



Dear Team Representative/Coordinator/Coach,

The Pocono Family YMCA Swim Team Parents Association is pleased to host the 2008 Pocono Summer League Swimming Championships.

The competition is scheduled for Saturday, August 7nd, 2010 at Pocono Mt. West High School in Pocono Summit, PA.

The following packet contains all the information needed to notify coaches, parents, and swimmers of the meet details.

Please follow all instructions explicitly so that your entries are properly filled out and returned by the due date so that your swimmers' opportunity to compete in the league championships is not jeopardized.

Please note that all **ENTRIES must be RECEIVED** by Wednesday, July 28, 2010. **Unofficial Psych sheets will be posted on the leagues website by Monday August 2 for all teams to review. Any errors or changes will need to be received no later than Wednesday August 4 by 6:00pm. Any changes need to be emailed to champs@pfyswim.org**

THERE WILL BE NO ADDITIONS MADE AT THE MEET.

We look forward to seeing you on Saturday, August 7, 2010. If you have any questions, please feel free to call me.

Sonia Wolbert @ 570-856-3355 (cell), or e-mail me at sonia@pfyswim.org or champs@pfyswim.org

Sincerely,

Sonia C. Wolbert
Meet Director

Pocono Summer League Swimming Championships

Saturday, August 7, 2010

Host Team: Pocono Family YMCA Piranhas

Location: **Pocono Mountain West High School**
Route 940 Pocono Summit PA

Pool Facility: The facility is a 6 Lane, 25 yard, Entry Depth 9 Feet, Anti-Wave Lane Lines, Colorado Timing System and scoreboard with **touch pads**, Paragon Starting Platforms, Hi-Tek Software, Spectator seating is separate for over 250, Parking capacity well over 1,000, Full Featured Concessions Stand will be available. Seating for swimmers will be in an adjacent hallway.

<u>Awards:</u>	<u>Individual Events</u>	<u>Relay Events</u>
	Medals: 1 st through 6 th Ribbons: 7 th through 10 th	Medals: 1 st through 6 th Heat Winner Ribbons:

Individual High Point Trophies
1 per each Age Group and per each Gender

<u>Session Times:</u>	Saturday Morning Session	10 & Under Age Groups
	Warm-ups: 8:00 am	meet starts: 9:30 am

Doors open at 7:20 am

Saturday Afternoon Session	11 & Over Age Groups
Warm-ups: 1:00 pm	meet starts: 2:30 pm

Warm-up times and lane assignments will be provided via e-mail to each coach 3-4 days prior to the meet.

Eligibility: Swimmers must be listed and actively roistered and have participated in 2 Pocono Summer Swim League meets in order to participate in championships.

Entries: Swimmers are permitted to enter (**3 individual** events & **2 relay**) total of 5 events.

Each team will be allowed an unlimited number of entries in individual events and an unlimited number of relay teams in relay events. Four swimmers must be listed for each relay entry.

When entering more than (1) relay, please designate the relays as 'A', 'B', etc.

Entry Forms: All entry forms are to be filled out by the coaches, and should be submitted using the enclosed entry forms. All Entry times **must** be in Yard Times. If you need times converted from meters to yards go to the following web link:
<http://www.pfyswim.org/meets/convert.php>

ALL ENTRIES MUST BE ON OFFICIAL ENTRY FORMS!

ENTRIES NOT SUBMITTED ON THESE PROVIDED FORMS WILL NOT BE ACCEPTED.

Mail Entries: All entries must be **RECEIVED** by **Wednesday, July 28, 2010**. No Entries will be accepted without payment for the entire amount due.

Please send or drop off entries to:

Sonia Wolbert
Pocono Family YMCA Swim Team
809 Main Street
Stroudsburg, PA 18360
sonia@pfyswim.org or champs@pfyswim.org

Entry Fees: \$3.00 per individual event \$12.00 per relay team

Please make check payable to: PFY Swim Team
(One check per team for all entries)

Officials/Workers: Each team is asked to provide **a minimum of 4 workers/timers per session**. Please use the attached Officials/Workers form for this purpose. **WE WILL NEED YOUR HELP!**

Workers Meeting: Morning Session 8:45 am Afternoon Session 1:45 pm

Coaches Meeting: Morning Session 8:30 am Afternoon Session 1:30 pm

Starting Times: Morning Session 9:30 am Afternoon Session 2:30 pm

Refreshments: The PFY Swim Team Parents Association will host an extensive concession stand for both the swimmers and the spectators. There will be hot and cold food, snacks, and a variety of beverages, throughout both sessions. **NO FOOD** will be allowed on the pool deck.

- Vendor:** We will have D & J Sports at the meet selling swimming equipment.
- Admission:** No Admission Fee
- Programs:** \$4.00 per session
- Deck Restrictions:** Only swimmers, coaches and meet workers are permitted on the pool deck. For the safety of the swimmers, **NO SWIMMER IS PERMITTED IN THE STANDS.**
- NOTICE:** Because of the electronic starting system, spectators are asked to refrain from using flash cameras at the start of each race. There is also **NO SMOKING IN THE BUILDING OR ON SCHOOL CAMPUS. (THIS WILL BE SCRTILY ENFORCED) (ANY PERSON FOUND SMOKING WILL BE ASKED TO LEAVE THE CAMPUS WITHOUT A WARNING)**
- Meet Rules:** All events will be timed finals and will follow the Leagues Disqualification Guidelines. There will be a coaches meeting prior to the start of each session. It will be the coach's responsibility to get their swimmers to the seeding area prior to the start of each event. **SWIMMERS WILL NOT BE ON THE POOL DECK.** All team must be accompanied by a chaperone **AT ALL TIMES.**

NOTICE AND COACHES REMINDER

You will be notified of warm-up times and lane assignments 3 – 4 days prior to the meet and they will be posted on the league web site.

