

## 2024 FL Swimming OW Champs

Friday - Saturday

April 12th & 13th

Lynn Hall Memorial Park

Fort Myers Beach, FL

- [Psych Sheet](#)
- [Zone Team Selection Procedure](#)
- [Meet Letter](#)
- [Course Map](#) - please view!
- **Required athlete waiver (see attached!)**

Wooahoo! I'm very excited to be traveling back to my ol' stomping grounds for the FL Swimming Open Water Champs. Open Water swimming holds a very special place in my heart as I did my first race when I was just 9yrs old at this very venue! I continued to swim in OW meets multiple times per year across the state and the nation, and even qualified for OW nationals a few times, which has also been held at Ft. Myers beach! Coach Brennan Gravley has even more experience and success on this side of the sport as well - he is a multiple-time US National Team member, and won gold at the 2023 Pan American Games in the 10km! We will learn from his national and international experience this week at practice.

My point is, this is a great venue with a ton of rich swimming history for both GSC and Florida Swimming. Open water is a different beast - it's fun, exciting and a really great way to shake up the season.

I'm excited for each of you to experience a true open water swim for the very first time. We've done a bit of practice at Northeast, and will do another refresher this week as well. I'd encourage you to study the course map and [watch this highlight video from USA Swimming OW Nationals in 2019](#). It's just a fun little video that shows the environment of an OW swim meet. This meet will have an in-water start just like you'll see in the video, but we will have a beach finish, rather than an in-water finish as seen in the video. (You can also see a young Coach Brennan toward the end, posing for the medal ceremony!).

The athlete waiver must be completed and turned in to me by **Thursday, April 11**.

### **Important notes:**

- Everything is going to be fine! Open water might be a little scary but hopefully the talks and the prep we've had thus far has calmed any nerves. It's just like any other meet. We will get up, compete and have a great time! Paddlers and escort boats will be spaced throughout the course under the supervision of the race committee to provide help to swimmers if needed.
- Please hydrate! Drink plenty of fluids the day and night before the race. This will help you tremendously!
- Bring sunscreen and extra pairs of goggles!

### **Meet Attire**

- Wear comfortable shoes to the beach
- For Friday and Saturday's warmup, we'll wear our team suits and white Championship team caps. The race directors provide a mandatory meet cap with the swimmer's assigned number written on it. This cap must be worn during the race.
- For the race, feel free to wear a tech suit or your Gator Swim Club team suit.
- Team shirts
  - **Friday - Blue**

○ **Saturday - Orange**

**Arrival Times:**

- Friday PM (Team Check-in for Coach Jason, Warmup for Swimmers)
  - 5:00pm - Arrive at Lee County/FGCU Aquatic Center, 10501 FGCU Boulevard South, Fort Myers, FL 33965
  - 5:15-6:30pm - Warmup/Race-prep
- Saturday AM
  - 6:30am - Arrive at Lynn Hall Memorial Park (Ft. Myers Beach)
  - 6:30-6:45am - Check-in/get settled
  - 7am - Dynamic warmup on the beach
  - 7:15am - Warmup in the water!
  - ~8:15am - 5km Race starts
  - TBA - 2km Race Starts
    - We should have exact times no later than the Coaches meeting on Friday evening.

Please reach out to Coach Jason with any questions! [jason@gatorswimclub.com](mailto:jason@gatorswimclub.com) Let's have a great meet!