



2026 GCST Spring Open at FGCU

April 17, 18, and 19, 2026

SANCTION

Held under the sanction of USA Swimming through Florida Swimming: #FL-7277

It is understood and agreed that USA Swimming, Florida Swimming and the Gulf Coast Swim Team club, 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.

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:	<p>April 17, 18, & 19, 2026</p> <p>Friday 5:00 PM (10&U, 11-12, 13-14, and Senior)</p> <p>Morning sessions begin at 8:30 AM (13-14 & Senior)</p> <p>Afternoon sessions will begin 1 hour after the morning session is completed (8 & Under, 10 & Under, and 11-12)</p> <p>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.</p>
Location:	<p>Lee County / FGCU Aquatics Center</p> <p>10501 FGCU Blvd.</p> <p>Fort Myers, FL 33965-6565</p>
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:	<p>April 17 PM Sessions: 4:00 PM</p> <p>April 18 & 19, AM Session: 7:30 AM</p> <p>April 18 & 19, PM Sessions: Not before 11:00 am – One hour guaranteed</p>
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 g cst@comcast.net .
Entry Limit:	Limited to teams with the first 400 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.

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.
Entry Fee:	<p>\$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</p> <p><u>Entry fees must accompany entries. Entries will not be accepted without full payment prior to the entry deadline.</u></p>
Entry Deadline:	All entries must be received by 5:00 pm on Tuesday April 07, 2026. Enclose payment to 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 g cst@comcast.net , however, payment and original hard copy of meet entry must be received by the April 7, 2026 deadline.
Mail Entries to:	<p>Don Henshaw 20560 Rookery Dr. Estero, FL 33928 239-560-4820</p> <p>*Make check payable to Southwest Florida Swim Club</p>
Officials:	<p>Meet Referee: Jen Seluk, Gary Sanderson AO: Adele Woodrow Meet Marshall: Don Henshaw</p>
Scoring:	Individual: 9-7-6-5-4-3-2-1 Relays: 18-14-12-10-8-6-4-2
Awards:	<p>Individual Events: 1st - 8th Ribbons 12 & Under Only Relays: 1st – 3rd Ribbons 12 & Under Only</p>
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, g cst@comcast.net
Rules:	Current USA Swimming Rules & Regulations will govern.
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.

Spectator Seating: Spectators will NOT be allowed on the competition pool deck. Spectator seating will be clearly designated. \$5 admission fee for all spectators 11 years of age and over per session. CASH only collected at the gate. Timers will receive a refund of their admission fee. 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 17, 2026: 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 18, 2026: 8:30 AM

<u>Event #</u>	<u>Age Group</u>	<u>Description</u>
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 18, 2026: Not Before 12:00 PM

<u>Event #</u>	<u>Age Group</u>	<u>Description</u>
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 19, 2026: 8:30 AM

<u>Event #</u>	<u>Age Group</u>	<u>Description</u>
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 19, 2026: Not Before 12:00 PM

<u>Event #</u>	<u>Age Group</u>	<u>Description</u>
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

**2026 GCST Spring Open
Master Entry Form
April 17-April 19, 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
5:00 pm April 7, 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.

Name of Coach _____ Team _____

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	_____ @ \$13.00 each= \$ _____
Non-FL LSC Swimmers	_____ @ \$2.00 each = \$ _____
Total Women's events	_____ @ \$5.50 each= \$ _____
Total Men's events	_____ @ \$5.50 each= \$ _____
Total Relays	_____ @ \$6.00 each= \$ _____
Online Heat Sheet Fee	_____ @ \$3.00 each=\$ _____
Non-Hv-Tek Entry Fee	_____ @ \$50.00= \$ _____

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

2026 GCST Spring Open
Florida Gulf Coast University, Fort Myers, Fl.
★ (4/17-19/2026) ★



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 Spring Meet – April 17-19,
2026: <https://groups.reservetravel.com/group.aspx?id=90870>

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