



## ***2010 GCST Spring Invitational***

April 23, 24, and 25, 2010

Hosted by: ***Gulf Coast Swim Team***

<http://www.gcst.org>

- Sanctioned By: Florida Swimming of USA Swimming # 5082
- 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: April 23, 24, & 25, 2010  
Friday 5:00 PM  
Morning sessions begin at 8:30 AM  
Afternoon sessions will not begin before 12:00 noon
- Location: Lee County / FGCU Aquatics Center  
10501 FGCU Blvd. S.  
Fort Myers, FL 33965-6565
- 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.
- Condition of Sanction: The competition Course has been certified in accordance with 104.2.22C(4).  
The copy of such certification is on file with USA Swimming.
- Timing Equipment: Daktronics timing system with electronic scoreboard display
- Warm-ups: April 23 PM Sessions: 4:00 PM  
April 24 & 25, AM Session: 7:30 AM  
April 24 & 25, PM Sessions: Not before 11:00 am – One hour guaranteed
- 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.**
- Eligibility: Open to all 2010 registered swimmers with USA Swimming and foreign athletes invited by the Host Club.

- 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. 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 slowest to fastest, with the exception of 400 Free, 800 Free, 1500 Free and the 400 IM which 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 may be accepted by the Meet Referee or his/her designee, up to 30 minutes before the start of each session under the following conditions:
- \* Swimmers must meet all other standard requirements of the meet.
  - \* Deck entry of \$10 per event & meet fees must be paid at time of entry
  - \* A swimmer may not scratch an event to deck enter another event.
  - \* A swimmer may only deck enter an event that has an existing empty lane; no new heats will be established.
- Entry Fee:** \$3.00 per individual event, \$5.00 per relay  
\$7.50 facility fee per swimmer  
Deck Entry: \$10.00 per individual event  
**Entry fees must accompany entries. Entries will not be accepted without full payment prior to the entry deadline.**
- Entry Deadline:** **All entries must be received by 5:00 pm on Tuesday April 13, 2010.** Enclose payment to The Southwest Florida Swim Club, Inc. Express Mail or other rapid mail service is suggested. Hy-tek entry files may be e-mailed to GCST@comcast.net, however, payment and original hard copy of meet entry must be received by the April 7, 2009 deadline.
- Mail Entries to:** Don Henshaw  
20421 Rookery Dr.  
Estero, FL 33928  
239-949-6671  
**\*Make check payable to Southwest Florida Swim Club**
- Officials:** Meet Referee: Mark McCaw  
Starter: Jon McLeod  
Head Stroke & Turn: Scott Jamieson

Marshal: Charlie Latorre  
 Meet Manager: Don Henshaw

Scoring: Individual: 9-7-6-5-4-3-2-1 Relays: 18-14-12-10-8-6-4-2

Awards: Individual Events: 1<sup>st</sup> - 8<sup>th</sup> Ribbons  
 Relays: 1<sup>st</sup> - 3<sup>rd</sup> Ribbons  
 Team Award: 1<sup>st</sup> Place, and runner-up visiting teams  
 High Point Award: Male and Female, each age group

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.

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.

For Information: Contact Don Henshaw (239) 949-6671, [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 Half)*

##### **Lane(s)**

1 - 8 Circle swimming only

##### *Controlled Warm Up (Last Half)*

##### **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 23, 2010: 5:00 PM***

<b><u>Event #</u></b>	<b><u>Age Group</u></b>	<b><u>Description</u></b>
1-2	10&Under	200 Individual Medley
3-4	11-12	200 Individual Medley
5-6	13-14	400 Individual Medley (1)
7-8	Senior	400 Individual Medley (1)
9-10	10&Under	400 Free
11-12	11&12	400 Free
13-14	13&14	400 Free (1)
15-16	Senior	400 Free (1)

