



We build strong kids, strong families, strong communities.

Pocono Family YMCA

“SNOW PLOW” Invitational

Saturday February 20th 2010

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, Touch Pads at both ends of pool. Dolphin Wireless watch system, Paragon Starting Platforms, Hi-Tek Software, Spectator seating is separate balcony seating for 500, Parking capacity well over 700, Snack Bar will be available.
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 (2/20/10) 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> Accepted meet number is MA 1044 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 11:00am Meet Start Time 12:00pm
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 11:15 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 11:15 am.
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, but 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.

Snow Plow Invitational Meet – Feb 20th 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



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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. Heat Winner Ribbons will also be given out in each heat. <i>All awards are by age group.</i>
PROGRAMS & ADMISSION	Programs \$4.00 Admission Free.
RESULTS	Results will be posted on the Pocono Piranhas Web Site. www.pfyswim.org and emailed to teams after meet.
DIRECTIONS	Coming From South: From I-80 exit 309. 209N to light make right onto Bus. 209N past Fernwood to left onto Bushkill Falls Road (blinker light). Follow Bushkill Falls Road to school on left hand side (approx 6 miles). OR From I-80 exit 309. 209N to light make right onto Bus. 209N to first light make left onto 402 N. Follow to left on Bushkill Falls Rd school will be on right. Coming From North: I 84 to 402 South to School, which is on left. Follow to right on Bushkill Falls Rd school will be on right
ACCOMODATIONS	Budget Motel – 570-424-5451 (www.budmotel.com) Super 8 Motel – 570-424-7411 Ferwood – 570-588-9500

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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	100	Yard	Freestyle	8	
9	7-8	50	Yard	Freestyle	10	
11	6 & Under	50	Yard	Freestyle	12	
13	Open	400	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	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	
37	Open	500	Yard	Free	38	
39	13-14	500	Yard	Free	40	
41	11-12	200	Yard	Free	42	
43	9-10	200	Yard	Freestyle	44	
45	6 & Under	25	Yard	Freestyle	46	
47	7-8	25	Yard	Freestyle	48	
49	9-10	50	Yard	Freestyle	50	
51	11-12	50	Yard	Freestyle	52	
53	13-14	50	Yard	Freestyle	54	
55	Open	50	Yard	Freestyle	56	
57	6 & Under	25	Yard	Backstroke	58	
59	7-8	25	Yard	Backstroke	60	

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61	9-10	50	Yard	Backstroke	62	
63	11-12	50	Yard	Backstroke	64	
65	13-14	100	Yard	Backstroke	66	
67	Open	200	Yard	Backstroke	68	
69	6 & Under	25	Yard	Breaststroke	70	
71	7-8	25	Yard	Breaststroke	72	
73	9-10	50	Yard	Breaststroke	74	
75	11-12	50	Yard	Breaststroke	76	
77	13-14	100	Yard	Breaststroke	78	
79	Open	200	Yard	Breaststroke	80	
* 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: _____ \$ _____