



We build strong kids, strong families, strong communities.

## Pocono Family YMCA - Out of Shape Meet

Saturday October 16<sup>th</sup> 2010

<b>LOCATION</b>	East Stroudsburg School District (North Campus), Bushkill Pa. Lehman Intermediate School
<b>FACILITIES</b>	6 Lane, 25 yard, Entry Depth 9 Feet, Anti-Wave Lane Lines, Colorado Timing System, Paragon Starting Platforms, Hi-Tek Software, Spectator seating is separate balcony seating for over 200, Parking capacity well over 700, Full Featured Concessions Stand will be available.
<b>MEET DIRECTOR</b>	Sonia Wolbert – 570-865-3355 or <a href="mailto:entries@pfyswim.org">entries@pfyswim.org</a>
<b>ELIGIBILITY</b>	Open to <b>YMCA, USA and Club Swimming Teams</b> . Age groups are set by swimmer's age as of 10/16/10. <b>Swimmers are limited to 5 Events plus 1 relay. Master swimmers are welcome in Open Age group.</b>  <i>THIS WILL BE A MIDDLE ATLANTIC <b>ACCEPTED</b> MEET. TIMES WILL BE ABLE TO BE USED FOR <b>ENTRY INTO</b> FOR MIDDLE ATLANTIC SWIMMING MEETS. TIMES WILL NOT BE ENTERED INTO USA SWIMS DATABASE</i>
<b>ENTRY LIMITATIONS</b>	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.
<b>WARM-UP &amp; START TIMES</b>	<b>Warm Up 11:30 AM</b> <b>Meet Start Time 12:30 PM</b>
<b>DECK ENTRIES</b>	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 11:45am 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 11:30am
<b>SWIMMERS WITHOUT COACH</b>	Swimmers unaccompanied by a coach should report to the Meet Director before the warm-up begins.
<b>SEEDING</b>	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.
<b>HOW TO ENTER</b>	Entries may be submitted using Hy-Tek software. Entry times must be submitted in yards. All supporting paperwork must accompany all entries.
<b>ENTRY FEES</b>	\$3.50 per event.

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**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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<b>SEND ENTRIES TO</b>	<b>Sonia Wolbert</b> <b>277 Prospect Street</b> <b>East Stroudsburg PA 18301</b> Phone: 570-856-3355, Fax: 570-422-6708 Entries may be emailed to <a href="mailto:entries@pfyswim.org">entries@pfyswim.org</a> in Team Manger format only. Check must be received by due date. Make checks payable to <b>PFY Swim Team</b>
<b>ENTRY DEADLINE</b>	<b>Monday, October 11<sup>th</sup> 2010 by 10:00 PM.</b>
<b>RULES</b>	This meet will be conducted according to current USA Swimming Rules.
<b>SCORING &amp; AWARDS</b>	Medals 1 <sup>st</sup> – 3 <sup>rd</sup> , Ribbons 4 <sup>th</sup> – 10 <sup>th</sup> · High Point Trophies will be given All awards are by age group.
<b>PROGRAMS &amp; ADMISSION</b>	Programs \$3.00 Admission Free.
<b>RESULTS</b>	Results will be posted on the Pocono Piranhas Web Site. <a href="http://www.pfyswim.org">www.pfyswim.org</a> and emailed to teams representatives after meet.
<b>DIRECTIONS</b>	<b>From Points South:</b> <b>Philadelphia area:</b> Follow I 476 (PA Turnpike NE Extension) to Lehigh Valley exit then follow directions from Lehigh Valley area  <b>Lehigh Valley area:</b> 22 East to 33 North to I-80 East to exit 309. Exit onto Route 209 at 3 <sup>rd</sup> traffic light make a right and continue on 209 past Fernwood Resort to a left at the blinking light onto Bushkill Falls Road. Follow Bushkill Falls Road, approx 6 miles to intermediate school entrance on left. Please use parking lot area and do not park in driveway area of school.  <b>From Points West:</b> I-80 East to exit 309. Exit onto Route 209 at 3 <sup>rd</sup> traffic light make a right and continue on 209 past Fernwood Resort to a left at the blinking light onto Bushkill Falls Road. Follow Bushkill Falls Road, approx 6 miles to intermediate school entrance on left. Please use parking lot area and do not park in driveway area of school.  <b>Coming From North:</b> I 84 to 402 South. Follow to left on Bushkill Falls Road, school will be on right
<b>ACCOMODATIONS</b>	<b>Fernwood</b> – 570-588-9500 ( <a href="http://www.resortusa.com/fernwood.php">www.resortusa.com/fernwood.php</a> ) (8 minutes away) <b>Pocmont Resort</b> – 1-800-POCMONT or 570-588-6671 ( <a href="http://www.pocmont.com">www.pocmont.com</a> ) (5 minutes away) <b>Budget Motel</b> – 570-424-5451 ( <a href="http://www.budmotel.com">www.budmotel.com</a> ) (25-30 Minutes away) <b>Super 8 Motel</b> – 570-424-7411 (25-30 Minutes away)

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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	
<b>10 Minute Break</b>						
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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<b>59</b>	6 & Under	25	Yard	Backstroke	<b>60</b>	
<b>61</b>	Open	100	Yard	Breaststroke	<b>62</b>	
<b>63</b>	13-14	100	Yard	Breaststroke	<b>64</b>	
<b>65</b>	11-12	50	Yard	Breaststroke	<b>66</b>	
<b>67</b>	9-10	50	Yard	Breaststroke	<b>68</b>	
<b>69</b>	7-8	25	Yard	Breaststroke	<b>70</b>	
<b>71</b>	6 & Under	25	Yard	Breaststroke	<b>72</b>	
<b>73</b>	Open	200	Yard	Free Relay	<b>74</b>	
<b>75</b>	13-14	200	Yard	Free Relay	<b>76</b>	
<b>77</b>	11-12	200	Yard	Free Relay	<b>78</b>	
<b>79</b>	9-10	200	Yard	Free Relay	<b>80</b>	
<b>81</b>	8 & Under	100	Yard	Free Relay	<b>82</b>	
<b>* If no time in the event, list NT</b>						

**\$ 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
<b>73</b>	Open	200	Yard	<b>74</b>	Time: _____ : _____ Swimmer 1 _____ Swimmer 2 _____ Swimmer 3 _____ Swimmer 4 _____
<b>75</b>	13-14	200	Yard	<b>76</b>	Time: _____ : _____ Swimmer 1 _____ Swimmer 2 _____ Swimmer 3 _____ Swimmer 4 _____
<b>77</b>	11-12	200	Yard	<b>78</b>	Time: _____ : _____ Swimmer 1 _____ Swimmer 2 _____ Swimmer 3 _____ Swimmer 4 _____
<b>79</b>	9-10	200	Yard	<b>80</b>	Time: _____ : _____ Swimmer 1 _____ Swimmer 2 _____ Swimmer 3 _____ Swimmer 4 _____
<b>81</b>	8 & Under	100	Yard	<b>82</b>	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: \$ \_\_\_\_\_