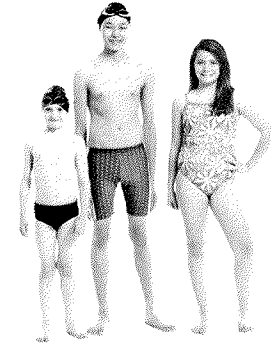




**Wilkes-Barre Family YMCA**  
**OUT OF SHAPE**  
**SWIM MEET**  
**Sunday, October 28**  
**2018**



<b>Location</b>	Wilkes-Barre YMCA 40 W. Northampton Street Wilkes-Barre, PA 18701
<b>Meet Directors</b>	Katy Betnar kbetnar@msn.com Diana Dempsey ddempsey@greaterscrantonyymca.org
<b>Facilities</b>	Six lane 25 yard pool, with anti-turbulent lane markers, Colorado timing system. Concession stand will be available throughout the meet.
<b>Eligibility</b>	The age of the swimmer, on the day of the meet will determine the age group he/she may enter.
<b>Entries</b>	Swimmers may enter a maximum of 5 events. Individual entries must be submitted on form provided; NT may be used if no time is available. Teams may enter by e-mail using Hy-Tek Team Manager.
<b>Entry Fees</b>	\$4 per event. Make check payable to "WB YMCA Swim Team" Please send one check per team. Mail checks to Wilkes-Barre YMCA, 40 W. Northampton Street, Wilkes-Barre, PA 18701 Late/Deck entries: \$10 per event (if empty lanes are available).
<b>Warm-up</b>	Meet start 10:00 AM Meet warm up times will be assigned and emailed to coaches the week of the meet.
<b>Rules</b>	Current USA Swimming Rules. Timed Finals.
<b>How to Enter</b>	Mail individual entries to: Wilkes-Barre Family YMCA, 40 W. Northampton Street, Wilkes-Barre, PA 18701 Submit Hy-Tek Team Entries to kbetnar@msn.com Last day to receive entries is Wednesday, October 24 at 12:00 PM.
<b>Awards</b>	Morning Session: 1 <sup>st</sup> -12 <sup>th</sup> places; Afternoon Session: 1 <sup>st</sup> -8 <sup>th</sup> places Age Group high point award (6 & under, 7-8, 9-10, 11-12, 13-14, and 15 & over). Events 33 & 34 do not count toward the high point award.
<b>Programs &amp; Admission</b>	\$5 includes admission/meet program; children 12 & under free
<b>Directions</b>	W-B YMCA is on the corner of W. Northampton St. and S. Franklin Streets in downtown Wilkes-Barre. The entrance is on S. Franklin side of the building. <b>From the PA Turnpike:</b> Take Exit 36 (Bear Creek) to Route 115 North to Exit 3 (River Street). Turn Left onto River Street, proceed approximately 1.8 miles, and turn left onto W. Northampton. YMCA is on the right. <b>From Interstate 81:</b> 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.



## 2018 Out of Shape Meet - 10/28/2018

## Event List-By Event Number

Event #	Event Name	Event #	Event Name
1	Girls 8 & Under 25 Freestyle		
2	Boys 8 & Under 25 Freestyle		
3	Boys 9-12 50 Freestyle		
4	Girls 9-12 50 Freestyle		
5	Girls 13-19 50 Freestyle		
6	Boys 13-19 50 Freestyle		
7	Girls 8 & Under 25 Backstroke		
8	Boys 8 & Under 25 Backstroke		
9	Girls 9-12 50 Backstroke		
10	Boys 9-12 50 Backstroke		
11	Girls 13-19 100 Backstroke		
12	Boys 13-19 100 Backstroke		
13	Girls 10 & Under 100 IM		
14	Boys 10 & Under 100 IM		
15	Girls 11-19 200 IM		
16	Boys 11-19 200 IM		
17	Girls 8 & Under 25 Butterfly		
18	Boys 8 & Under 25 Butterfly		
19	Girls 9-12 50 Butterfly		
20	Boys 9-12 50 Butterfly		
21	Girls 13-19 100 Butterfly		
22	Boys 13-19 100 Butterfly		
23	Girls 8 & Under 25 Breaststroke		
24	Boys 8 & Under 25 Breaststroke		
25	Girls 9-12 50 Breaststroke		
26	Boys 9-12 50 Breaststroke		
27	Girls 13-19 100 Breaststroke		
28	Boys 13-19 100 Breaststroke		
29	Girls 8 & Under 50 Freestyle		
30	Boys 8 & Under 50 Freestyle		
31	Girls 9-19 100 Freestyle		
32	Boys 9-19 100 Freestyle		
33	Girls 13-19 200 Freestyle		
34	Boys 13-19 200 Freestyle		