***Saturday April 24, 2010: 8:30 AM***

<b><u>Event #</u></b>	<b><u>Age Group</u></b>	<b><u>Description</u></b>
17-18	11-12	200 Free
19-20	10&under	200 Free
21-22	11-12	100 Back
23-24	10&Under	100 Back
25-26	11-12	50 Breast
27-28	10&Under	50 Breast
29-30	8&Under	50 Breast
31-32	6&Under	50 Breast
33-34	11-12	50 Fly
35-36	10&Under	50 Fly
37-38	8&Under	50 Fly
39-40	6& Under	50 fly
41-42	11&12	100 Free
43-44	10& Under	100 Free
45-46	11&12	200 Medley Relay
47-48	10&Under	200 Medley Relay

***Saturday April 24, 2010: Not Before 12:00 PM***

<b><u>Event #</u></b>	<b><u>Age Group</u></b>	<b><u>Description</u></b>
49-50	Senior	200 Back
51-52	13&14	200 Back
53-54	Senior	100 Fly
55-56	13-14	100 Fly
57-58	Senior	100 Breast
59-60	13-14	100 Breast
61-62	Senior	100 Free
63-64	13-14	100 Free
65-66	Senior	200 IM
67-68	13 & 14	200 IM
69-70	Senior	200 Medley Relay
<b>***** 10 Minute Break*****</b>		
71	Senior	Women's 800 Free (2)
72	Senior	Men's 1500 Free (2)
73	13-14	Women's 800 Free (2)

74 13-14 Men's 1500 Free (2)

***Sunday April 25, 2010: 8:30 AM***

<b><u>Event #</u></b>	<b><u>Age Group</u></b>	<b><u>Description</u></b>
75-76	11-12	100 Breast
77-78	10&Under	100 Breast
79-80	11-12	50 Back
81-82	10&Under	50 Back
83-84	8&Under	50 Back
85-86	6&Under	50 Back
87-88	11-12	50 Free
89-90	10&Under	50 Free
91-92	8&Under	50 Free
93-94	6&Under	50 Free
95-96	11-12	100 Fly
97-98	10&Under	100 Fly
99-100	11&12	200 Free Relay
101-102	10&Under	200 Free Relay

***Sunday April 25, 2010: Not Before 12:00 PM***

<b><u>Event #</u></b>	<b><u>Age Group</u></b>	<b><u>Description</u></b>
103-104	Senior	200 Free
105-106	13-14	200 Free
107-108	Senior	200 Breast
109-110	13-14	200 Breast
111-112	Senior	100 Back
113-114	13-14	100 Back
115-116	Senior	200 Fly
117-118	13 &14	200 Fly
119-120	Senior	50 Free
121-122	13 &14	50 Free
123-124	Senior	200 Free Relay

***Notes:***

- (1) Events will be swum together by gender, fastest to slowest, alternating girls and boys heats, scored separately.
- (2) Events will be swum together by gender, fastest to slowest, alternating girls and boys heats, scored separately. Positive check-in required no later than 45 minutes prior to the session start time.

**Participants in events 71-74 will be expected to provide a person to time for their event and a person to count laps.**

**2010 GCST Spring Invitational  
Master Entry Form  
April 23-25, 2010**

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 13, 2010  
20421 Rookery Dr, Estero, FL 33928  
GCST Office: 239-949-6671  
Fax: 239-334-4527**

**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

**FINANCIAL RECAP**

<b>TOTAL NUMBER OF SWIMMERS</b>	_____ @ \$7.50 each= \$ _____
<b>Total Women's events</b>	_____ @ \$3.00 each= \$ _____
<b>Total Men's events</b>	_____ @ \$3.00 each= \$ _____
<b>Total Relays</b>	_____ @ \$5.00 each= \$ _____

Non Hy-Tek Entry Fee @ \$50.00 = \$ \_\_\_\_\_

TOTAL ENTRY FEES PAID \$ \_\_\_\_\_

\*Make checks payable to Southwest Florida Swim Club

**2009 Rotary of Bonita Springs Noon Spring Invitational**  
Florida Gulf Coast University, Fort Myers, Fl.  
★ (4/23-25/2010) ★



Call this toll free number for special swim team room rates at close to the pool hotels.

**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!