



2019 Southern Zone Open Water Championships

Sanctioned by:

Florida Swimming Inc. Sanction # 4704-3

“In granting this approval it is understood and agreed that USA-S/FL shall be free and held harmless from any liabilities or claims from damages arising by reason of injuries to any one during the conduct of the event”.

Condition of Sanction:

1. 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.
2. The competition course has not been certified in accordance with 104.2.2(C).
3. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and prohibited.
4. 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 Program Operations.

Hosted by: Gulf Coast Swim Team (gcst.org)

Age Determination: Swimmers age group is determined on the first day of competition.

Date and time: **Saturday April 13, 2019**
9:00 AM - Check-in opens for 15-16, Open 5K Event 9:45 AM - 15-16, & Open 5K Check-in closes.
10:00 AM – 15-16, Open 5K race starts.
10:15 AM - Check-in opens for 13-14 5K Event
11:00 AM –13-14 5K check-in closes.
11:15 AM – 13-14 5k race starts.
11:30AM - Check-in opens for 11-12 2K Event
12:00 PM –11-12 5K check-in closes.
12:15 PM – 11-125 2k race starts.

Sunday April 14, 2019
8:00 AM - Team Relay Check-in
9:00 AM - Open b/g Team Relay
9:30 AM - 13-14 b/g Team Relay
10:30 AM - 11-12 b/g Team Relay

Location: FGCU Waterfront

Timing system: Chip Timing and Video at finish.
NOTE – All races, in water starts, land finish.

Eligibility: All swimmers must be 2019 athlete members of USA Swimming and members of a Southern Zone LSC All-Star Team. Each team may have up to 4 swimmers per age group and gender.

Events:	G-B Event	Event Description
	1-2	Open 5K
	3-4	15-16 5K
	5-6	13-14 5K
	7-8	11-12 3K
	9-10	Open Relay
	11-12	15-16 Relay
	13-14	13-14 Relay

15-16

11-12 Relay

- Entry Procedures:** Entry by Hytek / TeamUnify file.
- Entry Deadline:** 11:00 PM EST Wednesday, April 4, 2019. Send entry file to Don Henshaw at gcst@comcast.net prior to the entry dead line.
- Entry fee:** \$60 per individual swimmer. Includes Saturday lunch at the venue. Check is to be made out to:
Southwest Florida Swim Club, Inc.
and mailed to:
GCST
20560 Rookery Dr.
Esteros, FL 33928
- Rules:** Current USA Open Water Swimming Technical rules will govern. For the safety of swimmers, fingernails and toenails must be clipped. Officials will check fingernail length prior to the events, clippers will be available, and they will be used. Please plan ahead.
- Apparel note:** All suits must conform to current USA Swimming rules. No wet suits
- Courses:** All courses are in FGCU Lake (fresh water). Water starts and finishes are on land.
11-12: 3K loop course
13 & over: 5K loop course
- Scoring:** Championship meet scoring: Top 8 male and female swimmers in each age group will be scored as follows: 9, 7, 6, 5, 4, 3, 2, 1. Relay scoring is Top 8 in each age group awarded points as follows 18, 14, 12, 10, 8, 6, 4, 1.
- Awards:** Top 8 male and female of each age group (medals for 1st 3rd places, ribbons for 4th-8th places).
Relays Top 3 Ribbons.
Awards must be picked up at the event, and will not be mailed.

Team Awards: Top Male, Top Female, Top Combined.

Hotels: For hotel and other local information please call
1-888-529-6588

Meet director: Gregg Cross, 239-462-3322, coachgregg55@aol.com

Event web site: www.gcst.org or www.floridaswimming.org

Officials:
Referee: Mark McCaw
Starter: Scott Jamieson
Admin Officials: Adele Woodrow, Mary Ann Nielsen
Safety Official: Nancy Apperson
Medical Official: Lee County Parks and Recreation