

**Wilkes-Barre Family YMCA**  
**“OUT OF SHAPE SWIM MEET”**  
**Sunday, November 8, 2009**  
**Wilkes-Barre, PA**

**WARM UP:**

6, 8, 10& under 8:30am

Meet Starts 9:30am

12& under, 14& under, 15& over  
12:45pm

Meet Starts 1:30pm

**RULES:**

Current USA Swimming Technical Rules  
Timed finals. Duplicate awards will be given  
in case of ties.

**ENTRIES:**

Swimmers may enter a maximum of 5  
individual events. Individual entries must be  
submitted on form below, NT may be used  
if no time is available. Teams may enter using  
Hy-Tek Team Manager (preferred), please send a disk  
with a hard copy backup, along with entry fees.

**ENTRY FEES:**

\$4.00 per event. Make checks payable  
to “Wilkes-Barre YMCA”

**FACILITIES:**

Six lane 25 yard pool, with anti turbulent lane  
markers. Colorado Timing System.

**AWARDS**

Rosettes for top 3 finishes.

4<sup>th</sup>-12<sup>th</sup> place ribbons- 10 & U, 8 & U, 6 & U

4<sup>th</sup>- 8<sup>th</sup> place ribbons-Opens, 14 & U, 12 & U

Age Group High Score Medals

**DIRECTIONS:**

W-B YMCA is on the corner of W. Northampton St. and S. Franklin Streets in downtown Wilkes-Barre. The entrance way is on S. Franklin side of the building. There are two Park and Lock lots available (one on W. Northampton St. and one on E. Northampton St.).

**From the PA Turnpike:**

Take Exit 36 (Bear Creek) to Route 115 North to Exit 3 (River Street). Turn Left onto River Street, proceed approximately 1.8 miles, turn left onto W. Northampton. YMCA is on the right.

**From Interstate 81:**

Take Exit 165 to 309 (Business) North. Pass the K-Mart and then take your first right (approx. 0.3 miles past K-Mart). Take left at stop sign onto E. Northampton. YMCA is approximately 1.3 miles on your left.

**MEET DIRECTOR:**

Tammy Lalli (570) 823-2191 ext. 151

Tammy.Lalli@wbymca.org

**ENTRIES CLOSE:**

Monday, Nov. 2, 2009. All entries

must be received on or before this date.

NO telephone entries accepted.

NO entries accepted day of meet.

**ELIGIBILITY:**

The age of the swimmer, on the day of  
meet, will determine the age group he/  
she may enter.

**OTHER:**

There will be a limited variety of swim apparel  
Concession stand will be available throughout the  
meet.

**MAIL ENTRIES TO:**

Wilkes-Barre Family YMCA

40 W. Northampton St.

Wilkes-Barre, PA 18701

Attn: Out of Shape Swim Meet

**HOTEL ACCOMODATIONS:**

Econo Lodge (570) 823-0600

Ramada Plaza (570) 824-7100

**ADMISSION**

Adults \$2.00

Children 12 and under and all swimmers are free

Programs \$3.00

**SUNDAY, NOVEMBER 8, 2009**  
**Out Of Shape Meet Order of Events**

**MORNING SESSION WARM-UP 8:30am**

**MEET STARTS 9:30am**

**BOYS & GIRLS - 6 & UNDER, 8 & UNDER, 10 & UNDER**

<u>GIRLS</u>	<u>EVENT</u>	<u>AGE GROUP</u>	<u>BOYS</u>
1	50 FREE	10&UNDER	2
3	25 FREE	8&UNDER	4
5	25FREE	6&UNDER	6
7	50 BACK	10&UNDER	8
9	25 BACK.	8&UNDER	10
11	25 BACK	6 & UNDER	12
13	100 I.M.	10&UNDER	14
15	100 I.M.	8&UNDER	16
17	100 I.M.	6&UNDER	18
19	50 FLY	10&UNDER	20
21	25 FLY	8&UNDER	22
23	25 FLY	6&UNDER	24
25	50 BREAST	10&UNDER	26
27	25 BREAST	8&UNDER	28
29	25 BREAST	6&UNDER	30
31	100 FREE	10&UNDER	32
33	50 FREE	8&UNDER	34
35	50 FREE	6&UNDER	36

**AFTERNOON SESSION WARM-UP 12:45pm**

**MEET STARTS 1:30pm**

**BOYS & GIRLS - 12 & UNDER, 14 & UNDER, 15 & OVER**

<u>GIRLS</u>	<u>EVENT</u>	<u>AGE GROUP</u>	<u>BOYS</u>
37	50 FREE	15&OVER	38
39	50 FREE	14&UNDER	40
41	50 FREE	12&UNDER	42
43	100 BACK	15&OVER	44
45	100 BACK	14&UNDER	46
47	50 BACK	12&UNDER	48
49	200 I.M.	15&OVER	50
51	200 I.M.	14&UNDER	52
53	100 I.M.	12&UNDER	54
55	100 FLY	15&OVER	56
57	100 FLY	14&UNDER	58
59	50 FLY	12&UNDER	60
61	100 BREAST	15&OVER	62
63	100 BREAST	14&UNDER	64
65	50 BREAST	12&UNDER	66
67	100 FREE	15&OVER	68
69	100 FREE	14&UNDER	70
71	100 FREE	12&UNDER	72
73	200 FREE	OPEN	74

Swimmers can compete in a maximum of 5 events. Entry fee is \$4.00 per event. Entries must be received no later than Monday, November 2, 2009

# Wilkes-Barre Family YMCA “OUT OF SHAPE SWIM MEET”

## ENTRY FORM

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 In consideration of your acceptance of this entry, I hereby for myself, my heirs and assignees waive any and all claims for damages which I might have against the Wilkes-Barre YMCA and or their agents or representatives for any and all injuries suffered by me in or at said meet. This entry will be used for future mailing lists.

Parent's Signature \_\_\_\_\_ Date \_\_\_\_\_

Child's Name: \_\_\_\_\_ Age: \_\_\_\_\_ D.O.B. \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (\_\_\_\_\_) \_\_\_\_\_ Team \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

Email Address: \_\_\_\_\_

Each event **MUST** be listed on the following entry sheet.

Event #	Event	Seed Time

Are you willing to donate time to work the meet? Name \_\_\_\_\_

Is this your first time swimming at a W-B YMCA invitational meet? Yes \_\_\_\_\_ No \_\_\_\_\_

Event Sponsor \$5.00 – first come/first served:

Event # \_\_\_\_\_ Message \_\_\_\_\_