



We build strong kids, strong families, strong communities.

Pocono Family YMCA

“Distance Freestyle” Invitational

Monday January 12th, 2009

LOCATION	(NEW MEET 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 200, 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 (1/12/09) Swimmers are limited to 1 Event
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 6:00pm Meet Start Time 6:30pm
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 6:10 pm. 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 6:10 pm.
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. All events will be seeded by time not age group, but all scoring and placing will be by age group.
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	No Entry Fees
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	Sunday, January 11th 2009 by 6:00 PM. No late entries will be accepted.

Distance Freestyle Invitational Meet – Monday, Jan 12, 2009
Pocono Family YMCA Swim Team
809 Main Street Stroudsburg Pa. 18360
Phone: 570-421-2525 ext. 320 Fax: 570-422-6708
www.pfyswim.org



RULES	This meet will be conducted according to current USA Swimming Rules.
SCORING & AWARDS	No Awards
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>Mixed Event #</u>	<u>Age</u>	<u>Distance</u>		<u>Description</u>	<u>Entry Time in Yards</u>
1	13-14	1,000	Yard	Freestyle	
2	12 & Under	500	Yard	Freestyle	
3	Open	1,650	Yard	Freestyle	
* If no time in the event, list NT					



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: _____