



## Fall Conditioning “September 17<sup>th</sup> 2010 TIME TRIALS”

It is important that we are able to evaluate every swimmer who in one of our programs (Stroke Clinic Members) swims in trials to see their progress.

<b>WHEN</b>	<b>Friday, September 17<sup>th</sup> 2010</b>
<b>TIME</b>	<b>6:00 pm Warm up (6:30pm Events Start)</b>
<b>LOCATION</b>	<b>Lehman Intermediate School, Bushkill Pa.</b>
<b>FACILITIES</b>	6 Lane, 25 yard, Entry Depth 10 Feet, Anti-Wave Lane Lines, Paragon Starting Platforms, Spectator seating is for 700, Parking capacity 500
<b>MEET DIRECTOR</b>	Mike Wolbert – 570-350-2142 – Email: <a href="mailto:mike@pfyswim.org">mike@pfyswim.org</a>
<b>ELIGIBILITY</b>	<b>Any participant in (Fall Conditioning) Swimmers are limited to 5 Events.</b>
<b>ENTRY LIMITATIONS</b>	Swimmers may swim in 4 individual events. The Meet Director reserves the right to limit entries, events or heats, or to modify the meet format due to time or space constraints. <b>MEET TIMELINE WILL BE LIMITED TO 2.0 HOURS ENTRIES WILL BE ENTERED AS THEY RECEIVED.</b>
<b>WARM-UP &amp; START TIMES</b>	<b>Warm Up 6:00pm Meet Start Time 6:30pm</b>
<b>DECK ENTRIES</b>	Subject to space availability, and at the discretion of the Meet Director.
<b>SEEDING</b>	All events are pre-seeded timed finals. All events will be seeded by time not age group or by sex.
<b>HOW TO ENTER</b>	Entries may be submitted by using our online sign up form ( <a href="http://pfyswim.org/meets/">http://pfyswim.org/meets/</a> )
<b>ENTRY FEES</b>	Free
<b>ENTRY DEADLINE</b>	<b>Friday, September 17<sup>th</sup> by 1:00pm</b> Deck entries will be accepted. All Events Are Positive Check In

**Fall Time Trials – September 17<sup>th</sup> 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](http://www.pfyswim.org)



## SWIMMERS INDIVIDUAL ENTRY FORMS

**All events are pre-seeded timed finals. (Swimmers must submit entries for each session's trials)**

Swimmers Last Name: \_\_\_\_\_ Swimmers First Name: \_\_\_\_\_ MI \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Sex: \_\_\_\_\_ Team Name: \_\_\_\_\_ Team Code: \_\_\_\_\_

Event #	Age	Distance		Description	Entry Time in Yards
1	12 & Under (Mixed)	25	Yard	Free	_____
2	Open (Mixed)	200	Yard	Free	_____
3	Open (Mixed)	100	Yard	Free	_____
4	Open (Mixed)	50	Yard	Free	_____
5	Open (Mixed)	100	Yard	IM	_____
6	Open (Mixed)	200	Yard	IM	_____
7	Open (Mixed)	400	Yard	IM	_____
8	12 & Under (Mixed)	25	Yard	Back	_____
9	Open (Mixed)	50	Yard	Back	_____
10	Open (Mixed)	100	Yard	Back	_____
11	Open (Mixed)	200	Yard	Back	_____
12	12 & Under (Mixed)	25	Yard	Breast	_____
13	Open (Mixed)	50	Yard	Breast	_____
14	Open (Mixed)	100	Yard	Breast	_____
15	Open (Mixed)	200	Yard	Breast	_____
16	12 & Under (Mixed)	25	Yard	Fly	_____
17	Open (Mixed)	50	Yard	Fly	_____
18	Open (Mixed)	100	Yard	Fly	_____
19	Open (Mixed)	200	Yard	Fly	_____
20	Open (Mixed)	500	Yard	Free	_____