



2017 GCST Summer Open
June 9, 10, and 11, 2017

- Hosted by:** *Gulf Coast Swim Team* <http://www.gcst.org>
- Sanctioned By:** Florida Swimming of USA Swimming #4044-1
“In granting this approval it is understood and agreed that USA Swimming and Florida Swimming 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 been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is 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.
- Type of Meet:** Age Group & Senior 50 Meter Long Course Open
8 & Under: Timed Finals
10 & Under, 11&12: Prelims and Finals
13 & 14, and Senior: Prelims, and A /B Finals
Meet management reserves the right to use “fly-over”starts, chase starts and/or flighting of heats to control the length of the morning sessions.
- Dates & Times:** Friday, Saturday & Sunday June 9, 10, & 11, 2017:
Morning sessions will begin at 8:00 AM
Afternoon sessions will not begin before 10:30 AM.

Friday and Saturday Finals at 5:30 pm, Sunday Finals at 5:00 PM
Swum in Numerical Order - Finals before Consolations
- Positive Check-In / Scratches:** 12 & Under Preliminary Sessions:
Positive check-in required for all 400 IM & 400 Free events. **Positive check-in**

events will close 30 minutes prior to the start of the session. No penalty for scratching on the block with the exception of deck seeded events. Any swimmer entered in a deck seeded event that has checked in for the event must swim the event unless he/she notifies the clerk of course before the seeding has begun that he/she wishes to scratch. Failure to do so will result in the swimmer being fined \$10.00 cash only. There is no event penalty. Upon payment of the fine, the swimmer will be eligible to continue competing in the meet.

13 & Over Preliminary Sessions:

Scratches prior to the seeding of the heats shall be confirmed by properly filling out and depositing a scratch slip in the scratch box located at The Clerk of Course / Administrative Referee Table in the main office at the pool. Positive Check-in is required for the 400 IM, 400 FR & 1500 FR

Positive Check-In & Scratch Deadline for 13 & Over Prelims

Friday June 9 Events: 3:00 - 6:00 pm Thursday June 8 **ONLY**

@ the FGCU pool In Person

By emailing: Mark McCaw – mm2886@comcast.net

By calling Mark McCaw @ 239-287-2851

Saturday June 10 Events by 6:00 pm Friday June 9

Sunday June 11 Events by 6:00 pm Saturday June 10

Any swimmer who fails to swim in a preliminary event who has not properly scratched from the event as described above will be fined \$10.00 cash only. There is no event penalty. Upon payment of the fine, the swimmer will be eligible to continue competing in the meet.

Warm-ups:

Fri – Sun: 7:00 – 7:50 am daily for morning prelims.

Afternoon sessions – Warm-up will start in the diving well, with 30 minutes guaranteed in the main competition pool.

Finals: (50 minutes guaranteed)

4:30 – 5:20 PM: Friday & Saturday

4:00 – 4:50 PM: Sunday

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.

Timing Equip:

Daktronics Electronic timing system with electronic results / scoreboard and manual watches.

Eligibility:

Open to all 2017 registered swimmers with USA Swimming and foreign athletes who have met the listed qualifying times.

Entry Limit: Limited to teams with the first **450** 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.

In order to control the length of the meet, we reserve the right to limit the entries in the 400 Free, 1500 Free, and the 400 IM.

Coaches will be advised prior to the meet if this affects your athletes.

12 & Under Swimmers: 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.

13 & Over Swimmers: Swimmers may enter all events which they qualify, however they may compete in no more than 3 individual events per day.

**Finals Scratch
Penalty:**

Any swimmer who competes in a preliminary heat, and qualifies for either a consolation or a championship finals heat, must swim that event during finals unless the swimmer scratches from the event with the clerk of course no later than 30 minutes following conclusion of 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. Alternate swimmers are encouraged to check with the announcer after the scratch deadline to determine if they will be swimming, but a swimmer not originally qualified for the finals session, who is seeded into a final due to the scratch of another swimmer will not be penalized for failing to swim in 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. This meet will be pre-seeded, slowest to fastest except: 1500, 800 and 400 Free, and the 400 IM which will be deck seeded fastest to slowest.

