



We build strong kids, strong families, strong communities.

Pocono Family YMCA

Last Chance before the 4th Meet

July 2nd, 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 7/02/09 Swimmers are limited to 4 Events. <i>THIS WILL BE A MIDDLE ATLANTIC ACCEPTED MEET. TIMES WILL BE ABLE TO BE USED FOR ENTRY INTO FOR MIDDLE ATLANTIC SWIMMING MEETS. TIMES WILL NOT BE ENTERED INTO USA SWIMS DATABASE.</i>
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 - 3:30PM - 3:50PM Other Team Warm Up - 3:50PM - 4:10PM 4:10PM - 4:20PM One Way Starts Only Lanes 1-5 Only, 4:10AM - 4:20PM Lane 6 General Warm Up Meet Start Time is 4:30PM
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 3:50PM at the cost of \$8.00 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 3:50PM.
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.



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ENTRY FEES	\$4.00 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	Wednesday, June 24, 2009 by 11:00 PM. No late entries will be accepted.
RULES	This meet will be conducted according to current USA Swimming Rules.
SCORING & AWARDS	NO AWARDS
PROGRAMS & ADMISSION	Programs \$2.00 Admission Free.
RESULTS	Results will be posted on the Pocono Piranhas Web Site. www.pfyswim.org and emailed to teams representatives after meet.
DIRECTIONS	Pocono Mountain West High School 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.
ACCOMODATIONS	Comfort Inn & Suites Mount Pocono 800 Route 940 I-611 & I-380, Mount Pocono, PA 18344 (570) 839-9282

Pocono Family YMCA Swim Team
July Last Chance Meet - July 2nd, 2009
809 Main Street Stroudsburg Pa. 18360
Phone: 570-421-2525 ext. 320 Fax: 570-422-6708
<http://pfyswim.org>



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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	10 & Under	50 Yard	Freestyle	8	
9	Open	200 Yard	IM	10	
11	13-14	200 Yard	IM	12	
13	11-12	200 Yard	IM	14	
15	10 & Under	200 Yard	IM	16	
17	Open	100 Yard	Butterfly	18	
19	13-14	100 Yard	Butterfly	20	
21	11-12	50 Yard	Butterfly	22	
23	10 & Under	50 Yard	Butterfly	24	
25	Open	100 Yard	Free	26	
27	13-14	100 Yard	Free	28	
29	11-12	100 Yard	Free	30	
31	10 & Under	100 Yard	Freestyle	32	
33	Open	100 Yard	Backstroke	34	
35	13-14	100 Yard	Backstroke	36	
37	11-12	50 Yard	Backstroke	38	
39	10 & Under	50 Yard	Backstroke	40	
41	Open	100 Yard	Breaststroke	42	
43	13-14	100 Yard	Breaststroke	44	
45	11-12	50 Yard	Breaststroke	46	
47	10 & Under	50 Yard	Breaststroke	48	
15 Minute Intermission					
49	Open	200 Yard	Butterfly	50	
51	Open	200 Yard	Backstroke	52	
53	Open	200 Yard	Breaststroke	54	
55	Open	400 Yard	IM	56	
* If no time in the event, list NT					

*** Please circle the entered events



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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 \$ 4.00 = _____

Total Amount Included: \$ _____