



2024 Florida Swimming Open Water Championship Zone Team Selection Even April 13, 2024

Host: Gulf Coast Swim Team

Sponsored: Florida Swimming and GCST

Sanctioned By: Issued by Florida Swimming, Inc. Sanction #FL-6666

This meet will be conducted under the auspices of Florida Swimming, Inc. of USA Swimming. USA Swimming technical rules and regulations will be followed except for items specifically addressed in the meet information Sanctioned by Florida Swimming, Inc.

In applying for this sanction (ed event), the Host, Gulf Coast Swim Team (specifically named Club or other entity) agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Florida Swimming, the State of Florida and Lee County (local jurisdiction).

Location:

Lynn Hall Memorial Park, Fort Myers Beach, FL

Eligibility:

All swimmers must be 2024 athlete members of USA Swimming that can meet the following time standards:

10 & under (800m swim): National BB time in any event 200 yards or over (time entered in USA Swimming database or in results section of Florida Swimming web site); or proof of completion of a sanctioned open water swim.

11-12 (2K): National BB times in any event 400 meters or more (time entered in USA Swimming database or in results section of Florida Swimming web site); or, proof of completion of a sanctioned open water swim.

13-14 (5K): National BB time in any event 400 meters or more (time entered in USA Swimming database or in results section of Florida Swimming web site); or, proof of completion of a sanctioned open water swim.

15 & up (5K): National BB time in any event 400 meters or more (time entered in USA Swimming database or in results section of Florida Swimming web site); or, proof of completion of a sanctioned open water swim.

Disability Swimming:

Florida Swimming encourages the participation of USA Swimming members with disabilities in this meet. The swimmer's disability must meet the definition of a disability as outlined in USA-Swimming Rules and Regulations: "A permanent physical or mental impairment that substantially limits one or more major life activities." Swimmers with disabilities may compete, earn awards, and score points for their team in the same manner as able-bodied swimmers.

The coach or athletes are responsible for notifying the Referee of any accommodations that are required in accordance with USA-Swimming Rule 105.4.



Events:

Friday

Check in 4:30 – 7:00 p.m. at the Lee County / FGCU Aquatic Center

Saturday

Check in 6:30 a.m. at Lynn Hall Memorial Park, Fort Myers Beach, FL

Saturday Events:

13 & O 5K**

11 & 12 – 2K****

10 & U – 800 Meter***

** 13 & over 5K will swim all ages together by gender and scored separately by age groups, 13-14, 15-16, and Open.

***If a 10-year-old turning 11 before June 1st and wants to be considered for selection for the 11-12 Zone roster, the coach must contact Don Henshaw (gcst@comcast.net) for entry. Athletes will be scored in their 'new' age group.

****If a 12-year-old turning 13 before June 1st and wants to be considered for selection for the 13-14 Zone roster, the coach must contact Don Henshaw (gcst@comcast.net) for entry. Athletes will be scored in their 'new' age group.

Course:

5K/2K/800m

Multiple buoys will be placed on course to identify on course boundaries.

Pyramid buoys are 7 ft. in height; Round buoys are 4 ft in height.

Water depth - Varies

Conditions

Water temperatures should range from 72-78 degrees F

Air temperature range is 75-85 degrees F.

FL Awards:

Top eight medals for individual events for competing Florida Swimming athletes.

FL Team Awards:

FL Championship & FL Runner Up

Scoring:

Top 8 Finishers in each division Score

Individual events 9-7-6-5-4-3-2-1



Entry Format:

Hy-Tek Team Manager or Team Unify. Entries should be submitted to Don Henshaw (gcst@comcast.net)

Deadline/Fees:

Entry Fee: \$75 per swimmer

Entries must be received no later than Friday, April 5th, 2024 at 4:00pm EST. Enclose check payable to Southwest Florida Swim Club, Inc.

Check-in: All swimmers must be checked-in before the pre-race meeting. Check-in will begin once the preceding race has started. GPS race chips will be issued to swimmers at check-in. Coaches should apply race number tattoos on their swimmers prior to arriving at the race. Numbers go on both arms and right shoulder.

Pre-Race Meetings:

A general meeting for coaches and officials will be held prior to races on Friday, April 12th at 6:30 p.m. at the Lee County / FGCU Aquatic Center.

Swimmers 'Pre-Race meeting will be held for swimmers on the morning before the start of races on Saturday.

Swimmer briefings will be held 15 minutes prior to each race for race officials to review the course diagram with all the swimmers in that race.

