



2025 Southern Zone Open Water Championships April 25-27, 2025



Sanctioned by: Florida Swimming Inc. Sanction #
"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:

COVID-19 Statement: In applying for this sanction(ed event), the Host, GULF COAST SWIM TEAM agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, FLORIDA (LSC), the State of FLORIDA LEE COUNTY.

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND FLORIDA SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

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 been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

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.
5. All applicable 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 the MAAPP policy is a condition of participation in the conduct of this competition.

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

Location: Lynn Hall Memorial Park, 950 Estero Blvd, Fort Myers Beach, FL 33931

Age Determination: Swimmers age group is determined on the first day of competition. Swimmer(s) must be registered with USA Swimming to be accepted into this meet. Age as of April 25, 2025, shall determine the swimmer's age for the Southern Zone Open Water Championships. Each LSC must have a representative to act as a liaison between the LSC, Meet Director, and Independent Safety Officer. This individual must be a fully registered USA Swimming Non-Athlete member. It's strongly encouraged that they be from their respective LSC. That person must be identified to the meet host at Registration/Check-In in order to receive the credentials. Please also email ahead of time to the Meet Director who this contact will be.

Race Procedures:

CHECK-IN Swimmers must report to the check-in area for pre-race inspections of their nails, uniform, and numbering each day of the meet. Swimmers will receive their tickets for entry into the race once all check-in inspections are successfully completed.

NUMBER MARKING Numbering will be done at the check-in area. Swimmers shall be marked with their race numbers on both upper arms, both hands, and their upper backs. The swimmers shall be numbered vertically down the arms and horizontally across the upper backs. Any swimmer failing to mark their body correctly will not be permitted to race.

TEAM CAPS Athletes must wear his/her LSC-designated team cap as their outermost cap during races.

Time Limits Swimmers must finish within 30 minutes of the first swimmer to finish in their event to be eligible for scoring and an award. Any swimmer who does not complete the course within 30 minutes of the first finisher in the event may be asked to retire from the race.

Start / Finish Athletes may ONLY enter or exit the course from the beach in the designated start/finish area. This area will be blocked off from spectators and any athletes not in the current heat. All races will have an in-water start.

The finish line will be a clearly marked line on the beach. All finishes will be monitored with a finish line camera (iPad using SprintTimer app)

All finishes with two (or more) swimmers finishing within 0.50 seconds of each other will be deemed a "PHOTO FINISH" in which the officials will review the finish line video to determine the correct order of finish. A swimmer will not be considered as having finished the race until his/her entire torso (shoulders to hips) has crossed the finish line, NOT an arm, hand, neck, head, leg, or foot.

Chip Timing to be used for all events.

Safety Conditions In the event of adverse conditions that cause the meet to be deemed unsafe, the following re-scheduling priorities will be used based on weather predictions, and at the discretion of the Meet Referee.

Priority 1 – Starting the meet later on the same day

Priority 2 – Attempting to reschedule for the following day

Priority 3 – Cancellation

Safety Craft The course will be patrolled by qualified safety personnel. Coaches, parents, and spectators are

not allowed on the course with any escort safety craft. Only the Meet Referee can designate who is on the course at any given time.

Lifeguards reserve the right to remove any swimmer from the course if needed.

Safety watercraft and lifeguards on paddleboards and kayaks will monitor the entire course.

The following have the authority to stop the meet at any time for safety reasons: the Meet Referee, the Meet Director, or the Independent Safety Monitor.

Event List:

Team Relays 4x300

#1 Girls 14 & Under

#3 Girls Open

#2 Boys 14 & Under

#4 Boys Open

Individual Events

#5 Girls 5K 13 & 14*	#6 Boys 5K 13 & 14*
#5 Girls 5K 13 & 14*	#6 Boys 5K 13 & 14*
#7 Girls 5K 15 & 16*	#8 Boys 5K 15 & 16*
#9 Girls 5K Open	#10 Boys 5K Open
#11 Girls 11-12 2K	#12 Boys 11-12 2K

Team Pursuits Minimum of 3 swimmers and maximum of 6. Finish time is based on the 3rd swimmer's time of each team.

