



We build strong kids, strong families, strong communities.

# Pocono Family YMCA

## “SNOW PLOW” Invitational

### Saturday February 19<sup>th</sup> 2011

<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, 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.
<b>MEET DIRECTOR</b>	Sonia Wolbert – 570-856-3355 or <a href="mailto:entries@pfyswim.org">entries@pfyswim.org</a>
<b>ELIGIBILITY</b>	Open to all YMCA, USA Swimming, or Club Teams. Age groups are set by swimmer’s age as of <b>(2/19/11)</b> Swimmers are limited to 5 Events <i>plus 1 underwater fly kick relay</i>  <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
<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. <i>Meet Director may create 2 sessions if timeline is greater than a reasonable time frame.</i>
<b>WARM-UP &amp; START TIMES</b>	<b>Warm Up 11:00am</b> <i>(Warm Up Times will be posted 2/16/11 on <a href="http://www.pfyswim.org">www.pfyswim.org</a>)</i> <i>(Meet Time Line and Psych Sheets will be posted 2/16/11 on <a href="http://www.pfyswim.org">www.pfyswim.org</a>)</i> <b>Meet Start Time 12:30pm</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 11:15 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.
<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 time not age group, but 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. \$4.00 per event.

**Snow Plow Invitational Meet – Feb 19<sup>th</sup> 2011**  
**Pocono Family YMCA Swim Team**  
809 Main Street Stroudsburg Pa. 18360  
Phone: 570-421-2525 ext. 121 Fax: 570-422-6708  
[www.pfyswim.org](http://www.pfyswim.org)



We build strong kids, strong families, strong communities.

<b>RULES</b>	This meet will be conducted according to current USA Swimming Rules.
<b>SCORING &amp; AWARDS</b>	<b>Medals – 1<sup>st</sup> – 3<sup>rd</sup> and Ribbons 4<sup>th</sup> – 10<sup>th</sup></b> <b>High Point Trophies</b> will be awarded for each age group. <b>Heat Winner Ribbons</b> will also be given out in each heat. <b><i>All awards are by age group.</i></b>
<b>PROGRAMS &amp; ADMISSION</b>	Programs \$4.00 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 after meet.
<b>DIRECTIONS</b>	<b>Coming From South:</b>  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).  <b>OR</b>  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.  <b>Coming From North:</b>  I 84 to 402 South to School, which is on left. Follow to right on Bushkill Falls Rd school will be on right
<b>ACCOMODATIONS</b>	Budget Motel – 570-424-5451 ( <a href="http://www.budmotel.com">www.budmotel.com</a> ) Super 8 Motel – 570-424-7411 Ferwood – 570-588-9500

**Snow Plow Invitational Meet – Feb 19<sup>th</sup> 2011**  
**Pocono Family YMCA Swim Team**  
809 Main Street Stroudsburg Pa. 18360  
Phone: 570-421-2525 ext. 121 Fax: 570-422-6708  
[www.pfyswim.org](http://www.pfyswim.org)



We build strong kids, strong families, strong communities.

### 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	
10 Minute Intermission / Warm Down					
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	
10 Minute Intermission / Warm Down					
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	

**Snow Plow Invitational Meet – Feb 19<sup>th</sup> 2011**  
**Pocono Family YMCA Swim Team**  
 809 Main Street Stroudsburg Pa. 18360  
 Phone: 570-421-2525 ext. 121 Fax: 570-422-6708  
[www.pfyswim.org](http://www.pfyswim.org)

# Y SWIM TEAM™

We build strong kids, strong families, strong communities.

<b>57</b>	6 & Under	25	Yard	Backstroke	<b>58</b>	
<b>59</b>	7-8	25	Yard	Backstroke	<b>60</b>	
<b>61</b>	9-10	50	Yard	Backstroke	<b>62</b>	
<b>63</b>	11-12	50	Yard	Backstroke	<b>64</b>	
<b>65</b>	13-14	100	Yard	Backstroke	<b>66</b>	
<b>67</b>	Open	200	Yard	Backstroke	<b>68</b>	
<b>69</b>	6 & Under	25	Yard	Breaststroke	<b>70</b>	
<b>71</b>	7-8	25	Yard	Breaststroke	<b>72</b>	
<b>73</b>	9-10	50	Yard	Breaststroke	<b>74</b>	
<b>75</b>	11-12	50	Yard	Breaststroke	<b>76</b>	
<b>77</b>	13-14	100	Yard	Breaststroke	<b>78</b>	
<b>79</b>	Open	200	Yard	Breaststroke	<b>80</b>	
<b>81</b>	<b>Open and Mixed 100 yard Underwater Fly Kick Relay</b> <i>(Swimmers must kick with hands together)</i>					
* If no time in the event, list NT						

**\$ 4.00 per individual event, \*\*\* Please circle the entered events**



We build strong kids, strong families, strong communities.

## 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: \$ \_\_\_\_\_