Race Countdown: 30 minutes prior to each race, the announcer will count-down the start of the race in 5-minute intervals. 1-minute intervals will be announced for the last 5 minutes until the start of the race. Before each race, swimmers will be counted as they walk down to the start line. At the finish, each swimmer will be checked in as they exit the course, in accordance with USA Open Water Swimming Safety guidelines. Any swimmer missing this check in will be disqualified.

Start: The start will be an in-water start.

Finish: The finish will be a beach finish.

Time Limit: Swimmers who are unable to complete the course within 30 minutes of the first place finisher in their age group/gender may be picked up and taken off the course.

Protests: Must be filed in writing on the designated form with the Clerk of Course within 45 minutes from the time unofficial results are posted.

Escorts: Paddlers and escort boats will be spaced throughout the course under the supervision of the race committee to provide help to swimmers as needed. USA Swimming Rules will govern any interaction with escort crafts.



Race Committee: Consists of OW Referee, Independent Safety Monitor, Meet Director, Safety Officer, and three coaches appointed by the OW Referee.

Event Administration:

OW Referee: Matt Stoneburg

Meet Director: Don Henshaw, Mike Hammond (On Land Director - Lee Cty P & R)

Independent Safety Monitor: Alise Flanjack

Medical Officer: Alise Flanjack

Admin Official: Maria Medina (gcst@comcast.net)

Independent Safety Officer: John Zavachy

Course Officer: Don Payne

Starter: Mike Brewer

Rules:

Current USA Open Water Swimming Technical rules will govern. For the safety of the swimmers, fingernails and toenails must be clipped. Officials will check fingernail length prior to the events. Non-conformation will result in disqualification.

Current USA Swimming Rules, including Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this meet.

No USA Registration will be allowed at the meet.

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.

NOTE: Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms.

Deck changing is prohibited.

Safe Sport:

Use of audio-visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

Deck changes are prohibited. Restrooms will be on site.

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 Vice President of Program Operations.



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.

Timeline:

Friday, April 12

4:30 – 7:00 pm Team Check in at Lee County / FGCU Aquatic Center

5:00– 7:00 pm Lee County / FGCU Aquatic Center

6:30 pm Coaches & Officials General Meeting at Lee County / FGCU Aquatic Center

Saturday, April 13

6:30 a.m. Check In

7:15 – 8:00 am Beach open for warm-ups

8:15 am 5K * **Timeline for races will be determined after entries close**

(Heat start times TBD) 2K for 11 & 12 age group race start

(Heat start times TBD) 800M for 10 & Under age group race start

Medical Facility:

HealthPark Medical Center Emergency 9981 S Healthpark Dr, Ft. Myers, FL

Zone Selection:

This event will be a selection meet for the Florida Open Water Zone Team that will travel to the Southern Zone Open Water Championships. The top 6 Florida LSC finishers in each age group and gender will be considered for the Florida OW Zone Team. Qualifications will be based on swimmer’s age on the first date of the Zone Competition (June 1).

***If the FL OW Zone Team roster can’t be filled to completion at the FL OW Championships those athletes that compete at the Jr. National/National Championship Open Water event will be considered in each age group and in each gender and reviewed in a case-by-case manner by Open Water Chair, Open Water Zone Head Coach and Executive Director.

Applications must be completed electronically by Wednesday, April 24th at 12:00 p.m. Only applications received by the deadline will be considered.



Safety:

Safety is of paramount consideration during this competition. Safety provisions contained in the USA Swimming Open Water Meet Directors Guidelines will be strictly followed. All applicable USAS rules, regulations and safety requirements will be enforced for the well-being of the swimmers. USA Swimming, Inc., Florida Swimming, Lee County Parks and Rec, and GCST shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event. Safety boats will be provided in accordance with the FL Swimming Open Water Championships Safety Plan. If the swimming conditions are not deemed safe, the meet will be rescheduled or canceled.

Safety Information

Safety Authority

- Emergency Services will be provided by Lee County Lifeguards, Paramedics and Medical Staff on-site
- Lee County Lifeguards will be located throughout the course and venue areas. AED's, First Aid kits, and Basic Life Support gear will be available on-site.
- Race Operations will be manned by the Race Director, Administrative Referee, and LG Representative
- The race is held within Ft. Myers Beach, FL

Communications Plan

Primary - There will be two separate radio networks using two different frequency plans. The radios are not interchangeable.

