



***2026 GCST Mark McCaw  
Summer Invitational  
June 19, 20, and 21, 2026***

**Hosted by:** *Gulf Coast Swim Team* <http://www.gcst.org>

**SANCTION**

Held under the sanction of USA Swimming through Florida Swimming: **#FL-7320**

It is understood and agreed that USA Swimming, Florida Swimming and the Gulf Coast Swim Team, shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

1. Any swimmer entered in the meet 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 without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
2. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms or locker rooms.
3. Deck changes are prohibited.
4. Operation of a drone or any other flying devices 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 Program & Events Coordinator (or his/her designee).

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.
6. The meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and Regulations.

**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.

- Dates & Times:** Friday, Saturday & Sunday June 19, 20, & 21, 2026:  
Morning sessions will begin at 8:00 AM  
Afternoon sessions will be announced based on entries.  
Finals sessions will start at 5 PM.  
**Swum in Numerical Order - A Final, followed by B Final**
- Type of Meet:** Age Group & Senior 50 Meter Long Course Invitational  
10 & Under: Timed Finals only.  
11-12, 13-14, and Open: Prelims, with A/B Finals. 400 Free, and 400 IM will have an A Final only.  
11-12 200 Fly, Back, Breast, and 400 IM, 800 & 1500 Free is Timed Final.  
Meet management reserves the right to use “fly-over” starts, chase starts, mixed gender events, and/or flighting of heats to control the length of the morning sessions.  
Host reserves the right to change the meet from an A/B Final format to just an A Final format based on weather.  
Host will set Session order once entries are received and reserves the right to make any and all changes.
- Warm-ups:** 7 AM each day. Afternoon session TBA, with 1 hour guaranteed.  
Finals warm ups start at 4 PM.
- Location:** Lee County / FGCU Aquatics Center  
10501 FGCU Blvd. S.  
Fort Myers, FL 33965-6565
- Pool Specs:** Certified outdoor, 8 lane 50 meter pool with Competitor non-turbulent lane lines. Water depth in the competition pool is 6’7” at each end and 7’6” in the middle of the pool. Separate 25 yard warm-up, warm-up down 8 lane pool.
- Spectators:** Spectator seating sections will be designated. \$10 Admission Fee per day or \$25 All Session Pass for the weekend. 10 & under spectators are free. CASH only paid at the gate.
- Timing Equip:** Daktronics Electronic timing system with electronic results / scoreboard and manual watches.
- Medical:** Lifeguards on duty during the meet with AED on site.
- Eligibility:** Open to all 2026 registered swimmers with USA Swimming teams or foreign athletes who have met the listed qualifying times and invited by the host team up to 400 swimmers maximum.
- Disability Athletes:** Coaches entering swimmers with disabilities that require any accommodations or modifications, including the need for personal assistants and/or registered service animals must provide advance notice in writing, accompanying their meet entry file, to the meet referee by the entry deadline. Failure to provide advance notice may limit the host’s ability to accommodate all requests. Coaches may use the ([Accommodations Form](#)) to satisfy this requirement.
- Entry Limits:** **In Order to control the length of the meet, we reserve the right to limit the entries in the 400 Free, 800 Free, 1500 Free and the 400 IM. Coaches will be advised prior to the meet if this affects their athletes. USA Swimming 2024-2028 “B” time standards required for**

**events 400 and up. 800 / 1500 may be limited to the Top 16 provable times for each gender.**

#### **AM & PM Sessions**

Swimmers are limited to a maximum of 3 individual events per day. Swimmers posting entries over the entry limit will be considered as entered in the first 3 events.

#### **Scratches:**

Any swimmer who competes in a preliminary heat, and qualifies for either a consolation or a championship final heat, must swim that event during finals unless the swimmer scratches from the event no later than 30 minutes following conclusion of the Event in the preliminary session. Swimmers checked in to a Positive Check-in event must compete in that event. Failure to do so will result in the swimmer being fined \$10. There is no event penalty upon payment of the fine, the swimmer will be eligible to continue competing in the meet. Failure to pay the fine will result in the swimmer becoming ineligible in their next event. Alternate swimmers are encouraged to check with admin after the scratch deadline to determine if they will be swimming. A swimmer not originally qualified for the finals session who is seeded into the final due to the scratch of another swimmer will not be penalized for failing to swim that final.

