



Pocono Family YMCA
"Snow Plow" Invitational
CLOSED YMCA MEET
USA Swimming approved meet #MA 1724 AP
Sunday, January 29th, 2017



LOCATION:	Lehman Intermediate School 257 Timberwolf Ct, Dingmans Ferry, PA 18328
FACILITIES:	<p>Lehman Intermediate School facility is a 6 Lane, 25 yard, Anti-Wave Lane Lines, Colorado Timing System, scoreboard, touch pads, Dolphin Electronic Stopwatches and Paragon Starting Platforms, Hi-Tek Software, Spectator seating is for over 600, Parking capacity well over 1,000, Full Featured Concessions Stand will be available. Seating for swimmers will be on the pool deck.</p> <p>Pool Certification – The competition course has not been certified in accordance with 104.2.2C(4) of the USA Swimming Rules & Regulations, Section 202.3.5 A or B (page 57 in the 2013 Rules & Regs). The water depth at the turn end of the pool is 3 feet 6 inches, entry depth 12 feet.</p>
MEET DIRECTOR:	Sonia Wolbert – 570-856-3355 or entries@pfyswim.org Please direct all questions to the Meet Director.
USA APPROVAL	USA Approval #MA 1724 AP. In granting this approval it is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.
ELIGIBILITY:	This meet is open to any YMCA swimmer. This meet will be run according to current USA Swimming rules and regulations. Swimmer's age on the first day of the meet determines age group for the entire competition. <input type="checkbox"/> <input type="checkbox"/>
LIMITATIONS:	Meet Director may add sessions, shift an event, limit the number of entries, eliminate certain events and/or heats, and any other reasonable modification to the meet format in order to complete sessions within the four (4) hour session limit. Notice will be provided promptly to swimmers and teams concerning modifications to the meet or changes to any entries/events/heats. Entry fees will be refunded to teams/swimmers whose entries have been rejected or who are unable to compete due to limitations. Swimmers are permitted to enter four (4) events per day plus (1) Mid Session Event if 11 & Older.
WARM-UP & START TIMES:	<p>USA Swimming and Middle Atlantic safety procedures will be enforced throughout the meet. Warm-ups are subject to the following procedures: The warm-ups sessions may be divided into periods of equal length depending on the number of swimmers entered into each session. Warm-up schedules will be posted on the web site prior to the meet and will be made available to coaches at the meet.</p> <p>Sprint/Start lanes will be available at the end of each warm-up session. No diving or backstroke starts will be permitted except in sprint lanes, when designated. The referee may remove anyone from the warm-up for failure to comply with the warm-up rules. Swimmers without a coach must report to the Meet Director before entering the pool for warm-up in order to obtain a lane assignment. Swimmers without a coach who are 12&Under will swim with and be supervised by the host club during warm-up.</p> <p>Note: Swimmers violating safety procedures will be removed from the warm-up for the remainder of the warm-up session. Subsequent violations may cause the swimmer to be disqualified from the remainder of the meet.</p>

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Pocono Family YMCA Swim Team 809 Main Street Stroudsburg Pa. 18360

Phone: 570-421-2525 ext. 126 - Phone number day of meet 570-350-2142 or 570-856-3355

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SWIMWEAR:	Swimwear must conform to USA Swimming Rule 102.8. Only swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition.		
START TIMES:	Session	Warm Up	Meet Start
	Sunday AM 13 & Older	7:30am	8:30am
	Sunday 11 & Older Mid Session	11:30am	11:50am
	Sunday PM 12 & under	2:15pm	3:15pm
DECK ENTRIES:	Subject to space availability, and at the discretion of the Meet Director, deck entries will be accepted on the day of the meet at the cost of \$8 per event. Deck entries will be accepted only until 30 minutes prior to the start of each session. Deck-entered swimmers will compete unofficially; the achieved time is official, but will not receive awards. To enter, please see the Meet Director before or during warm-ups. Deck entries must be paid for at the time of entry with cash or check. Swimmers will not be eligible for awards in deck-entered events. Deck entries count toward the number of swims per swimmer.		
ENTRY DETAILS:	<p>This meet will be entirely Deck seeded. All teams will be provided a check-in sheet for each session of the meet. Check-in sheets must be turned in to the scratch table 45 minutes before the start of the session. The meet will then be seeded and heat sheets will be provided to each team. The 400 IMs, as well as 1650 free will be swum Fastest to Slowest alternating Women and Men.</p> <p>Entries must be submitted in the course in which they were achieved. Converted times should NOT be used. All times submitted must be the swimmer's best time. Non Conforming times will be seeded last. Swimmers without a valid USA Swimming time in an event must be submitted as a "NT" in that event.</p> <p>A hard copy printout listing each swimmer alphabetically, with each swimmer's events and entry times, must accompany the entry. If you are emailing your entry, please send a word file from your software sorted by athlete and event. This file will be used as your official entry. All emailed entries will receive confirmation of receiving your entry. If a HY-TEK, Team Unify or any other software vendor file is not possible use the attached entry form.</p>		

