



## Stroke Clinic “September 18<sup>th</sup> 2008 TIME TRIALS”

It is important that we are able to evaluate every swimmer who in one of our programs (Stroke Clinic Members) swims in trials to see their progress.

|                                  |  |
|----------------------------------|--|
| <b>WHEN</b>                      | <b>Thursday, September 18<sup>th</sup> 2008</b>  |
| <b>TIME</b>                      | <b>6:00 pm Warm up (6:30pm Events Start)</b>   |
| <b>LOCATION</b>                  | <b>Lehman Intermediate School, Bushkill Pa.</b>  |
| <b>FACILITIES</b>                | 6 Lane, 25 yard, Entry Depth 10 Feet, Anti-Wave Lane Lines, Paragon Starting Platforms, Spectator seating is for 700, Parking capacity 500   |
| <b>MEET DIRECTOR</b>             | Mike Wolbert – 570-350-2142 – Email: <a href="mailto:mike@pfyswim.org">mike@pfyswim.org</a>  |
| <b>ELIGIBILITY</b>               | <b>Any participant in (Stroke Clinic) Swimmers are limited to 5 Events.</b>  |
| <b>ENTRY LIMITATIONS</b>         | Swimmers may swim in 4 individual events. The Meet Director reserves the right to limit entries, events or heats, or to modify the meet format due to time or space constraints. <b>MEET TIMELINE WILL BE LIMITED TO 2.0 HOURS ENTRIES WILL BE ENTERED AS THEY RECEIVED.</b> |
| <b>WARM-UP &amp; START TIMES</b> | <b>Warm Up 6:00pm<br/>Meet Start Time 6:30pm</b>   |
| <b>DECK ENTRIES</b>              | Subject to space availability, and at the discretion of the Meet Director.   |
| <b>SEEDING</b>                   | All events are pre-seeded timed finals. All events will be seeded by time not age group or by sex.   |
| <b>HOW TO ENTER</b>              | Entries may be submitted by using our online sign up form ( <a href="http://pfyswim.org/meets/">http://pfyswim.org/meets/</a> )  |
| <b>ENTRY FEES</b>                | Free   |
| <b>ENTRY DEADLINE</b>            | <b>Wednesday, September 17<sup>th</sup> by 9:00pm</b><br>No late entries will be accepted.   |



## SWIMMERS INDIVIDUAL ENTRY FORMS

**All events are pre-seeded timed finals. (Swimmers must submit entries for each session's trials)**

Swimmers Last Name: \_\_\_\_\_ Swimmers First Name: \_\_\_\_\_ MI \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Sex: \_\_\_\_\_ Team Name: \_\_\_\_\_ Team Code: \_\_\_\_\_

| Event # | Age                | Distance |      | Description | Entry Time in Yards |
|---------|--------------------|----------|------|-------------|---------------------|
| 1       | 12 & Under (Mixed) | 25       | Yard | Free        | _____               |
| 2       | Open (Mixed)       | 200      | Yard | Free        | _____               |
| 3       | Open (Mixed)       | 100      | Yard | Free        | _____               |
| 4       | Open (Mixed)       | 50       | Yard | Free        | _____               |
| 5       | Open (Mixed)       | 100      | Yard | IM          | _____               |
| 6       | Open (Mixed)       | 200      | Yard | IM          | _____               |
| 7       | Open (Mixed)       | 400      | Yard | IM          | _____               |
| 8       | 12 & Under (Mixed) | 25       | Yard | Back        | _____               |
| 9       | Open (Mixed)       | 50       | Yard | Back        | _____               |
| 10      | Open (Mixed)       | 100      | Yard | Back        | _____               |
| 11      | Open (Mixed)       | 200      | Yard | Back        | _____               |
| 12      | 12 & Under (Mixed) | 25       | Yard | Breast      | _____               |
| 13      | Open (Mixed)       | 50       | Yard | Breast      | _____               |
| 14      | Open (Mixed)       | 100      | Yard | Breast      | _____               |
| 15      | Open (Mixed)       | 200      | Yard | Breast      | _____               |
| 16      | 12 & Under (Mixed) | 25       | Yard | Fly         | _____               |
| 17      | Open (Mixed)       | 50       | Yard | Fly         | _____               |
| 18      | Open (Mixed)       | 100      | Yard | Fly         | _____               |
| 19      | Open (Mixed)       | 200      | Yard | Fly         | _____               |
| 20      | Open (Mixed)       | 500      | Yard | Free        | _____               |