



**2021 GCST Halloween Meet**  
**October 22 & 23, 2021**

Sanctioned by:	Sanctioned by: -Florida Swimming Inc. Sanction # _____ -The Florida LMSC for U.S. Masters Swimming, Inc., Sanction # <b>141-S007</b> “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 anyone during the conduct of the event”.
Condition of Sanction:	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. The competition course has not been certified in accordance with 104.2.2(C). 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. 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 Operations.
Hosted By:	Gulf Coast Swim Team ( <a href="http://www.gcst.org">http://www.gcst.org</a> )
Type of Meet:	Age Group & Senior, 25 Yards, Timed Finals Meet management may opt to use fly-over starts at this competition. <b>Meet management reserves the right to run two courses between 8 to 10 lanes dependent on the size of the meet if needed. If the entries are less than expected the meet be moved to one 8 or 10 lane 25 yard course by session.</b>
Dates & Times:	October 22 & 23, 2021 Session 1: Friday warm-up at 4:30 PM. STARTS at 5:30 PM. Session 2: Saturday warm-up at 7:30 AM. STARTS at 8:30 AM. Diving well will be available for warm-up for all sessions. <b>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.</b>
Location:	Lee County / FGCU Aquatics Center 10501 FGCU Blvd. S., Fort Myers, FL 33965-6565
Pool Specifications:	Certified 25 yard outdoor pool, non-turbulent lane lines, eight to ten lane pool with eight to ten lanes 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 & turn end of the pool. <b>(Masters: The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1.)</b>

Timing Equipment:	Daktronics timing system with electronic display scoreboard, and 1 watch per lane. (Masters: The primary timing system will be automatic timing. Times may be submitted for USMS records and USMS Top 10 consideration.)
Eligibility:	Open to currently registered swimmers with USA Swimming and foreign athletes who are members of invited teams and have met the listed qualifying times. On deck registration will not be allowed. (Masters: All participants must be currently-registered members of U.S. Masters Swimming and must be age 18 or older as of the last day of the meet.)
Entry Limit:	Limited to invited teams with the first 600 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. Swimmers posting entries over the limit will be considered as entered in the first 8 events. In order control the length of the meet, we reserve the right to limit entries in the 400 IM, 500 Free, and 1650 Free. Coaches will be advised prior to the meet if this affects your athletes.
Seeding:	Use 25 yard 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 fastest to slowest, with the exception of 500 Free, 1650 Free, and the 400 IM which will be deck seeded, positive check-in, fastest to slowest and swam girls and boys alternating heats. Positive check in will close 30 minutes prior to the start of the 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. <b>PLEASE PRINT CLEARLY!</b>
Deck Entries:	Deck entries will be accepted by the Meet Referee or his/her designee, <u>up to 30 minutes before the start</u> of each meet session only under the following conditions: <ul style="list-style-type: none"> <li>* Swimmers must meet all other standard requirements of the meet.</li> <li>* Deck entry of \$10 per event &amp; Facility Fee must be paid at time of entry</li> <li>* A swimmer may not scratch an event to deck enter another event.</li> <li>* A swimmer may only deck enter an event that has an existing empty lane; No new heats will be established.</li> </ul>
Entry Fee:	\$4.15 per individual event. \$10.00 facility fee per swimmer. \$2.00 Out of State Swimmer Fee \$2.00 Online Heat Sheet Fee Deck Entry: \$10.00 per individual event plus facility fee if not already entered in the meet. <b><u>Entry fees must be paid prior to the start of the meet.</u></b>

Entry Deadline:	<b>All entries must be received by 11:00 pm on Tuesday, October 12, 2021</b> 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 Don Henshaw at <a href="mailto:gcst@comcast.net">gcst@comcast.net</a> , however, payment and original hard copy of meet entry must be received by the <b>October 12, 2021</b> deadline. Individual e-mail entries will not be accepted. A \$50.00 fee will be charged to teams wishing to enter manually. <b>Entries will be rejected once we reach the 4 hour limit on any one session including requests for late entries.</b>
Spectator Seating:	Spectators will NOT be allowed on the competition pool deck. Spectator seating will be clearly designated.
Camera Zones:	Per Florida Swimming Rule 223.12, Meet Management shall designate and inform the public of "Camera Zones" at each swim meet where both still photography and video photography of a race or a competitor in a race may be taken. Acceptable "Camera Zones" may include, but are not limited to the side courses of a pool, team gathering areas, concession area, turn-end of competition course when not in use as a "start-end," etc. Meet Management shall also designate "Non-Camera Zones." Under NO circumstances will Camera Zones include the area immediately behind the starting blocks at either end of the racing course(s) while they are in use for "race starting purposes" during competition and warm-ups, locker rooms, restrooms, or any other dressing area. Any individual failing to abide by this rule could be subject to the Florida Swimming Code of Conduct violation as defined in Rule 239.2. Camera Zones are located on the sides of the competition pool.
Mail Entries/Fees to:	Don Henshaw 20560 Rookery Dr, Estero, FL 33928 239-560-4820 <b>*Make check payable to Southwest Florida Swim Club, Inc.</b>
Officials:	Admin Referee: Mark McCaw Meet Referee: Jennifer Seluk Starter: Molly Roberts Head Stroke & Turn: Corrine Garnier-Chan Admin Official: Mary Ann Nielsen Marshal: Don Henshaw Meet Manager: Don Henshaw
Scoring:	Individual: 9-7-6-5-4-3-2-1
Awards:	Individual Events: 1 <sup>st</sup> – 8 <sup>th</sup> Ribbons 8 & Under, 9-10, 11-12 only.
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:	<b>Coaches and Officials shall wear their 2021 USA Swimming registration card in a conspicuous location at all times while on deck during a swim meet or use the Deck Pass app.</b>
For Information:	Contact Don Henshaw, 239-560-4820, <a href="mailto:gcst@comcast.net">gcst@comcast.net</a>
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 Hour)	Controlled Warm Up (Last half hour)
Lane(s)	Lane(s)
1 – 8 Circle swimming only	1 Pace – 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 – push off

