



We build strong kids, strong families, strong communities.

Pocono Family YMCA

FROZEN TURKEY (Formerly the Gobble-Gobble Invitational)

NEW DATE: (Sunday) December 13th 2009

LOCATION	East Stroudsburg School District (North Campus), Bushkill Pa. Lehman Intermediate School
FACILITIES	6 Lane, 25 yard, Entry Depth 9 Feet, Anti-Wave Lane Lines, Colorado Timing System, Paragon Starting Platforms, Hi-Tek Software, Spectator seating is separate balcony seating for over 700, Parking capacity well over 900, Full Featured Concessions Stand will be available.
MEET DIRECTOR	Sonia Wolbert – 570-856-3355 or entries@pfyswim.org
ELIGIBILITY	Open to all YMCA, USA, High School and Club Swimming Teams. Age groups are set by swimmer's age as of 11/28/09 . Swimmers are limited to 5 Events. <i>THIS WILL BE A MIDDLE ATLANTIC ACCEPTED MEET. TIMES WILL BE ABLE TO BE USED FOR ENTRY INTO FOR MIDDLE ATLANTIC SWIMMING MEETS. TIMES WILL NOT BE ENTERED INTO USA SWIMS DATABASE</i>
ENTRY LIMITATIONS	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.
WARM-UP & START TIMES	Warm Up 1:00pm Meet Start Time 2:00pm
DECK ENTRIES	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 1:00 pm at the cost of \$5.00 per event. 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 1:00 pm.
SWIMMERS WITHOUT COACH	Swimmers unaccompanied by a coach should report to the Meet Director before the warm-up begins.
SEEDING	All events are pre-seeded timed finals. All events will be seeded by age group and time, and all scoring and placing will be by age group.
HOW TO ENTER	Entries may be submitted using Hy-Tek software. Entry times must be submitted in yards. All supporting paperwork must accompany all entries.

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Pocono Family YMCA Swim Team

809 Main Street Stroudsburg Pa. 18360

Phone: 570-421-2525 ext. 320 Fax: 570-422-6708

<http://pfyswim.org>

Y SWIM TEAM™

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ENTRY FEES	\$4.00 per event.
SEND ENTRIES TO	Sonia Wolbert 277 Prospect Street East Stroudsburg PA 18301 Phone: 570-865-3355, Fax: 570-422-6708 Entries may be emailed to entries@pfyswim.org in Team Manger format only. Check must be received by due date. Make checks payable to PFY Swim Team Parents
ENTRY DEADLINE	Monday, December 7, 2009 by 6:00 PM.
RULES	This meet will be conducted according to current USA Swimming Rules.
SCORING & AWARDS	Medals 1 st – 3 rd and Ribbons 4 th – 10 th High Point Trophies will be given All awards are by age group.
PROGRAMS & ADMISSION	Programs \$4.00 Admission Free.
RESULTS	Results will be posted on the Pocono Piranhas Web Site. http://pfyswim.org and emailed to teams after meet.
DIRECTIONS	From Points South: Philadelphia area: Follow I 476 (PA Turnpike NE Extension) to Lehigh Valley exit then follow directions from Lehigh Valley area Lehigh Valley area: 22 East to 33 North to I-80 East to exit 309. Exit onto Route 209 at 3 rd traffic light make a right and continue on 209 past Fernwood Resort to a left at the blinking light onto Bushkill Falls Road. Follow Bushkill Falls Road, approx 6 miles to intermediate school entrance on left. Please use parking lot area and do not park in driveway area of school. From Points West: I-80 East to exit 309. Exit onto Route 209 at 3 rd traffic light make a right and continue on 209 past Fernwood Resort to a left at the blinking light onto Bushkill Falls Road. Follow Bushkill Falls Road, approx 6 miles to intermediate school entrance on left. Please use parking lot area and do not park in driveway area of school. Coming From North: I 84 to 402 South. Follow to left on Bushkill Falls Road, school will be on right

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ACCOMODATIONS	<p>Fernwood – 570-588-9500 (www.resortsusa.com/fernwood.php) (8 minutes away)</p> <p>Pocmont Resort – 1-800-POCMONT or 570-588-6671 (www.pocmont.com) (5 minutes away)</p> <p>Budget Motel – 570-424-5451 (www.budmotel.com) (25-30 Minutes away)</p> <p>Super 8 Motel – 570-424-7411 (25-30 Minutes away)</p>
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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>Girls Event #</u>	<u>Age</u>	<u>Distance</u>		<u>Description</u>	<u>Boys Event #</u>	<u>Entry Time in Yards</u>
1	Open	200	Yard	Freestyle	2	
3	13-14	200	Yard	Freestyle	4	
5	11-12	200	Yard	Freestyle	6	
7	9-10	100	Yard	Freestyle	8	
9	7-8	50	Yard	Freestyle	10	
11	6 & Under	25	Yard	Freestyle	12	
13	Open	200	Yard	IM	14	
15	13-14	200	Yard	IM	16	
17	11-12	200	Yard	IM	18	
19	9-10	100	Yard	IM	20	
21	7-8	100	Yard	IM	22	
23	6 & Under	100	Yard	IM	24	
25	Open	200	Yard	Butterfly	26	
27	13-14	200	Yard	Butterfly	28	
29	11-12	100	Yard	Butterfly	30	
31	9-10	50	Yard	Butterfly	32	
33	7-8	25	Yard	Butterfly	34	
35	6 & Under	25	Yard	Butterfly	36	

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10 Minute Break						
37	Open	500	Yard	Free	38	
39	13-14	500	Yard	Free	40	
41	11-12	500	Yard	Free	42	
43	9-10	200	Yard	Freestyle	44	
45	7-8	100	Yard	Freestyle	46	
47	6 & Under	50	Yard	Freestyle	48	
49	Open	200	Yard	Backstroke	50	
51	13-14	200	Yard	Backstroke	52	
53	11-12	100	Yard	Backstroke	54	
55	9-10	50	Yard	Backstroke	56	
57	7-8	25	Yard	Backstroke	58	
59	6 & Under	25	Yard	Backstroke	60	
61	Open	200	Yard	Breaststroke	62	
63	13-14	200	Yard	Breaststroke	64	
65	11-12	100	Yard	Breaststroke	66	
67	9-10	50	Yard	Breaststroke	68	
69	7-8	25	Yard	Breaststroke	70	
71	6 & Under	25	Yard	Breaststroke	72	
* If no time in the event, list NT						

\$ 4.00 per individual event, * Please circle the entered events**



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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: _____ x \$ 4.00 = _____

Total Amount Included: _____ \$ _____

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