#### **Seeding:**

Use 50 meter long course times. 13 & 14, and Senior will swim combined in Prelims and separated for Finals. All 400 Free, 400 IM, 800 Free, and 1500 Free are Deck Seeded, Positive check in events. Check-in will close 30 minutes prior to the beginning of the session in which the Event is swam. Events / Heats may be combined at the discretion of the referee. The 800, and 1500 will be swam alternating genders with a girls heat followed by a boys until the event is completed.

#### **Entries:**

Athletes may enter the meet using conforming and non-conforming times in this order: Long Course Meters (LCM), then Short Course Meters (SCM), then Short Course Yards (SCY). Converted times are not permitted.

**No Times (NT) entries will not be accepted.** Entries must be submitted by electronic file.

Entry file must be received by 11 PM on June 9, 2026. Please e-mail entry file to Don Henshaw at [gcst@comcast.net](mailto:gcst@comcast.net). Entry Fees must be paid prior to the start of the meet on June 9, 2026.

Manual entries will be charged \$50.00 per team. **PLEASE PRINT CLEARLY!**

#### **Entry Fee:**

\$5.50- Individual Time Final Events

\$8.50— Individual Prelim / Finals Events

Facility Fee/Swimmer \$25.00

Non-FL LSC Fee/Swimmer \$2.00 each.

Online heat sheet fee \$3.00 per swimmer.

Entry Fees must be paid in full prior to the start of the meet.

**Make checks payable to Southwest Florida Swim Club, Inc.**

Entry Fees may be mailed to GCST 20560 Rookery Dr. Estero, FL 33928.

#### **Deck Entries:**

Deck Entries are not permitted at this meet.

#### **Entry Deadline:**

**11:00 PM on June 9, 2026**

#### **Officials:**

Referee: Jen Seluk,

Gary Sanderson

AO: Adele Woodrow

Meet Marshall: Don Henshaw

Meet Manager: Don Henshaw

#### **Scoring:**

No team scoring.

<b>Awards:</b>	Individual Events:      1 <sup>st</sup> – 3 <sup>rd</sup> Medals 4 <sup>th</sup> – 8 <sup>th</sup> Ribbons
<b>Team Rep:</b>	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.
<b>Identification:</b>	Coaches and Officials shall wear their USA Swimming registration card in a conspicuous location at all times while on deck during a swim meet or prove current registration through Deck Pass. Coaches must sign in and show current credentials to have deck access. Teams must submit a list with their entry of current coach members that will be working the meet for hospitality purposes.
<b>Camera Zones:</b>	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 competition 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.
<b>For Information:</b>	Contact Don Henshaw (239) 560-4820, <a href="mailto:GCST@comcast.net">GCST@comcast.net</a>
<b>Rules:</b>	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.
- \* Warm-up times will be determined after the entry deadline, and based on the amount of swimmers per session.
- \* Warm-up sessions will be posted on the GCST website.

**FRIDAY AM 13 & UP**

7      Girls Open 100 Freestyle

- 8 Boys Open 100 Freestyle
- 13 Girls Open 200 Backstroke
- 14 Boys Open 200 Backstroke
- 15 Girls Open 50 Butterfly
- 16 Boys Open 50 Butterfly
- 21 Girls Open 100 Breaststroke
- 22 Boys Open 100 Breaststroke
- 27 Girls Open 400 Freestyle
- 28 Boys Open 400 Freestyle

#### **FRIDAY PM 12 & UNDER**

- 1 Girls 11-12 200 Butterfly
- 2 Boys 11-12 200 Butterfly
- 3 Girls 10 & Under 100 Freestyle
- 4 Boys 10 & Under 100 Freestyle
- 5 Girls 11-12 100 Freestyle
- 6 Boys 11-12 100 Freestyle
- 9 Girls 10 & Under 100 Backstroke
- 10 Boys 10 & Under 100 Backstroke
- 11 Girls 11-12 100 Backstroke
- 12 Boys 11-12 100 Backstroke
- 15 Girls 10 & Under 50 Breaststroke
- 16 Boys 10 & Under 50 Breaststroke
- 17 Girls 11-12 50 Breaststroke
- 18 Boys 11-12 50 Breaststroke
- 23 Girls 10 & Under 400 Freestyle
- 24 Boys 10 & Under 400 Freestyle
- 25 Girls 11-12 400 Freestyle
- 26 Boys 11-12 400 Freestyle

