



We build strong kids, strong families, strong communities.

Pocono Family YMCA

Mayfly Swim Meet (UPDATED LOCATION!)

May 31st 2008

LOCATION	Pocono Mountain West High School, Pocono Summit Pa. East Stroudsburg School District (North Campus), Bushkill Pa. Lehman Intermediate School
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 5/10/08 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 - 9:30AM - 10:00AM Other Team Warm Up - 10:00AM - 10:30AM Last 5 Min One Way Starts Only Lanes 1-5 Only Meet Start Time is 10:15AM
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 12:30 pm 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 12:30 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.
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	\$3.00 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	Thursday, May 29, 2008 by 10:00 PM. No late entries will be accepted.

Pocono Family YMCA Swim Team
Mayfly Swim Meet May 10th, 2008
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	

Y SWIM TEAM™

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57	7-8	25	Yard	Backstroke	58	
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						

\$ 3.00 per individual event, * 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 \$ 3.00 = _____

Total Amount Included: _____ \$ _____