



2013 GCST 5k Open Water Race

Sanctioned by: Florida Swimming Inc. Sanction # 6154

"In granting this sanction it is understood and agreed that USA Swimming and Florida Swimming 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."

Hosted by: Gulf Coast Swim Team

Date and time: Sunday, April 28, 2013

7:30 a.m. Check in opens

11:00 a.m. Race Starts

Location: Miromar Lakes

Fort Myers, Florida

Timing system: Watch timing with video camera (2) backup

Eligibility: All swimmers must be 2013 athlete members of USA Swimming.

Entry Procedures: All entries must be submitted using Hy-Tek Team Manager or other like programs **ONLY! Paper or FAX entries will NOT be accepted. Entry Fees must be sent to the host prior to the entry deadline. Overnight delivery services are suggested for rapid delivery.**

Entry deadline: 11:00 PM EST Thursday April 18, 2013

E mail entries to: gcstmeets@gmail.com

Individual entries: Use any time in the national database for entry that is faster than the qualifying time. Swimmers may enter using an "override Time" for times that are not in the national database. Override times must include the meet name and date. Times that are missing from the National Database should be requested through the Florida LSC National Times Coordinator of the meet at which the time was achieved.

Teams with Unattached athletes: Teams may enter athletes with an Unattached status.

Entry fee: \$45 per individual swimmer. (Entry fee includes an event T-Shirt).
Entry Fees must be received by Thursday, April 18, 2013.



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Make check, payable to **SFSCI, Inc.**, for all entry fees which must be mailed to Gulf Coast Swim Team with the team entry form **prior** to the entry deadline to:
Gulf Coast Swim Team
20421 Rookery Drive
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 Miromar Lake (fresh water). Starts and finishes are on land.

5K swim– 3 laps on a 1660 mtr., of a dog legged shaped course with a water depth of 6-10 feet and approximately 100-200 yards off shore.

Scoring: 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.

Awards: Individual awards: Top 8 male and female ribbons for 1st-8th place.

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

Parking: tba

Meet director: Gregg Cross, 239-462-3322, greggcr@leeschools.net

Event web site: www.openwaterfestival.org

Officials: Referee: Mark McCaw
Assist Referee: Matt Wilson
Starter: Scott Jamieson
Clerk of Course: Gregg Cross
Safety Official: Alise Flanjack
Medical Official: Lee County Parks and Recreation



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Master Team Entry Form

GCST Open Water Race

April 28, 2012

Team name _____

Call letters _____

Address _____

City State Zip _____

Coach Phone (_____) _____ - _____

E-mail Address _____

Swimmer/Coach Registration

I certify that all individuals entered in this competition are currently registered members of USA Swimming and are eligible to compete in this meet. I further certify that one or more of the following coaches or team representatives will be at the competition supervising the activities of those individuals entered.

Name of coach/representative _____

I certify that the individuals listed above are currently registered USA Swimming Coach Members or Team Representatives and that I am a current USA Swimming registered non-athlete member.

Signature _____

Team

Date

Phone (_____) ____ - ____

Entry deadline: Hy-Tek entries: entered by 5 PM, Friday, April 18, 2012

Entry form and payment must be received by posted entry deadline.

Make checks payable to **SFSCI, Inc.**

and mail to Gulf Coast Swim Team

20421 Rookery Drive

Esteros, FL 33928

Financial Recap

_____ swimmers x \$40 (entry) = \$ _____

TOTAL = \$ _____