



We build strong kids, strong families, strong communities.

**Pocono Family YMCA**  
“Distance Freestyle” Invitational  
*Tuesday February 2, 2010*

<b>LOCATION</b>	<b>Pocono Mountain West High School, Pocono Summit Pa.</b>
<b>FACILITIES</b>	6 Lane, 25 yard, Entry Depth 9 Feet, Anti-Wave Lane Lines, Colorado Timing System, Paragon Starting Platforms, Hi-Tek Software, Spectator seating is for 200, Parking capacity well over 700
<b>MEET DIRECTOR</b>	Sonia Wolbert – 570-856-3355 or <a href="mailto:entries@pfyswim.org">entries@pfyswim.org</a>
<b>ELIGIBILITY</b>	Open to all YMCA, USA Swimming, or Club Teams. Age groups are set by swimmer’s age as of <b>(2/2/09) Swimmers are limited to 1 Event</b>
<b>ENTRY LIMITATIONS</b>	The Meet Director reserves the right to limit entries, events or heats, or to modify the meet format due to time or space constraints. *Refunds only apply to entries cancelled by the Meet Director. All events are positive check in. Positive Check In will close at 6:15pm
<b>WARM-UP &amp; START TIMES</b>	<b>Warm Up 5:45pm</b> <b>Meet Start Time 6:15pm</b>
<b>DECK ENTRIES</b>	Subject to space availability, and at the discretion of the Meet Director, deck entries will be accepted prior to the start of meet but no later than 6:00 pm. Deck-entered swimmers will compete unofficially; the achieved time is official, but will not score in the meet for points or awards. To enter, please visit the sign in table by 6:00 pm. All events are positive check in. Positive Check In will close at 6:00 pm
<b>SWIMMERS WITHOUT COACH</b>	Swimmers unaccompanied by a coach should report to the Meet Director before the warm-up begins.
<b>SEEDING</b>	All events are pre-seeded timed finals. All events will be seeded by time not age group, but all scoring and placing will be by age group.
<b>HOW TO ENTER</b>	Entries may be submitted using Hy-Tek software. Entry times must be submitted in yards. All supporting paperwork must accompany all entries.
<b>ENTRY FEES</b>	\$4.00
<b>SEND ENTRIES TO</b>	<b>Sonia Wolbert</b> <b>277 Prospect Street</b> <b>East Stroudsburg PA 18301</b> Phone: 570-856-3355, Fax: 570-422-6708 Entries may be emailed to <a href="mailto:entries@pfyswim.org">entries@pfyswim.org</a> in Team Manger format only. Check must be received by due date. Make checks payable to <b>PFY Swim Team</b>
<b>ENTRY DEADLINE</b>	<b>Sunday, January 31<sup>st</sup> 2010 by 10:00 PM.</b>

**Distance Freestyle Invitational Meet – Monday, February 2, 2010**  
**Pocono Family YMCA Swim Team**  
809 Main Street Stroudsburg Pa. 18360  
Phone: 570-421-2525 ext. 320 Fax: 570-422-6708  
[www.pfyswim.org](http://www.pfyswim.org)



<b>RULES</b>	This meet will be conducted according to current USA Swimming Rules.
<b>SCORING &amp; AWARDS</b>	No Awards
<b>PROGRAMS &amp; ADMISSION</b>	Programs \$3.00 Admission Free.
<b>RESULTS</b>	Results will be posted on the Pocono Piranhas Web Site. <a href="http://www.pfyswim.org">www.pfyswim.org</a> and emailed to teams after meet.
<b>DIRECTIONS</b>	<b>Pocono Mountain West Pool</b>  Take I-80 to I-380 North, to Route 940 West. Proceed thru 1 <sup>st</sup> light approx 1.5 miles. Make left onto school campus. Follow road to right to back of building (Lot C) Enter doors to left of pool.

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**SWIMMERS INDIVIDUAL ENTRY FORMS**

All events are pre-seeded timed finals.  
Make copies for each swimmer as needed.

Swimmers Last Name: \_\_\_\_\_ Swimmers First Name: \_\_\_\_\_ MI \_\_\_\_\_

Team Name: \_\_\_\_\_ Team Code: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Sex: \_\_\_\_\_

<u>Mixed Event #</u>	<u>Age</u>	<u>Distance</u>		<u>Description</u>	<u>Entry Time in Yards</u>
<b>1</b>	13-14	1,000	Yard	Freestyle	
<b>2</b>	12 & Under	500	Yard	Freestyle	
<b>3</b>	Open (9 & Up)	1,650	Yard	Freestyle	
<b>* If no time in the event, list NT</b>					



## TEAM INFORMATION AND MEET ENTRY SUMMARY

Team Name: \_\_\_\_\_ Team Code: \_\_\_\_\_

Contact Person: \_\_\_\_\_ Phone # \_\_\_\_\_

Coaches Name: \_\_\_\_\_ Phone # \_\_\_\_\_

Email Address: \_\_\_\_\_ Team Web Address: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Total number of **Individual** entries: \_\_\_\_\_