



We build strong kids, strong families, strong communities.

Pocono Family YMCA

Mayfly Swim Meet

May 12th, 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 with touch pads at both ends of the pool for 25's, Paragon Starting Platforms, Hi-Tek Software, Spectator seating is separate balcony seating for over 700, Parking capacity well over 1,000, Full Featured Concessions Stand 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 5/12/07. 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 12:00noon Meet Start Time 1:30pm |
| 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 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 | Wednesday, May 9, 2007 by 10:00 PM. No late entries will be accepted. |

Pocono Family YMCA Swim Team
Mayfly Swim Meet May 12th, 2007
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. Heat Winner Ribbons will also be given out in each heat. All awards are by age group. |
| 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 | From Points South: Philadelphia area: Follow I 476 (PA Turnpike NE Extension) to Lehigh Valley exit then follow directions from Lehigh Valley area Lehigh Valley area: 22 East to 33 North to I-80 East to exit 309. Exit onto Route 209 at second traffic light make a right and continue on 209 past Fernwood Resort to a left at the blinking light onto Bushkill Falls Road. Follow Bushkill Falls Road, approx 6 miles to intermediate school entrance on left. Please use parking lot area and do not park in driveway area of school. From Points West: I-80 East to exit 309. Exit onto Route 209 at second traffic light make a right and continue on 209 past Fernwood Resort to a left at the blinking light onto Bushkill Falls Road. Follow Bushkill Falls Road, approx 6 miles to intermediate school entrance on left. Please use parking lot area and do not park in driveway area of school. Coming From North: I 84 to 402 South. Follow to left on Bushkill Falls Road, school will be on right |
| ACCOMODATIONS | Fernwood – 570-588-9500 (www.resortsusa.com/fernwood.php) (8 minutes away) Pocmont Resort – 1-800-POCMONT or 570-588-6671 (www.pocmont.com) (5 minutes away) Budget Motel – 570-424-5451 (www.budmotel.com) (25-30 Minutes away) Super 8 Motel – 570-424-7411 (25-30 Minutes away) |

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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 | |



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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: _____ \$ _____