



We build strong kids, strong families, strong communities.

## Pocono Family YMCA

“SNOW PLOW” Invitational

**Saturday January 17<sup>th</sup> 2009**

<b>LOCATION</b>	Pocono Mountain West High School, Pocono Summit Pa.
<b>FACILITIES</b>	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
<b>MEET DIRECTOR</b>	Sonia Wolbert – 570-856-3355 or <a href="mailto:entries@pfyswim.org">entries@pfyswim.org</a>
<b>ELIGIBILITY</b>	Open to all YMCA, USA Swimming, or Club Teams. Age groups are set by swimmer’s age as of <b>(1/17/09) Swimmers are limited to 5 Events.</b>
<b>ENTRY LIMITATIONS</b>	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.
<b>WARM-UP &amp; START TIMES</b>	<b>Warm Up 8:00am</b> <b>Meet Start Time 9:00am</b>
<b>DECK ENTRIES</b>	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 11:15 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 8:15 pm.
<b>SWIMMERS WITHOUT COACH</b>	Swimmers unaccompanied by a coach should report to the Meet Director before the warm-up begins.
<b>SEEDING</b>	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.
<b>HOW TO ENTER</b>	Entries may be submitted using Hy-Tek software. Entry times must be submitted in yards. All supporting paperwork must accompany all entries.
<b>ENTRY FEES</b>	\$3.50 per event.
<b>SEND ENTRIES TO</b>	<b>Sonia Wolbert</b> <b>277 Prospect Street</b> <b>East Stroudsburg PA 18301</b> Phone: 570-856-3355, Fax: 570-422-6708 Entries may be emailed to <a href="mailto:entries@pfyswim.org">entries@pfyswim.org</a> in Team Manger format only. Check must be received by due date. Make checks payable to <b>PFY Swim Team</b>
<b>ENTRY DEADLINE</b>	<b>Wednesday, January 14<sup>th</sup> 2009 by 6:00 PM.</b> No late entries will be accepted.

**Snow Plow Invitational Meet – Jan 17<sup>th</sup> 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](http://www.pfyswim.org)

# Y SWIM TEAM™

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<b>RULES</b>	This meet will be conducted according to current USA Swimming Rules.
<b>SCORING &amp; AWARDS</b>	<b>Medals – 1<sup>st</sup> – 3<sup>rd</sup> and Ribbons 4<sup>th</sup> – 10<sup>th</sup></b> <b>High Point Trophies</b> will be awarded for each age group. <b>Heat Winner Ribbons</b> will also be given out in each heat. <b><i>All awards are by age group.</i></b>
<b>PROGRAMS &amp; ADMISSION</b>	Programs \$4.00 Admission Free.
<b>RESULTS</b>	Results will be posted on the Pocono Piranhas Web Site. <a href="http://www.pfyswim.org">www.pfyswim.org</a> and emailed to teams after meet.
<b>DIRECTIONS</b>	<b>Pocono Mountain West Pool</b>  Take I-80 to I-380 North, to Route 940 West. Proceed thru 1 <sup>st</sup> 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	100	Yard	Freestyle	2	
3	13-14	100	Yard	Freestyle	4	
5	11-12	100	Yard	Freestyle	6	
7	9-10	100	Yard	Freestyle	8	
9	7-8	50	Yard	Freestyle	10	
11	6 & Under	50	Yard	Freestyle	12	
13	Open	400	Yard	IM	14	
15	13-14	200	Yard	IM	16	
17	11-12	200	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	200	Yard	Butterfly	26	
27	13-14	100	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	500	Yard	Free	38	
39	13-14	500	Yard	Free	40	
41	11-12	200	Yard	Free	42	
43	9-10	200	Yard	Freestyle	44	
45	6 & Under	25	Yard	Freestyle	46	
47	7-8	25	Yard	Freestyle	48	
49	9-10	50	Yard	Freestyle	50	
51	11-12	50	Yard	Freestyle	52	
53	13-14	50	Yard	Freestyle	54	
55	Open	50	Yard	Freestyle	56	
57	6 & Under	25	Yard	Backstroke	58	

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<b>59</b>	7-8	25	Yard	Backstroke	<b>60</b>	
<b>61</b>	9-10	50	Yard	Backstroke	<b>62</b>	
<b>63</b>	11-12	50	Yard	Backstroke	<b>64</b>	
<b>65</b>	13-14	100	Yard	Backstroke	<b>66</b>	
<b>67</b>	Open	200	Yard	Backstroke	<b>68</b>	
<b>69</b>	6 & Under	25	Yard	Breaststroke	<b>70</b>	
<b>71</b>	7-8	25	Yard	Breaststroke	<b>72</b>	
<b>73</b>	9-10	50	Yard	Breaststroke	<b>74</b>	
<b>75</b>	11-12	50	Yard	Breaststroke	<b>76</b>	
<b>77</b>	13-14	100	Yard	Breaststroke	<b>78</b>	
<b>79</b>	Open	200	Yard	Breaststroke	<b>80</b>	
* If no time in the event, list NT						

**\$ 3.50 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 \$3.50 = \_\_\_\_\_

Total Amount Included: \$ \_\_\_\_\_