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CHECK IN:	Each Team will receive a check-in sheet with all events listed for each session. All check-in sheets must be turned into the computer operator 45 minutes after the start of warm up. Swimmers that are being scratched should have their names circled with "SCR" next to the circle. Swimmers scratching a single event will have a line through the event number with "SCR" next to the line. Please use a simple line, not a scribble, so that the name can still be read. There is no penalty for swimmers that are not scratched and then do not swim their event. ☐
ENTRY FEES:	\$4.00 per Individual Event \$8.00 per Deck Entry Please send ONE check per club, made payable to " Pocono Family YMCA "
SEND TO:	Mail Entries to: Pocono Family YMCA Swim Team c/o Sonia Wolbert 277 Prospect Street East Stroudsburg, Pa 18301
ENTRY DEADLINE:	ALL ENTRIES must be received by Thursday January 18th at 11pm. No late entries will be accepted
START PROCEDURE:	This Meet will be conducted using the No Recall false start rule. This Meet will also use the whistle command starting procedure. 'Fly-over' starts will be used at this meet. All swimmers (except for Backstroke starts) should remain in the water at the completion of their race until the next heat has begun.☐
AWARDS:	Awards: Open, 13-14, 11-12, 9-10, 7-8, 6 & Under (6 & Under will be seeded with 7-8 swimmers but scored separately) Medals 1st to 3rd, Ribbons 4th to 10th
SAFETY:	Safety Marshals will be posted at different locations through-out the meet area. First Aid will be located on the pool deck in the Aquatic Office. Swimmers are requested to wear sandals and towel off before traveling the corridors. No swimmers will be served in the concession area unless they are wearing a T-shirt, shorts and footwear
DECK ACCESS:	Deck access is limited to swimmers, coaches, officials & meet workers.
HOSPITALITY:	There will be food and drinks available on Sunday for officials and coaches. Bottled water will be available on the pool deck.☐
TIMERS:	Volunteer Timers may be needed for this meet.
SPECTATORS:	Balcony seating at ESU is available for up to 250 spectators.
PARKING:	Free parking is available next to the building but not in front where parking meters are.
REFRESHMENTS:	Food and Drinks will be on sale throughout the meet. NO FOOD will be allowed on the pool deck or bleachers.
RESULTS:	Results will be posted on the Pocono Piranhas Web Site. www.pfyswim.org and emailed to teams after meet.

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USA SWIMMING:	In granting this approval it is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.
SWIMMERS WITHOUT A COACH:	Any swimmer entered in the meet that is unaccompanied by a coach, must report to the score table.
SWIMMERS WITH A DISABILITY:	Swimmers with a disability are welcome to enter this meet. The coach or team entry person must alert the meet director and the meet referee as to the need for any special accommodations or seeding arrangements at the time the entry is submitted.
DECK CHANGING:	Except where the venue facilities require otherwise, changing, into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. The USA Swimming Rulebook defines Deck Change as: Changing, in whole or in part, into or out of a swimsuit (excluding a drag suit) in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes while at a practice, competition, or other pool-related activity." This includes slipping off the top of a one-piece performance suit to place on an alternate bikini top immediately following a race.
PHOTOGRAPHY / CELL PHONE USE	The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Additionally, the use of equipment capable of taking pictures or videos (i.e. cell phones, cameras, PDA's, etc) are banned from behind the starting blocks during the entire meet, including warm up, competition and warm down periods.
ACCOMODATIONS:	Hampton Inn, Stroudsburg - 570-424-0400 (20 Minutes away) Budget Motel – 570-424-5451 (www.budmotel.com) (Less than 20 Minutes away)

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SESSION #1		
Sunday Morning - Jan 29, 2017 @ ESU - (Warm Up 7:30am - 8:30am Start)		
GIRLS	EVENT	BOYS
1	Open 100 Free	2
2	13-14 100 Free	4
5	Open 200 IM	6
7	13-14 200 IM	8
9	Open 50 Free	10
11	13-14 50 Free	12
13	13 & Up 1,000 Free (18 fastest swimmers MAX 3 Total Heats)	14
15	Open 100 Fly	16
17	13-14 100 Fly	18
19	Open 200 Free	20
21	13-14 200 Free	22
23	Open 100 Back	24
25	13-14 100 Back	26
27	Open 100 Breast	28
29	13-14 100 Breast	30
SESSION #2		
Sunday Mid - Jan 29, 2017 @ ESU - (Warm Up 11:10am - 11:30am Start)		
GIRLS	EVENT	BOYS
31	11 & Over 1,650 Free (30 fastest swimmers MAX 5 Total Heats)	32
33	11 & Over 400 IM (18 fastest swimmers MAX 3 Total Heats)	34
SESSION #3		
Sunday Afternoon - Jan 29, 2017 @ ESU - (Warm Up 2:15pm - 3:15pm Start)		
GIRLS	EVENT	BOYS
35	8 & Under 50 Free	36
37	9-10 100 Free	38
39	11-12 100 Free	40
41	8 & Under 25 Fly	42
43	9-10 50 Fly	44
45	11-12 50 Fly	46
47	8 & Under 25 Free	48
49	9-10 50 Free	50
51	11-12 50 Free	52
53	9-12 500 Free (18 fastest swimmers MAX 3 Total Heats)	54
55	8 & Under 100 IM	56
57	9-10 100 IM	58
59	11-12 200 IM	60
61	8 & Under 25 Back	62
63	9-10 50 Back	64
65	11-12 50 Back	66
67	8 & Under 25 Breast	68
69	9-10 50 Breast	70
71	11-12 50 Breast	72

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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: \$ _____