1500, and 10 & Under 400 are Timed Final Events & require positive check-in Events and/or 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 1, 2017. Please e-mail entry file to Don Henshaw at gcst@comcast.net.

Entry Fees must be paid prior to the start of the meet on June 9, 2017.

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. Swimmers who have not achieved the qualifying standards will not be seeded.

TEAMS WITH UNATTACHED OR UNREGISTERED SWIMMERS: Teams may enter swimmers with an Unattached or Unregistered status. Unregistered swimmers

must provide proof of registration prior to the swimmer's first event.

INDIVIDUAL UNATTACHED SWIMMERS: Unattached swimmers who are not awaiting attachment to any team must enter individually.

Deck Entries: Deck entries may be accepted by the Administrative Referee or his/her designee, up to 45 minutes **before the start of the meet ON Friday, June 9** under the following conditions:

- * Swimmers must meet all other standard requirements of the meet.
- * Entry & meet fees must be paid at time of entry
- * A swimmer may not scratch an event to deck enter an event
- * A swimmer may only deck enter an event that has an existing empty lane.
- * No new heats will be established.

Entry Fee: Facility Fee/Swimmer \$15.00
\$6.00 – Individual Events
\$8.00 - Relay Events
Entry Fees must be paid in full prior to the start of the meet.
Make checks payable to Southwest Florida Swim Club, Inc.

Deck Entries: \$10.00 per individual event plus \$15.00 Facility Fee.

Entry Deadline: **11:00 PM on June 1, 2017**

Officials: Meet Referee: Tim Jacobson
Administrative Referee: Mark McCaw
Starter: Scott Jamieson
AO: Adele Woodrow
AO: Mary Ann Nielsen
Meet Marshall TBD
Meet Manager: Don Henshaw

Evaluations are available for some N2 and N3 positions. Some may be limited. It is recommended, but not required that officials apply in advance of the meet to Tim Jacobson: Tim@jcbsn.com Priority will be given to those applying in advance.

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

Awards: Individual Events: 1st – 3rd Medals
4th – 8th Ribbons
Team Award: 1st place visiting and runner-up visiting team
High Point: 1st Place Award; Men & Women, Each Age Group

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. 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 223.12, 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

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 Half)

Lane(s)

1 - 8 Circle swimming only

Controlled Warm Up (Last Half)

Lane

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, June 9, 2017 8:00 AM

<u>EVENT #</u>	<u>AGE GROUP DESCRIPTION</u>	<u>GIRLS</u>	<u>BOYS</u>
9-10	13-14 200 Backstroke	2:59.39	2:49.6
11-12	Senior 200 Backstroke	2:55.59	2:41.39
17-18	13-14 200 Freestyle	2:42.59	2:32.29
19-20	Senior 200 Freestyle	2:38.69	2:26.09
25-26	13-14 100 Breaststroke		
27-28	Senior 100 Breaststroke		
1-2	13-14 1500 Freestyle (1)	20:39.79	20:28.49
3-4	Senior 1500 Freestyle (1)	20:14.39	19:22.99

The following events will not start before 10:30 AM with a 30 min. guaranteed warm-up:

5-6	10 & Under 100 Backstroke		
7-8	11-12 100 Backstroke		
13-14	10 & Under 200 Freestyle	3:20.99	3:12.09
15-16	11-12 200 Freestyle	2:50.39	2:45.19
21-22	10 & Under 50 Breaststroke		
23-24	11-12 50 Breaststroke		
29-30	10 & Under 200 IM	3:43.19	3:40.79
31-32	11-12 400 IM (2)	6:48.29	6:39.39

NOTES:

- (1) COMBINED 13-14 AND SENIOR TIMED FINAL EVENT, SCORED SEPARATELY, POSITIVE CHECK-IN REQUIRED BY THE SCRATCH DEADLINE.
- (2) DECK SEEDING EVENT, POSITIVE CHECK-IN REQUIRED BY THE CHECK-IN DEADLINE.

