



We build strong kids, strong families, strong communities.

Pocono Family YMCA

“Distance Freestyle” Invitational
(And District / National Time Trials)
Sunday January 21st, 2007

LOCATION	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, Touch Pads at both ends of pool. Paragon Starting Platforms, Hi-Tek Software, Spectator seating is separate balcony seating for 500, Parking capacity well over 700, Snack Bar will be available.
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 (1/21/07) Swimmers are limited to 1 Event and 4 Time Trial 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 12:00noon Meet Start Time 1:00pm
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 12:15 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 12:15 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	\$4.00 per event and \$2.00 each time trial 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, January 18th 2007 by 6:00 PM. No late entries will be accepted.

Distance Freestyle Invitational Meet - Jan 21, 2007
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	Medals 1 st – 3 rd and Ribbons 4 th – 10 th All awards are by age group.
TIME TRIALS	We will hold YMCA District and YMCA National Time Trials after the conclusion of the meet. Each swimmer will be limited to 4 events and swimmer must be entered in the Distance Freestyle meet to enter. All Time Trial events will be deck seated events. Time Trial Entry Fee: \$2.00 per Time Trial Event.
PROGRAMS & ADMISSION	Programs \$4.00 Admission Free.
RESULTS	Results will be posted on the Pocono Piranhas Web Site. www.pfyswim.org and emailed to teams after meet.
DIRECTIONS	Coming From South: From I-80 exit 309. 209N to light make right onto Bus. 209N past Fernwood to left onto Bushkill Falls Road (blinker light). Follow Bushkill Falls Road to school on left hand side (approx 6 miles). OR From I-80 exit 309. 209N to light make right onto Bus. 209N to first light make left onto 402 N. Follow to left on Bushkill Falls Rd school will be on right. Coming From North: I 84 to 402 South to School, which is on left. Follow to right on Bushkill Falls Rd school will be on right
ACCOMODATIONS	Budget Motel – 570-424-5451 (www.budmotel.com) Super 8 Motel – 570-424-7411 Ferwood – 570-588-9500

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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	1,650	Yard	2	
3	13-14	1,000	Yard	4	
5	11-12	500	Yard	6	
7	9-10	500	Yard	8	
9	8 & Under	500	Yard	10	
* If no time in the event, list NT					

\$ 4.00 per individual event, * Please circle the entered events**

YMCA District and National Time Trial Events

<u>MIXED EVENT #</u>	<u>Age</u>	<u>Distance</u>	<u>Description</u>	<u>Entry Time in Yards</u>
13	Open / Mixed	50	Yard	Freestyle
14	Open / Mixed	100	Yard	Freestyle
15	Open / Mixed	50	Yard	Backstroke
16	Open / Mixed	100	Yard	Backstroke
17	Open / Mixed	400	Yard	IM
18	Open / Mixed	50	Yard	Butterfly
19	Open / Mixed	100	Yard	Butterfly
20	Open / Mixed	50	Yard	Breaststroke
21	Open / Mixed	100	Yard	Breaststroke
22	Open / Mixed	200	Yard	IM
23	Open / Mixed	200	Yard	Freestyle
24	Open / Mixed	200	Yard	Backstroke
25	Open / Mixed	50	Yard	Freestyle
26	Open / Mixed	200	Yard	Breaststroke
27	Open / Mixed	200	Yard	Butterfly
* If no time in the event, list NT				

\$ 2.00 per individual Time Trial event, * Please circle the entered Time Trial Events
Limit 4 Time Trial Events per swimmer**

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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 number of **Time Trial** entries: _____ x \$ 2.00 = _____

Total Amount Included: _____ \$ _____