

2024 EAJ Spring Into Long Course

Saturday & Sunday

April 6 -7

Elizabeth Walton Aquatic Center (Episcopal
School of Jacksonville)

4455 Atlantic Blvd Jacksonville, FL 32207

- [Timeline | Psych Sheet](#)
- Heat Sheets - TBA
- [Meet Letter](#)
- Volunteers - [Contact Meet Host Martin Zubero](#)
- [Swim Meet Tips](#)
- Campus Map (attached to email)

Here it is! The very first Long Course Meters meet of the season! The coaching staff is super excited to travel just a bit north to the Episcopal School of Jacksonville and compete against some of North Florida's best! This meet is a great opportunity to just see where we are at in our training and get acquainted with the Long Course setting. Let's be sure to adequately prepare for this meet, just like any other meet in the Fall and Spring.

This will be the very first meet for several of our GSC swimmers. Let's all be helpful teammates so they have a great first-meet experience!

Important notes:

- Be sure to bring sunscreen, lots of water, healthy snacks, and WEAR YOUR SHOES in between events! Be in your GSC shirt, GSC cap, and GSC Speedo team suit. **It's always a great idea to bring several towels and warm clothes to stay warm during the meet, especially with the meet being outside and cool weather in the forecast!**
- GSC athletes will sit together in a team area on the pool deck bleachers. Folding chairs are optional. Entry to the pool area is on the main level of the building, across the lobby from the building doors.
- **This is a closed-deck meet.** Meaning only swimmers, coaches, officials and timers will be allowed on the deck at any time. Parents can spectate from the side of the pool.
- Spectators will be able to be on the pool deck but you may wish to plan to tent outside and come in for your swimmer's events. Tenting is allowed in green spaces near the pool.
- Parking is available in lots on the Episcopal School of Jacksonville campus, and also on Munnerlyn Drive and St. Elmo Drive.
- Swimmers should check in with a coach before and after each race. Communication with a coach is important for all athletes during the meet.
- Photos or videos from behind the starting blocks at either end of the competition lanes are not allowed per USA Swimming Safe Sport rules.
- When your swimmer is finished competing, you can leave the meet. Make sure to eat protein to prepare for the next day!
- If you think you might have missed anything on meets, meet information, heat sheets, how to prepare, etc. check out the [2024 Spring/Summer Meet Information for Parents page](#)

Meet Attire

- Wear tennis shoes to the meet for dynamic warmup and for between events.
- We always compete in our Gator Swim Club caps and Speedo team suits.
- Team shirts

- Saturday - Orange
- Sunday - Blue

Arrival Times:

Please be sure to be on time or early for scheduled warm ups. Arriving early helps swimmers and parents settle in and get ready for the meet!

- Saturday AM (13&O)
 - Arrive: 6:45am
 - Warmup: 7am
 - Session Start: 8:30am
 - Session Ends: ~ 11:15am
- Saturday PM (12&U)
 - Arrive: 10:45am
 - Warmup: ~11:15am
 - Session Start: 12:15pm
 - Session Ends: ~3:15pm
- Sunday AM
 - Arrive: 6:45am
 - Warmup: 7am
 - Session Start: 8:30am
 - Session Ends: ~11:53am
- Sunday PM
 - Arrive: 11:45am
 - Warmup: ~11:55am
 - Session Start: 12:45pm
 - Session Ends: ~3:41pm

Please reach out to Coach Jason with any questions! jason@gatorswimclub.com Let's have a great meet!