#13 14 & Under Girls	#14 14 & Under Boys
#15 Open Girls	#16 Open Boys

Date and time:

Friday April 25, 2025

2:30 PM - Check-in opens for participants at Lynn Hall Park, Ft. Myers Beach.

Participant numbering, assignment and inspection, ticket pick-up, nail inspection, and suit inspection.

5 PM to 6 PM – Course open for warmup.

6:30 PM 4x300 relays begin.

CHECK-IN Swimmers must report to the check-in area for pre-race inspections of their nails, uniform, and numbering each day of the meet. Swimmers will receive their tickets for entry into the race

once all check-in inspections are successfully completed.

NUMBER MARKING Numbering will be done at the check-in area. Swimmers shall be marked with their race

numbers on both upper arms, both hands, and their upper backs. The swimmers shall be

numbered vertically down the arms and horizontally across the upper backs. Any swimmer

failing to mark their body correctly will not be permitted to race.

TEAM CAPS Athletes must wear his/her LSC-designated team cap as their outermost cap during races.

Saturday April 26, 2025

6:30 AM – Check-in and inspection.

6:45 AM – Course open for warmup.

7:10 AM – Course closes for warmup.

7:15 AM – Roll Call, and Pre-Race briefing for Girls 5K

7:30 AM – 13-14, 15-16, Open Girls 5K starts.
9:15 AM (estimated) – Roll Call, and Pre-Race briefing for Girls 5K
9:30 AM (estimated) – 13-14, 15-16, Open Girls 5K starts.
11:00 AM (estimated) – Roll Call and Pre-race briefing for 11-12 Boys & Girls 2K
11:15 AM (estimated) – 11-12 Boys & Girls 2K starts.

Sunday April 27, 2025

6:30am Check-In and Inspection
6:45am Course is Open for Warmups
7:10am Course is Closed for Warmups
7:15am Roll Call and Pre-Race Briefing for ALL Pursuit teams
7:30am Girls Pursuits Start 14 & Under, and Open
8:30am (estimated) Roll Call and Pre-Race Briefing for all Boys Pursuit teams
8:45am (estimated) Boys Pursuits Start 14 & Under, and Open

Entry Procedures: Entry by Hytek / TeamUnify file.
No Deck entries allowed.

Entry Deadline: 11:00 PM EST Wednesday, April 15, 2025.
Send entry file to Don Henshaw at gcst@comcast.net prior to the entry deadline.

Entry fee: \$85 per individual event. \$5 SZ Admin Fee per swimmer. \$15 per relay team, and pursuit team.
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. Estero, 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 the Gulf of Mexico.
Water starts and land finishes.
11-12: 2K loop course
13 & over: 5K loop course

Scoring:

Individual events Top 24 Finishers per Event Score:
32-28-27-26-25-24-23-22-20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

Relay events Top 16 Relays per Event Score:
40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

Awards: Top 8 male and female of each age group, Medals 1st through 8th.
Relays Top 3 Medals.

Team Awards: Plaque for Top 3 in Combined scoring.

Meet Director: Don Henshaw, 239-560-4820, gcst@comcast.net

Officials: Referee: Mike Brewer

Starter: TBA

Admin Officials: Adele Woodrow, Mary Ann Nielsen

Safety Official: Mike Hammond, and John Zavachy

Medical Official:

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

Meet Director: Don Henshaw, 239-560-4820, gcst@comcast.net

Event web site: www.gcst.org.

GROUND TRANSPORTATION:

**SPECIAL RATES FOR TEAMS NEEDING GROUND TRANSPORTATION WITH
DOLPHIN TRANSPORTATION.**

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c.groundwidgets.com/US.FL.KEY/DefaultV2DT/WebSpecial?SC=zu0qMb8d
CBkhtja29hIe%2fq9TBtS5iUG%2fBzKW2iofvspUWZvPp0Qp56L1iAGKJeCq](https://scwebext-c.groundwidgets.com/US.FL.KEY/DefaultV2DT/WebSpecial?SC=zu0qMb8dCBkhtja29hIe%2fq9TBtS5iUG%2fBzKW2iofvspUWZvPp0Qp56L1iAGKJeCq)

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