



***2026 GCST Winter Open***  
**February 7 & 8, 2026**

**SANCTION**

Held under the sanction of USA Swimming through Florida Swimming: **#FL-7225**

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, 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: February 7-8, 2026  
Saturday and Sunday warm-up at 7 AM. STARTS at 8:30 AM. For 13 & over.  
12 & under PM sessions will not start before noon unless due to the size of the meet the 2 sessions are merged together.  
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.

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. Deck entries for swimmers already entered in the meet will be allowed to fill open lanes. No new heats will be created. Swimmers can't scratch an event to deck enter an event.
- Entry Limit:** Limited to teams with the first 600 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 to control the length of the meet, we reserve the right to limit entries in the 400 IM, 500 Free, and 1000 / 1650 Free. Coaches will be advised prior to the meet if this affects your athletes. Changes to, or added entries will not be accepted once the heat sheets are posted.
- 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 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
  - \$10.00 deck entry
- 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, January 28, 2026.** Enclose payment to 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 **gcstfl@gmail.com**, however, payment and original hard copy of meet entry must be received by the **January 28, 2026** 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. CASH ONLY. 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: | Meet Referee:   | Jen Seluk     |
|            | Admin Official: | Adele Woodrow |
|            | Marshal:        | Don Henshaw   |
|            | Meet Manager:   | Don Henshaw   |

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

Awards: Individual Events: 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.**

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.

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, February 7, 2026 Warm-up 7 AM, Start 8:30 AM

| <u>G-B Event #</u> | <u>Age Group</u> | <u>Description</u> |
|--------------------|------------------|--------------------|
| 1-2                | Open             | 200 IM*            |
| 3-4                | Open             | 50 Fly*            |
| 5-6                | Open             | 200 Breaststroke   |
| 7-8                | Open             | 100 Backstroke*    |
| 9-10               | Open             | 200 Butterfly      |
| 11-12              | Open             | 100 Free*          |
| 13-14              | Open             | 50 Breast*         |
| 15-16              | Open             | 1650 Free!         |

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

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

### Session 2 Saturday, February 7, 2026 TBA

| <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 Back           |
| 33-34              | 10 & under       | 100 Back           |
| 35-36              | 8 & under        | 25 Back            |
| 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!          |

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

**Session 3 Sunday February 8, 2026 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                     | Open                    | 200 Back                  |
| 49-50                     | Open                    | 200 Free*                 |
| 51-52                     | Open                    | 50 Back*                  |
| 53-54                     | Open                    | 400 IM!*                  |
| 55-56                     | Open                    | 50 Free*                  |
| 57-58                     | Open                    | 100 Breaststroke*         |
| 59-60                     | Open                    | 100 Butterfly*            |
| 61-62                     | Open                    | 500 Free!*                |

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

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

**Session 2 Sunday February 8, 2026 TBA**

| <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 Back                   |
| 79-80                     | 10 & Under              | 50 Back                   |
| 81-82                     | 11-12                   | 100 Butterfly             |
| 83-84                     | 10 & Under              | 100 Butterfly             |
| 85-86                     | 8 & Under               | 25 Butterfly              |
| 87-88                     | 12 & Under              | 1000 Free!                |

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

**2026 GCST Winter Open**  
**Master Entry Form**  
February 7-8, 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 Wednesday, January 28, 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  |

**FINANCIAL RECAP**

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

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



**2026 GCST Winter Invite**  
**Florida Gulf Coast University, Fort Myers, Fl.**

☒ 2/7-8/2026 ☒



**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!