



We build strong kids, strong families, strong communities.

Pocono Family YMCA

Mayfly Swim Meet

May 30th 2009

LOCATION	Pocono Mountain West High School, Pocono Summit Pa.
FACILITIES	6 Lane, 25 yard, Entry Depth 9 Feet, Anti-Wave Lane Lines, Colorado Timing System, Paragon Starting Platforms, Hi-Tek Software, Spectator seating is for 250, Parking capacity well over 700
MEET DIRECTOR	Sonia Wolbert – 570-856-3355 or entries@pfyswim.org
ELIGIBILITY	Open to all YMCA, USA Swimming, or Club Teams. Age groups are set by swimmer's age as of 5/30/09 Swimmers are limited to 5 Events.
ENTRY LIMITATIONS	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.
WARM-UP & START TIMES	Warm up for Pocono - 8:00AM - 8:30AM Other Team Warm Up - 8:30AM - 9:00AM 9:00AM - 9:15AM One Way Starts Only Lanes 1-5 Only, 9:00AM - 9:15AM Lane 6 General Warm Up Meet Start Time is 9:30AM
DECK ENTRIES	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 8:30 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 8:30 AM.
SWIMMERS WITHOUT COACH	Swimmers unaccompanied by a coach should report to the Meet Director before the warm-up begins.
SEEDING	All events are pre-seeded timed finals.
HOW TO ENTER	Entries may be submitted using Hy-Tek software. Entry times must be submitted in yards. All supporting paperwork must accompany all entries.
ENTRY FEES	\$3.50 per event.
SEND ENTRIES TO	Sonia Wolbert 277 Prospect Street East Stroudsburg PA 18301 Phone: 570-856-3355, Fax: 570-422-6708 Entries may be emailed to entries@pfyswim.org in Team Manger format only. Check must be received by due date. Make checks payable to PFY Swim Team
ENTRY DEADLINE	Wednesday, May 27, 2009 by 11:00 PM. No late entries will be accepted.

Pocono Family YMCA Swim Team
Mayfly Swim Meet May 30th, 2009
809 Main Street Stroudsburg Pa. 18360
Phone: 570-421-2525 ext. 320 Fax: 570-422-6708
<http://pfyswim.org>



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RULES	This meet will be conducted according to current USA Swimming Rules.
SCORING & AWARDS	Medals – 1st – 3rd and Ribbons 4th – 10th High Point Trophies will be awarded for each age group. <i>All awards are by age group.</i>
PROGRAMS & ADMISSION	Programs \$3.00 Admission Free.
RESULTS	Results will be posted on the Pocono Piranhas Web Site. www.pfyswim.org and emailed to teams after meet.
DIRECTIONS	Pocono Mountain West Pool Take I-80 to I-380 North, to Route 940 West. Proceed thru 1 st light approx 1.5 miles. Make left onto school campus. Follow road to right to back of building (Lot C) Enter doors to left of pool.

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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	50	Yard	Freestyle	2	
3	13-14	50	Yard	Freestyle	4	
5	11-12	50	Yard	Freestyle	6	
7	9-10	25	Yard	Freestyle	8	
9	7-8	25	Yard	Freestyle	10	
11	6 & Under	25	Yard	Freestyle	12	
13	Open	100	Yard	IM	14	
15	13-14	100	Yard	IM	16	
17	11-12	100	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	50	Yard	Butterfly	26	
27	13-14	50	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	100	Yard	Free	38	
39	13-14	100	Yard	Free	40	
41	11-12	100	Yard	Free	42	
43	9-10	50	Yard	Freestyle	44	
45	7-8	50	Yard	Freestyle	46	
47	6 & Under	50	Yard	Freestyle	48	
49	Open	50	Yard	Backstroke	50	
51	13-14	50	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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59	6 & Under	25	Yard	Backstroke	60	
61	Open	50	Yard	Breaststroke	62	
63	13-14	50	Yard	Breaststroke	64	
65	11-12	50	Yard	Breaststroke	66	
67	9-10	50	Yard	Breaststroke	68	
69	7-8	25	Yard	Breaststroke	70	
71	6 & Under	25	Yard	Breaststroke	72	
* If no time in the event, list NT						

***** Please circle the entered events**



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 Amount Included: \$ _____