



2024 GCST Winter Invite
January 12, 13, & 14, 2024

Sanctioned by: Florida Swimming Inc. Sanction # **FL-6601**
“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: 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.

The competition course has not been certified in accordance with 104.2.2(C). 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. 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 Operations. 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.

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 THEREWITH.

- 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 two courses between 8 to 10 lanes dependent on the size of the meet if needed. If the entries are less than expected the meet be moved to one 8 or 10 lane 25 yard course by session or merged to one session each day.
- Dates & Times: January 12, 13, & 14, 2024.
Friday afternoon session begins at 6 PM
Saturday and Sunday morning sessions begin at 9 AM (12 & under, 13 & Over)
Saturday and Sunday Distance sessions begin 15 minutes following the end of the morning sessions.
- 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 ten 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.
- Warm-ups: January 12 – PM Session: 5 PM
January 13 & 14 - AM Session: 7:30 AM.
A 15 minute warm-up will be allowed prior to the start of the Distance Session.
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.
- Eligibility: Open to currently registered swimmers with USA Swimming and foreign athletes who are members of invited teams.
On deck registration will not be allowed.
- Entry Limit: Limited to invited teams with the first 800 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, and 1 relay per day . Mark relays as A, B, C and etc.
Swimmers posting entries over the entry limit will be considered as entered in the first 4 Individual events per day. In order to control the length of the meet, we reserve the

right to limit the entries in the 400 IM, 500, 1650, and 1000 Frees. 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, 1650 Free, and the 400 IM which will be deck seeded, positive check-in, fastest to slowest and swim girls at one end and boys at the opposite end of the pool if needed. Positive check in is required by 5:00 PM Friday, 8 AM Saturday, and Sunday.
- 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 No Deck Entries accepted.
- Entry Fee: \$5.50 per individual event.
\$10.00 facility fee per swimmer.
\$3.00 Online Heat Sheet Fee
\$6.00 per relay entered.
\$2.00 per out of LSC swimmers
Entry fees must be paid prior to the start of the meet.
- Entry Deadline: **All entries must be received by 5:00 pm on Tuesday, January 2, 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 **January 2, 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. Spectator entrance fee of \$5 per session for anyone 10 years of age and older. A \$15 All Session Pass will be available. Payment by cash only.
- 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: Meet Referee: Jen Seluk, Gary Sanderson
Starter: Darren Halsey, Evelyn Kirby
Head Stroke & Turn: Corrine Garnier-Chan
Admin Official: Mary Ann Nielsen, Adele Woodrow, Maria Medina
Marshal: Don Henshaw
Meet Manager: Don Henshaw

- Scoring: Individual: 9-7-6-5-4-3-2-1
Relays: 18-14-12
All Senior events will be scored as 13-14, and Senior.
- Awards: Individual Events: 1st - 8th Ribbons for 11-12, 10 & Under, and 8 & Under.
Relays: 1st-3rd Ribbons
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.
- Identification: **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.
- 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.
- Camera Zone: 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.

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

Friday January 12, 2024 6 PM

<u>Event #</u>	<u>Age Group</u>	<u>Description</u>	<u>Min. qualifying time</u>
1-2	12 & Under	500 Free!	8:25.00
3-4	Senior	500 Free*	6:30.00
5-6	10 & Under	200 IM	3:41.00
7-8	11-12	400 IM	6:30.00
9-10	Senior	400 IM*	6:08.00

! Scored as 10 & Under, and 11-12, seeded fastest to slowest, alternating girls, and boys heats.

*Scored as 13-14, and Senior, seeded fastest to slowest alternating girls, and boys heats.

Positive check-in required. Check-in closes one half hour prior to the start of the session at 5:00 PM.

Saturday January 13, 2024 9 AM Senior, and 13-14 Session

<u>Event #</u>	<u>Age Group</u>	<u>Description</u>
11-12	Senior	200 Free
13-14	13-14	200 Free
15-16	Senior	100 Breast
17-18	13-14	100 Breast
19-20	Senior	200 Back
21-22	13-14	200 Back
23-24	Senior	100 Free
25-26	13-14	100 Free
27-28	Senior	200 Fly
29-30	13-14	200 Fly
31-32	Senior	200 Free Relay

Saturday January 13, 2024 Distance Session (15 minutes after the morning session)

<u>Event #</u>	<u>Age Group</u>	<u>Description</u>	<u>Min. qualifying time</u>
33-34	Senior	1650 Free *	23:00.00

*Scored as Senior only, seeded fastest to slowest alternating girls, and boys heats.
Heats may be limited. Coaches will be notified if this affects your swimmer.

Positive check-in required. Check-in closes one half hour prior to the start of the AM session at 8:30 AM.

Participants must provide a person to count laps.

Saturday January 13, 2024 12 & Under Session

<u>Event #</u>	<u>Age Group</u>	<u>Description</u>
35-36	10 & Under	100 IM
37-38	11-12	200 IM
39-40	8 & Under	25 Breaststroke
41-42	10 & Under	100 Breaststroke
43-44	11-12	100 Breaststroke
45-46	8 & Under	25 Backstroke
47-48	10 & Under	100 Backstroke
49-50	11-12	100 Backstroke
51-52	8 & Under	25 Freestyle
53-54	10 & Under	100 Freestyle
55-56	11-12	100 Freestyle
57-58	8 & Under	25 Butterfly
59-60	10 & Under	100 Butterfly
61-62	11-12	100 Butterfly
63-64	8 & Under	100 Free Relay
65-66	10 & Under	200 Free Relay
67-68	11-12	200 Free Relay

Sunday January 14, 2024 9 AM Senior, and 13-14 Morning Session

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

Sunday January 14, 2024 Distance Session (15 minutes after the morning session)

<u>Event #</u>	<u>Age Group</u>	<u>Description</u>	<u>Min. qualifying time</u>
91-92	Senior	1000 Free *	13:00.00

*Scored as Senior only, seeded fastest to slowest, alternating girls and boys heats.

Heats may be limited. Coaches will be notified if this affects your swimmer.

Positive check-in required. Check-in closes one half hour prior to the start of the AM session at 8:00 AM.

Participants must provide a person to count laps.

Sunday January 14, 2024 12 & Under Session

<u>Event #</u>	<u>Age Group</u>	<u>Description</u>
93-94	11-12	100 IM
95-96	10 & Under	50 Breaststroke
97-98	11-12	50 Breaststroke
99-100	10 & Under	50 Backstroke
101-102	11-12	50 Backstroke
103-104	10 & Under	50 Free
105-106	11-12	50 Free
107-108	10 & Under	50 Butterfly
109-110	11-12	50 Butterfly
111-112	10 & Under	200 Free
113-114	11-12	200 Free
115-116	10 & Under	200 Medley Relay
117-118	11-12	200 Medley Relay

**2024 GCST Winter Open
Master Entry Form**
January 12, 13, & 14, 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
11:00 pm Tuesday, January 2, 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

TOTAL NUMBER OF SWIMMERS

Total Individual events	_____ @ \$5.50 each= \$ _____
Total Relays	_____ @ \$6.00 each= \$ _____
Total Facility Fee	_____ @ \$10.00 each=\$ _____
Total Online Heat Sheet Fee	_____ @ \$3.00 each=\$ _____
Non-FL LSC Swimmer Fee	_____ @ \$2.00 each=\$ _____
Non-Hy-Tek Entry Fee	@ \$50.00 = \$ _____
TOTAL ENTRY FEES PAID	\$ _____

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

2024 GCST Winter Invite
Florida Gulf Coast University, Fort Myers, Fl.
~ (1/12-14, 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!