-72                 | 11-12                   | 200 Free Relay            |
| 73-74                 | 10 & Under              | 200 Free Relay            |

***Sunday April 21, 2024: 8:30 AM***

| <b><u>Event #</u></b> | <b><u>Age Group</u></b> | <b><u>Description</u></b> |
|-----------------------|-------------------------|---------------------------|
| 75-76                 | Senior                  | 200 Medley Relay          |
| 77-78                 | Senior                  | 200 Free                  |
| 79-80                 | 13-14                   | 200 Free                  |
| 81-82                 | Senior                  | 200 Breast                |
| 83-84                 | 13-14                   | 200 Breast                |
| 85-86                 | Senior                  | 100 Free                  |
| 87-88                 | 13-14                   | 100 Free                  |
| 89-90                 | Senior                  | 50 Fly                    |
| 91-92                 | 13-14                   | 50 Fly                    |
| 93-94                 | Senior                  | 50 Breast                 |
| 95-96                 | 13-14                   | 50 Breast                 |
| 97-98                 | Senior                  | 100 Back                  |
| 99-100                | 13-14                   | 100 Back                  |
| 101-102               | Senior                  | 200 Fly                   |
| 103-104               | 13-14                   | 200 Fly                   |

***Sunday April 21, 2024: Not Before 12:00 PM***

| <b><u>Event #</u></b> | <b><u>Age Group</u></b> | <b><u>Description</u></b> |
|-----------------------|-------------------------|---------------------------|
| 105-106               | 11-12                   | 100 Free                  |
| 107-108               | 10 & Under              | 100 Free                  |
| 109-110               | 11-12                   | 50 Breast                 |
| 111-112               | 10 & Under              | 50 Breast                 |
| 113-114               | 8 & Under               | 50 Breast                 |
| 115-116               | 11-12                   | 50 Back                   |
| 117-118               | 10 & Under              | 50 Back                   |
| 119-120               | 8 & Under               | 50 Back                   |
| 121-122               | 11-12                   | 100 Fly                   |
| 123-124               | 10 & Under              | 100 Fly                   |
| 125-126               | 11-12                   | 200 Medley Relay          |
| 127-128               | 10&Under                | 200 Medley Relay          |

**2024 GCST Spring Open  
Master Entry Form  
April 19-April 21, 2024**

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 9, 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>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**

|                                 |                                |
|---------------------------------|--------------------------------|
| <b>TOTAL NUMBER OF SWIMMERS</b> | _____ @ \$13.00 each= \$ _____ |
| <b>Non-FL LSC Swimmers</b>      | _____ @ \$2.00 each = \$ _____ |
| <b>Total Women's events</b>     | _____ @ \$5.50 each= \$ _____  |
| <b>Total Men's events</b>       | _____ @ \$5.50 each= \$ _____  |
| <b>Total Relays</b>             | _____ @ \$5.00 each= \$ _____  |
| <b>Online Heat Sheet Fee</b>    | _____ @ \$3.00 each=\$ _____   |
| <b>Non Hy-Tek Entry Fee</b>     | _____ @ \$50.00= \$ _____      |

**TOTAL ENTRY FEES PAID** \$ \_\_\_\_\_  
**\*Make checks payable to Southwest Florida Swim Club**

**2024 GCST Spring Open**  
Florida Gulf Coast University, Fort Myers, FL.  
☆ (4/19-21/2024) ☆



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!