## ORDER OF EVENTS

### Session 1 Friday, October 22, 2021 Warm-up 4:30pm, Start 5:30pm

G-B Event #	Age Group	Description
1-2	Open	500 Free*
3-4	8 & Under	25 Breaststroke
5-6	10 & Under	50 Breaststroke
7-8	11-12	50 Breaststroke
9-10	Open	100 Breaststroke
11-12	8 & Under	25 Backstroke
13-14	10 & Under	50 Backstroke
15-16	11-12	50 Backstroke
17-18	Open	100 Backstroke
19-20	12 & Under	100 IM
21-22	Open	400 IM

\*Swimmers must provide their own timer and counter. Positive check-in closes 30 minutes prior to the start of the session.

## Session 2 Saturday, October 23, 2021 Warm-up 8am, Start 9am

G-B Event#	Age Group	Description
23-24	12 & Under	200 IM
25-26	Open	200 IM (includes Masters)
27-28	10 & Under	100 Free
29-30	11-12	100 Free
31-32	Open	100 Free (includes Masters)
33-34	8 & Under	25 Fly
35-36	10 & Under	50 Fly
37-38	11-12	50 Fly
39-40	Open	100 Fly (includes Masters)
41-42	12 & Under	200 Free
43-44	Open	200 Free (includes Masters)
45-46	8 & Under	25 Free
47-48	10 & Under	50 Free
49-50	11-12	50 Free
51-52	Open	50 Free (includes Masters)
53-54	Open	1650 Free (includes Masters)*

\*Swimmers must provide their own timer and counter. Positive check-in closes 30 minutes prior to the start of the session.

**2021 GCST Halloween Meet**  
**Florida Gulf Coast University, Fort Myers, Florida**  
**October 22 & 23, 2021**



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

**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!

**2021 GCST Halloween Meet  
Masters Swimmers Entry Form  
October 22-23, 2021**

Name \_\_\_\_\_ Sex \_\_\_\_\_ Current USMS # \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Birthdate \_\_\_\_/\_\_\_\_/\_\_\_\_ Age on 10/23/2021 \_\_\_\_\_ USMS Club \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

**Enter your seed times or "NT" (No Time) for your events.**

Event#	Saturday Events	Seed Time
25-26	200 IM	
31-32	100 Free	
39-40	100 Fly	
43-44	200 Free	
51-52	50 Free	
53-54	1650 Free*	

\*Swimmers must provide their own timer and counter. Positive check-in closes 30 minutes prior to the start of the session.

Read the information sheet carefully. Make your check payable as shown on the information sheet and mail it to the address shown there. All Masters swimmers may be asked to show their USMS cards, if requested, at the meet. Incomplete entries (no fee, no copy of USMS card, incomplete entry card) or late entries (postmarked/received after the deadline) MAY BE REJECTED!

MEET FEES:		**MAIL CHECKS TO:
Meet surcharge	\$12.00	Don Henshaw, GCST Swim Team
# Events ( __ x \$4.15 each)	\$	20560 Rookery Dr, Estero, FL 33928
		Contact info: <a href="mailto:GCST@comcast.net">GCST@comcast.net</a> , 239-560-4820
TOTAL ENCLOSED	\$	MAKE CHECKS PAYABLE TO: Southwest Florida Swim Club

**\*\*YOU MUST SIGN THE USMS LIABILITY WAIVER ON THE NEXT PAGE AND MAIL IT WITH THIS ENTRY FORM!**

**\*\*YOU MUST MAIL A COPY OF YOUR USMS MEMBERSHIP CARD WITH THIS ENTRY FORM!**

**ENTRIES MUST BE RECEIVED BY TUESDAY, OCTOBER 12**

***Go to next page for USMS liability waiver >>>***



# PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I may be exposed to or infected by COVID-19, or other viral or bacterial infection, while participating in any of the Events, and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I agree that if I have a fever, cough, feel short of breath, have any other symptoms, have knowingly been exposed to a communicable disease such as COVID-19 or have traveled to or from a highly impacted area, I will not attend an Event for at least two weeks after exposure or symptoms have subsided or I have returned from a highly impacted area. In addition, if I discover I have been exposed to a suspected or positive case of COVID-19 or have tested positive for COVID-19, I will notify the USMS coach or club administrator immediately.
5. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
6. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (circle) M      F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant			Date Signed	