



We build strong kids, strong families, strong communities.

Pocono Family YMCA Mayfly Swim Meet May 22nd 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 250, Parking capacity well over 700
MEET DIRECTOR	Sonia Wolbert – 570-856-3355 or entries@pfyswim.org
ELIGIBILITY	Open to all YMCA, USA Swimming, or Club Teams. Age groups are set by swimmer’s age as of 5/22/10 Swimmers are limited to 5 Events, plus 3 Challenge Events. (There will be no awards for Challenge Event Awards) <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> Accepted meet number is MA 1047 AC
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 for Pocono - 10:00AM - 10:30AM Other Team Warm Up - 10:30AM - 11:00AM 11:00AM - 11:15AM One Way Starts Only Lanes 1-5 Only, 11:00AM - 11:15AM Lane 6 General Warm Up Meet Start Time is 11:30AM
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 10:30 AM at the cost of \$6.00 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 10:30 AM. Positive Check in for Challenge Events will close at 1:30pm
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.
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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ENTRY FEES	\$4.00 per event.
SEND ENTRIES TO	Sonia Wolbert 277 Prospect Street East Stroudsburg PA 18301 Phone: 570-856-3355, 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
ENTRY DEADLINE	Wednesday, May 19, 2010 by 9:00 PM. No late entries will be accepted.
RULES	This meet will be conducted according to current USA Swimming Rules.
SCORING & AWARDS	Medals – 1st – 3rd and Ribbons 4th – 10th High Point Trophies will be awarded for each age group. All awards are by age group.
PROGRAMS & ADMISSION	Programs \$3.00 Admission Free.
RESULTS	Results will be posted on the Pocono Piranhas Web Site. www.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.

Pocono Family YMCA Swim Team
Mayfly Swim Meet May 22nd, 2010
809 Main Street Stroudsburg Pa. 18360
Phone: 570-421-2525 ext. 320 Fax: 570-422-6708
<http://pfyswim.org>



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	50	Yard	Freestyle	2	
3	13-14	50	Yard	Freestyle	4	
5	11-12	50	Yard	Freestyle	6	
7	9-10	25	Yard	Freestyle	8	
9	7-8	25	Yard	Freestyle	10	
11	6 & Under	25	Yard	Freestyle	12	
13	Open	100	Yard	IM	14	
15	13-14	100	Yard	IM	16	
17	11-12	100	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	50	Yard	Butterfly	26	
27	13-14	50	Yard	Butterfly	28	
29	11-12	50	Yard	Butterfly	30	
31	9-10	50	Yard	Butterfly	32	
33	7-8	25	Yard	Butterfly	34	
35	6 & Under	25	Yard	Butterfly	36	
37	Open	100	Yard	Free	38	
39	13-14	100	Yard	Free	40	
41	11-12	100	Yard	Free	42	
43	9-10	50	Yard	Freestyle	44	
45	7-8	50	Yard	Freestyle	46	
47	6 & Under	50	Yard	Freestyle	48	
49	Open	50	Yard	Backstroke	50	
51	13-14	50	Yard	Backstroke	52	
53	11-12	50	Yard	Backstroke	54	



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55	9-10	50	Yard	Backstroke	56	
57	7-8	25	Yard	Backstroke	58	
59	6 & Under	25	Yard	Backstroke	60	
61	Open	50	Yard	Breaststroke	62	
63	13-14	50	Yard	Breaststroke	64	
65	11-12	50	Yard	Breaststroke	66	
67	9-10	50	Yard	Breaststroke	68	
69	7-8	25	Yard	Breaststroke	70	
71	6 & Under	25	Yard	Breaststroke	72	
20 Minute Intermission - Challenge Events						
73	Open / Mixed	400	Yard	IM		
74	Open / Mixed	200	Yard	Back		
75	Open / Mixed	100	Yard	Back		
76	Open / Mixed	200	Yard	Breast		
77	Open / Mixed	100	Yard	Breast		
78	Open / Mixed	200	Yard	Fly		
79	Open / Mixed	100	Yard	Fly		
80	Open / Mixed	200	Yard	IM		
* If no time in the event, list NT						

***** 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: \$ _____