



***2024 GCST Mark McCaw  
Summer Invitational  
June 14, 15, and 16, 2024***

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

**Sanctioned by:** Florida Swimming Inc. Sanction #FL-6710

"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".

**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.

**Condition of Sanction:**

1. 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.
2. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.
3. 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.
4. 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 Program Operations.

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.

- Dates & Times:** Friday, Saturday & Sunday June 14, 15, & 16, 2024:  
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: Prelims, and A/B Finals.  
13 & 14, and 15 & over: Prelims, and A/B Finals. 400 Free, and 400 IM will have an A Final only. 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. \$5 Admission Fee per session.  
\$20 All Session Fee available. 10 & under is free.
- Timing Equip:** Daktronics Electronic timing system with electronic results / scoreboard and manual watches.
- Medical:** Lifeguards on duty during them meet with AED on site.
- Eligibility:** Open to all 2024 registered swimmers with USA Swimming teams who have met the listed qualifying times and invited by the host team up to 450 swimmers maximum.
- 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.**
- 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.

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. Conversions, using the formula in the current Florida Swimming Handbook may be used, for entry and seeding purposes. All 400 Free, 400 IM, 800 Free, and 1500 Free are Deck Seeded, Positive check in events. Check 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.

**Entries:** Entries must be submitted by electronic file. Entry file must be received by 11 PM on June 4, 2024. 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 14, 2024. Manual entries will be charged \$50.00 per team. **PLEASE PRINT CLEARLY!**

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.

**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 04, 2024**

**Officials:**

- Referee: Jen Seluk
- Starter: Darrin Halsey
- Stroke & Turn: Evelyn Kirby
- AO: Adele Woodrow
- Meet Marshall: Don Henshaw
- Meet Manager: Don Henshaw

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

**Awards:**

- Individual Events: 1<sup>st</sup> – 3<sup>rd</sup> Medals
- 4<sup>th</sup> – 8<sup>th</sup> Ribbons

**Team Rep:** 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:** 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 for each session 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.

**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 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.

**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.
- \* 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.

## ORDER OF EVENTS

### Friday AM, June 23, 2023

#### AM Session

EVENT #	AGE GROUP DESCRIPTION
7-8	13-14 100 Freestyle
9-10	15 & Over 100 Freestyle
15-16	13-14 200 Backstroke
17-18	15 & Over 200 Backstroke
23-24	13-14 100 Breaststroke
25-26	15 & Over 100 Breaststroke
31-32	13-14 400 Freestyle
33-34	15 & Over 400 Freestyle

### Friday PM, June 23, 2023

#### Session

EVENT#	AGE GROUP DESCRIPTION
1-2	11 & 12 200 Butterfly
3-4	10 & Under 100 Freestyle
5-6	11-12 100 Freestyle
11-12	10 & Under 100 Backstroke
13-14	11-12 100 Backstroke
19-20	10 & Under 50 Breaststroke
21-22	11-12 50 Breaststroke
27-28	10 & Under 400 Freestyle
29-30	11-12 400 Freestyle

**Saturday AM, June 24,**  
**2023 AM Session**

EVENT#	AGE GROUP DESCRIPTION
41-42	13-14 200 Freestyle
43-44	15 & Over 200 Freestyle
49-50	13-14 200 Breaststroke
51-52	15 & Over 200 Breaststroke
57-58	13-14 100 Butterfly
59-60	15 & Over 100 Butterfly
63-64	13-14 400 Ind. Medley
65-66	15 & Over 400 Ind. Medley

**Saturday PM, June 24, 2023**  
**Session**

EVENT#	AGE GROUP DESCRIPTION
35-36	11 & 12 200 Backstroke
37-38	10 & Under 200 Freestyle
39-40	11-12 200 Freestyle
45-46	10 & Under 100 Breaststroke
47-48	11-12 100 Breaststroke
53-54	10 & Under 50 Butterfly
55-56	11-12 50 Butterfly
61-62	11-12 400 Ind. Medley

**Sunday AM, June 25, 2023**

**AM Session**

EVENT#	AGE GROUP DESCRIPTION
73-74	13-14 50 Freestyle
75-76	15 & Over 50 Freestyle
81-82	13-14 200 Butterfly
83-84	15 & Over 200 Butterfly
89-90	13-14 100 Backstroke
91-92	15 & Over 100 Backstroke
97-98	13-14 200 Ind. Medley
99-100	15 & Over 200 Ind. Medley
103-104	13-14 1500 Freestyle
105-106	15 & Over 1500 Freestyle

**Sunday PM, June 25, 2023**

**Session**

EVENT#	AGE GROUP DESCRIPTION
67-68	11-12 200 Breaststroke
69-70	10 & Under 50 Freestyle
71-72	11-12 50 Freestyle
77-78	10 & Under 100 Butterfly
79-80	11-12 100 Butterfly
85-86	10 & Under 50 Backstroke
87-88	11-12 50 Backstroke
93-94	10 & Under 200 IM
95-96	11-12 200 IM
101-102	11-12 800 Free

**2024 GCST Mark McCaw Summer  
Invitational  
Master Entry Form  
June 14-16, 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 June 4, 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



## 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:

2024 GCST Mark McCaw Summer Invite – June 14-16,  
2024: <https://groups.reservetravel.com/group.aspx?id=76072>

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