



We build strong kids, strong families, strong communities.

Pocono Family YMCA - Out of Shape Meet

Saturday October 17th 2009

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, Dolphin Wireless watch system, Paragon Starting Platforms, Hi-Tek Software, Spectator seating is for 200, Parking capacity well over 700
MEET DIRECTOR	Sonia Wolbert – 570-865-3355 or entries@pfyswim.org
ELIGIBILITY	Open to YMCA, USA and Club Swimming Teams . Age groups are set by swimmer's age as of 10/17/09. Swimmers are limited to 5 Events plus 1 relay. Master swimmers are welcome in Open Age group. <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 7:30 AM (URGENT TIME CHANGE) Meet Start Time 8:30 AM
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 8:00am 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 8:00am
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.

Out of Shape Meet – Saturday October 17th 2009
Pocono Family YMCA Swim Team
809 Main Street Stroudsburg Pa. 18360
Phone: 570-421-2525 ext. 320 Fax: 570-422-6708
<http://pfyswim.org>



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ENTRY FEES	\$3.50 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	Monday, October 12th 2009 by 10:00 PM.
RULES	This meet will be conducted according to current USA Swimming Rules.
SCORING & AWARDS	Medals 1 st – 3 rd Ribbons 4 th – 10 th High Point Trophies will be given 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 representatives after meet.
DIRECTIONS	Pocono Mountain West High School 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.
ACCOMODATIONS	Comfort Inn & Suites Mount Pocono 800 Route 940 I-611 & I-380, Mount Pocono, PA 18344 (570) 839-9282

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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	100	Yard	Freestyle	2	
3	13-14	100	Yard	Freestyle	4	
5	11-12	100	Yard	Freestyle	6	
7	9-10	50	Yard	Freestyle	8	
9	7-8	25	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	100	Yard	Butterfly	26	
27	13-14	100	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	
10 Minute Break						
37	Open	50	Yard	Free	38	
39	13-14	50	Yard	Free	40	
41	11-12	50	Yard	Free	42	
43	9-10	100	Yard	Freestyle	44	
45	7-8	50	Yard	Freestyle	46	
47	6 & Under	50	Yard	Freestyle	48	
49	Open	100	Yard	Backstroke	50	
51	13-14	100	Yard	Backstroke	52	
53	11-12	50	Yard	Backstroke	54	
55	9-10	50	Yard	Backstroke	56	
57	7-8	25	Yard	Backstroke	58	

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59	6 & Under	25	Yard	Backstroke	60	
61	Open	100	Yard	Breaststroke	62	
63	13-14	100	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	
73	Open	200	Yard	Free Relay	74	
75	13-14	200	Yard	Free Relay	76	
77	11-12	200	Yard	Free Relay	78	
79	9-10	200	Yard	Free Relay	80	
81	8 & Under	100	Yard	Free Relay	82	
* If no time in the event, list NT						

\$ 3.50 per individual event, \$12.00 per Relay * Please circle the entered events**

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SWIMMERS (RELAYS) ENTRY FORMS

One Sheet Per Relay Name (Example: Relay A, B, C ect.)

Team Name: _____ Sex: _____

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

Girls Event #	Age	Distance		Description	Boys Event #	Entry and Relay Name
73	Open	200	Yard	Free Relay	74	Time: _____ : _____ Swimmer 1 _____ Swimmer 2 _____ Swimmer 3 _____ Swimmer 4 _____
75	13-14	200	Yard	Free Relay	76	Time: _____ : _____ Swimmer 1 _____ Swimmer 2 _____ Swimmer 3 _____ Swimmer 4 _____
77	11-12	200	Yard	Free Relay	78	Time: _____ : _____ Swimmer 1 _____ Swimmer 2 _____ Swimmer 3 _____ Swimmer 4 _____
79	9-10	200	Yard	Free Relay	80	Time: _____ : _____ Swimmer 1 _____ Swimmer 2 _____ Swimmer 3 _____ Swimmer 4 _____
81	8 & Under	100	Yard	Free Relay	82	Time: _____ : _____ Swimmer 1 _____ Swimmer 2 _____ Swimmer 3 _____ Swimmer 4 _____

*If no time in the event, list NT

\$ 12.00 per relay team.

***** Please place all Relay members first and last names in spaces provided**



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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 \$ 3.50 = _____

Total number of **Relay** entries: _____ x \$ 12.00 = _____

Total Amount Included: _____ \$ _____