Saturday, June 10, 2017 8:00 AM

<u>EVENT#</u>	<u>AGE GROUP DESCRIPTION</u>	<u>GIRLS</u>	<u>BOYS</u>
43-44	13-14 100 Freestyle		
45-46	Senior 100 Freestyle		
53-54	13-14 200 Breaststroke	3:25.59	3:11.59
55-56	Senior 200 Breaststroke	3:20.79	3:02.49
61-62	13-14 100 Butterfly		
63-64	Senior 100 Butterfly		
65-66	Senior 400 Medley Relay (3)		
71-72	13-14 400 Ind. Medley (2)	6:27.59	6:04.69
73-74	Senior 400 Ind. Medley (2)	6:18.79	5:47.29

The following events will not start before 10:30 AM with a 30 min. guaranteed warm-up:

33-34	10 & Under 200 Medley Relay (3)		
35-36	11-12 200 Medley Relay (3)		
37-38	8 & Under 50 Freestyle (TIMED FINAL)		
39-40	10 & Under 50 Freestyle		
41-42	11-12 50 Freestyle		
47-48	8 & Under 50 Breaststroke (TIMED FINAL)		
49-50	10 & Under 100 Breaststroke		
51-52	11-12 100 Breaststroke		
57-58	10 & Under 50 Butterfly		
59-60	11-12 50 Butterfly		
67-68	10 & Under 400 Freestyle (4)	6:51.09	6:44.59
69-70	11-12 400 Freestyle (2)	5:56.49	5:48.69

NOTES:

- (2) DECK SEEDED EVENT, POSITIVE CHECK-IN REQUIRED BY THE CHECK-IN DEADLINE.
- (3) ALL RELAYS WILL BE SWUM AS TIMED FINALS DURING PRELIMS.
- (4) DECK SEEDED EVENT, POSITIVE CHECK-IN REQUIRED BY THE CHECK-IN DEADLINE.

Sunday, June 11, 2017 8:00 AM

<u>EVENT#</u>	<u>AGE GROUP DESCRIPTION</u>	<u>GIRLS</u>	<u>BOYS</u>
85-86	13-14 50 Freestyle		
87-88	Senior 50 Freestyle		
95-96	13-14 200 Butterfly	2:59.49	2:49.19
97-98	Senior 200 Butterfly	2:54.79	2:40.39
105-106	13-14 100 Backstroke		
107-108	Senior 100 Backstroke		
109-110	13-14 200 Ind. Medley	3:03.39	2:51.99
111-112	Senior 200 Ind. Medley	2:59.69	2:43.99
113-114	Senior 400 Freestyle Relay (3)		
115-116	13-14 400 Freestyle (2)	5:40.89	5:24.09
117-118	Senior 400 Freestyle (2)	5:32.89	5:09.89

The following events will not start before 10:30 AM with a 30 min. guaranteed warm-up:

75-76	11-12 200 IM
77-78	10 & Under 200 Freestyle Relay (3)
79-80	11-12 200 Freestyle Relay (3)
81-82	10 & Under 100 Freestyle
83-84	11-12 100 Freestyle
89-90	8 & Under 50 Butterfly (TIMED FINAL)
91-92	10 & Under 100 Butterfly
93-94	11-12 100 Butterfly
99-100	8 & Under 50 Backstroke (TIMED FINAL)
101-102	10 & Under 50 Backstroke
103-104	11-12 50 Backstroke

NOTES:

- (2) DECK SEEDED EVENT, POSITIVE CHECK-IN REQUIRED BY THE CHECK-IN DEADLINE.
- (3) ALL RELAYS WILL BE SWUM AS TIMED FINALS DURING PRELIMS.