- 35 Girls Open 200 Freestyle
- 36 Boys Open 200 Freestyle
- 41 Girls Open 200 Breaststroke
- 42 Boys Open 200 Breaststroke
- 47 Girls Open 100 Butterfly
- 48 Boys Open 100 Butterfly
- 49 Girls Open 50 Backstroke
- 50 Boys Open 50 Backstroke
- 55 Girls Open 400 IM
- 56 Boys Open 400 IM

### **SATURDAY PM 12 & UNDER**

- 29 Girls 11-12 200 Backstroke
- 30 Boys 11-12 200 Backstroke
- 31 Girls 10 & Under 200 Freestyle
- 32 Boys 10 & Under 200 Freestyle
- 33 Girls 11-12 200 Freestyle
- 34 Boys 11-12 200 Freestyle
- 37 Girls 10 & Under 100 Breaststroke
- 38 Boys 10 & Under 100 Breaststroke
- 39 Girls 11-12 100 Breaststroke
- 40 Boys 11-12 100 Breaststroke
- 43 Girls 10 & Under 50 Butterfly
- 44 Boys 10 & Under 50 Butterfly
- 45 Girls 11-12 50 Butterfly
- 46 Boys 11-12 50 Butterfly
- 51 Girls 10 & Under 200 IM
- 52 Boys 10 & Under 200 IM
- 53 Girls 11-12 400 IM
- 54 Boys 11-12 400 IM

### **SUNDAY AM 13 & OVER**

- 63 Girls Open 50 Freestyle

- 64 Boys Open 50 Freestyle
- 69 Girls Open 200 Butterfly
- 70 Boys Open 200 Butterfly
- 75 Girls Open 100 Backstroke
- 76 Boys Open 100 Backstroke
- 77 Girls Open 50 Breaststroke
- 78 Boys Open 50 Breaststroke
- 81 Girls Open 200 IM
- 82 Boys Open 200 IM
- 85 Girls Open 1500 Freestyle
- 86 Boys Open 1500 Freestyle

### **SUNDAY PM 12 & UNDER**

- 57 Girls 11-12 200 Breaststroke
- 58 Boys 11-12 200 Breaststroke
- 59 Girls 10 & Under 50 Freestyle
- 60 Boys 10 & Under 50 Freestyle
- 61 Girls 11-12 50 Freestyle
- 62 Boys 11-12 50 Freestyle
- 65 Girls 10 & Under 100 Butterfly
- 66 Boys 10 & Under 100 Butterfly
- 67 Girls 11-12 100 Butterfly
- 68 Boys 11-12 100 Butterfly
- 71 Girls 10 & Under 50 Backstroke
- 72 Boys 10 & Under 50 Backstroke
- 73 Girls 11-12 50 Backstroke
- 74 Boys 11-12 50 Backstroke
- 79 Girls 11-12 200 IM
- 80 Boys 11-12 200 IM
- 83 Girls 12 & Under 800 Freestyle
- 84 Boys 12 & Under 800 Freestyle

**2026 GCST Mark McCaw Summer Invitational**  
**Master Entry Form**  
June 19-21, 2026

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 June 9, 2026**  
**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



**HOTEL INFORMATION:**

Our Organization has teamed up with a local non-profit, Lee County Sports Housing, to offer discounted hotel accommodations for this event.

A team of local reservation specialists will share their knowledge of each hotel's amenities; also the best beaches, attractions, shopping, and restaurants.

Reservation specialists are available Monday through Friday, 9AM – 5PM Eastern Time by calling 239-541-1800.

Discounted rates are only available by calling the above number or reserving DIRECTLY through the event's housing website link:

2026 GCST Mark McCaw Summer Meet - June 19-21,  
2026: <https://groups.reservetravel.com/group.aspx?id=91938>

Please click the link to view accommodation choices/rates and reserve your lodging. Everyone is encouraged to reserve through this special housing link!