



We build strong kids, strong families, strong communities.

Pocono Family YMCA

“Last Chance” Invitational

(Closed YMCA District / National Qualifier)

MONDAY March 1, 2010

LOCATION	Pocono Mountain West High School, Pocono Summit Pa.
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 for 200, Parking capacity well over 700
MEET DIRECTOR	Sonia Wolbert – 570-856-3355 or email – entries@pfyswim.org
ELIGIBILITY	CLOSED to YMCA Teams ONLY Swimmers are limited to 4 Individual Events.
ENTRY LIMITATIONS	Swimmers may swim in 4 individual events and 2 relays. The Meet Director reserves the right to limit entries, events or heats, or to modify the meet format due to time or space constraints. MEET TIMELINE WILL BE LIMITED TO 2.5 HOURS ENTRIES WILL BE ENTERED AS THEY RECEIVED.
WARM-UP & START TIMES	Warm up for Pocono - 5:30PM - 5:50PM Other Team Warm Up - 5:50PM - 6:10PM Last 5 Min One Way Starts Only Lanes 1-5 Only Meet Start Time is 6:15PM
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 6:00 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 time not age group or by sex.
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.
ENTRY FEES	\$4.00 per Individual event & \$8.00 per Relay
SEND ENTRIES TO	Sonia Wolbert 277 Prospect Street East Stroudsburg PA 18301 Phone: 570-350-2142, Fax: 570-422-6708 Entries may be emailed to entries@pfyswim.org in Team Manger format only.
ENTRY DEADLINE	Sunday, February 28 by 11:00 PM.

Last Chance Invitational Meet – Monday, March 1 2010
Pocono Family YMCA Swim Team
809 Main Street Stroudsburg Pa. 18360
Phone: 570-421-2525 ext. 320 Fax: 570-422-6708
<http://pfyswim.org>



RULES	This meet will be conducted according to current USA Swimming Rules.
SCORING & AWARDS	There will no scoring and no awards
PROGRAMS & ADMISSION	Programs Free. Admission Free.
RESULTS	Results will be posted on the Pocono Piranhas Web Site. http://pfyswim.org and emailed to teams after meet.
DIRECTIONS	Pocono Mountain West Pool Take I-80 to I-380 North, to Route 940 West. Proceed thru 1 st 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>Event #</u>	<u>Age</u>	<u>Distance</u>		<u>Description</u>	<u>Entry Time in Yards</u>
2	Open	100	Yard	Free	_____
3	Open	50	Yard	Back	_____
4	Open	200	Yard	IM	_____
5	Open	100	Yard	IM	_____
6	Open	100	Yard	Fly	_____
7	Open	50	Yard	Fly	_____
8	Open	200	Yard	Free	_____
9	Open	50	Yard	Free	_____
10	Open	100	Yard	Back	_____
11	Open	50	Yard	Breast	_____
12	Open	100	Yard	Breast	_____



SWIMMERS RELAY ENTRY FORMS
All events are pre-seeded timed finals.
MAKE COPIES FOR EACH RELAY AS NEEDED.

RELAYS WILL BE SEATED BY TIME BUT ALL RELAYS NEED TO BE OF THE SAME SEX AND AGE GROUP.

Team Name: _____ Team Code: _____ Sex: _____

Relay Team Name: **(A) (B) (C) (D) (E) (F) (G)** (Circle one)

<u>Event #</u>	<u>Age</u>	<u>Distance</u>	<u>Description</u>	<u>Entry and Relay Name</u>
1	Open	200 Yard	Medley Relay	Time: _____ : _____ Swimmer 1 _____ Swimmer 2 _____ Swimmer 3 _____ Swimmer 4 _____
13	Open	200 Yard	Free Relay	Time: _____ : _____ Swimmer 1 _____ Swimmer 2 _____ Swimmer 3 _____ Swimmer 4 _____



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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 number of **RELAY ENTRIES**: _____ x \$ 8.00 = _____