Communication across radio networks will be coordinated through Race Operations. Personnel using GCST VHF radios include the Race Director, Race Operations, Race Referees, Safety Officer, Course Officer, Spare vessels, Feed Station Referee, Administrative Referee, Turn Judges, and event announcers.

Staff will utilize their own radios, and will be in contact with Race Operations, Life Guard Supervisors, and On-Water Life Guard.

Secondary communications between all parties will be via cellular telephones. The following positions will be issued a phone number listing:

- Race Director
- Meet Referee
- Safety Officer
- Race Referees
- Course Officer
- LG Supervisors



Swimmer in Distress

- Lee County Lifeguards will activate their water rescue protocols.
- Any swimmer withdrawing from the race must report to the Officials Tent for identification. Lifeguard will radio race-control with the competitor number and direct the swimmer to return to the start area.
- A First Aid tent will be maintained on site in the Start/ Finish area.
- Swimmers needing emergency medical care will be administered care in the nurse's station and if transportation needed by calling 911 for EMS transportation.
- Swimmers requiring evacuation via ambulance will be transported to HealthPark Emergency approximately 6 miles away from Lynn Hall Memorial Park.

Missing Swimmer

- All swimmers will be issued a "Race Ticket" with their competitor number during the registration process. This "Ticket" will be collected as the swimmers enter the water.
- All swimmers will be required to provide a personal cell phone contact and a coach/handler cell phone contact at registration.
- All swimmers will be videotaped during the final inspection/accounting prior to the start.
- If a swimmer is reported missing and last seen in the water: Lee County Lifeguards will activate their underwater search and recovery protocol. Concurrently, meet operations will attempt contact with the coach/handler and swimmer via cell phone. Meet Operations will also review the start list, withdrawal list, site race tickets, and view the pre-race video tape to confirm the swimmer actually started the race. All swimmers are reminded before the race start that they must report to the nearest lifeguard if they withdraw from the race. All swimmers who depart from the water will be identified by their race number.

Support Vessels

The following vessels will be used:

- Boats
 - Jet-skis
 - Kayaks/Paddlecraft
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- All vessels Captains will attend a briefing by the Safety Officer.
 - Spare vessels will remain clear of the vessel exclusion zone unless summoned on to the course by race control.
 - Once the course has been set, the Course Officer vessel will remain clear of the vessel exclusion zone unless summoned to the course by the Referee or race control.
 - All official's boats will be equipped with VHF radios on the race control network.

Parameters for Abandoning the Race

Any one of the following individuals are empowered to independently order the race abandoned due to unsafe course or other conditions.

- Meet Referee
- Safety Officer
- Meet Director



If the race is to be abandoned, Race Control will relay via radio to all vessels to signal abandonment. Simultaneously, the Lee County Lifeguard Supervisor will signal via their radio net to signal abandonment. The abandonment signals will be:

- From Officials Boats – 5 short blasts followed by one long blast.
- From the Lifeguards – 5 short blasts of the whistle followed by one long blast.
- Swimmer actions are to:
 - * Discontinue swimming
 - * Look for directions from the Officials or water safety personnel
 - * Once safe on land, proceed to the start/fish area and check-in.

Contingency Plan

- Due to venue restrictions, it is unlikely any change to the shape of the course will be possible.
- If weather conditions require, the directions of swim (CW/ CCW) and the location of the start/finish structure may be changed.
- If the race is abandoned, it will be postponed until later the same day. If the race must be abandoned for the entire day, the race will be cancelled.



2024 FL Open Water Championship - Summary of Fees/Release Form

Complete and email or mail this form along with entry fees to:

Attn: Don Henshaw 20560 Rookery Dr. Estero, FL 33928

(Checks payable to Southwest Florida Swim Club, Inc.)

Team Name			
Coach			
Coach Phone			
Coach Email			
Team Address			
Item	Total Number	Cost per Swimmer	Total
Swimmer Fee		\$75.00	
Total Fees Due			

Waiver, Acknowledgement and Liability Release:

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. I acknowledge that I am familiar with the Safety Rules of USA Swimming, Inc. and Florida Swimming, Inc. regarding warmup procedures and meet safety guidelines, and that I shall be responsible for the compliance of my swimmers with those rules during this meet. GCST, Lee County Parks and Rec, Florida Swimming, and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

SIGNATURE (Coach or Club Representative)	CLUB
TITLE	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](tel:239-541-1800).

Discounted rates are only available by calling the above number or reserving DIRECTLY through the event's housing website link:

Florida Open Water Championships – April 13, 2024: <https://groups.reservetravel.com/group.aspx?id=76209>

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