There will be a 10-minute break after events #16 and #56.

Please be sure to pick-up your awards and certificates at the end of each session.

NO AWARDS WILL BE MAILED!!

Printed results will be available after the meet on request but only one per team.

Results will be e-mailed to each team who provides the meet director with an e-mail address. They will also be posted on the Pocono Family YMCA Swim Team Web site and on the Pocono Summer Swim League Web Site by 10:00pm Saturday August 2nd 2008.

Pocono Piranhas Web Site: <http://pfyswim.org>

Pocono Summer Swim League Web Site: <http://poconoswim.org>

DIRECTIONS

Interstate 80 to I-380 North to Pocono Summit Exit. Take 940 West through First Light. Entrance to school will be approximately 1 mile on the left. Follow signs to pool at the rear of the school.

Meet Workers Sheet

Each participating Team is required to furnish a listing of their most qualified workers to represent their team at the League Championship meet.

TEAM NAME: _____

Morning Session (10 & Under age groups):

NAME

Lane Timer 1st half: _____

Lane Timer 1st half: _____

Lane Timer 2nd half: _____

Lane Timer 2nd half: _____

Stroke & Turn (optional): _____
(Must be a Certified Official)

Team Chaperone: _____

Afternoon Session (11 & Up age groups):

NAME

Lane Timer 1st half: _____

Lane Timer 1st half: _____

Lane Timer 2nd half: _____

Lane Timer 2nd half: _____

Stroke & Turn (optional): _____
(Must be a Certified Official)

Team Chaperone: _____

**THIS SHEET MUST ACCOMPANY YOUR ENTRIES
TO BE CONSIDERED A VALID ENTRY.**

Summary of Events

Name of Team: _____

Address: _____

Address: _____

Address: _____

Coach: _____ Phone: _____

E-mail Address: _____

Coach: _____ Phone: _____

E-mail Address: _____

Team Fees:

Total Individual Entries: _____ X \$3.00 = \$ _____

Total Relay Entries: _____ X \$12.00 = \$ _____

Amount Enclosed: \$ _____

Entries are due: **Wednesday, July 28, 2010**

Please make **ONE** check payable to 'PFY Swim Team'

Mail to: Sonia Wolbert
Pocono Family YMCA (Swim Team)
809 Main Street
Stroudsburg, PA 18360
570-856-3355 (cell)
sonia@pfyswim.org or champs@pfyswim.org

Saturday, August 7, 2010 Events List

All entries must be submitted on official entry forms

Saturday Morning Session

10 and Under Age Groups

Warm-ups begin approximately 8:00 AM

Event	G / B	Age	Distance	Description	Event
1	Girls	10 & Under	100	Yard	Medley Relay
2	Boys	10 & Under	100	Yard	Medley Relay
3	Girls	8 & Under	100	Yard	Medley Relay
4	Boys	8 & Under	100	Yard	Medley Relay
5	Girls	9-10	25	Yard	Freestyle
6	Boys	9-10	25	Yard	Freestyle
7	Girls	7-8	25	Yard	Freestyle
8	Boys	7-8	25	Yard	Freestyle
9	Girls	6 & Under	25	Yard	Freestyle
10	Boys	6 & Under	25	Yard	Freestyle
11	Girls	9-10	25	Yard	Butterfly
12	Boys	9-10	25	Yard	Butterfly
13	Girls	7-8	25	Yard	Butterfly
14	Boys	7-8	25	Yard	Butterfly
15	Girls	6 & Under	25	Yard	Butterfly
16	Boys	6 & Under	25	Yard	Butterfly
10 Minute Break					
17	Girls	9-10	25	Yard	Backstroke
18	Boys	9-10	25	Yard	Backstroke
19	Girls	7-8	25	Yard	Backstroke
20	Boys	7-8	25	Yard	Backstroke
21	Girls	6 & Under	25	Yard	Backstroke
22	Boys	6 & Under	25	Yard	Backstroke
23	Girls	9-10	25	Yard	Breaststroke
24	Boys	9-10	25	Yard	Breaststroke
25	Girls	7-8	25	Yard	Breaststroke
26	Boys	7-8	25	Yard	Breaststroke
27	Girls	6 & Under	25	Yard	Breaststroke
28	Boys	6 & Under	25	Yard	Breaststroke
29	Girls	10 & Under	100	Yard	Free Relay
30	Boys	10 & Under	100	Yard	Free Relay
31	Girls	8 & Under	100	Yard	Free Relay
32	Boys	8 & Under	100	Yard	Free Relay

Saturday Afternoon Session
11 & Up Age Groups
Warm-ups begin approximately 1:00 PM

Event	G / B	Age	Distance	Description	Event
33	Girls	15 & Over	200	Yard	Medley Relay
34	Boys	15 & Over	200	Yard	Medley Relay
35	Girls	14 & Under	200	Yard	Medley Relay
36	Boys	14 & Under	200	Yard	Medley Relay
37	Girls	12 & Under	100	Yard	Medley Relay
38	Boys	12 & Under	100	Yard	Medley Relay
39	Girls	15 & Over	100	Yard	IM
40	Boys	15 & Over	100	Yard	IM
41	Girls	13-14	100	Yard	IM
42	Boys	13-14	100	Yard	IM
43	Girls	11-12	100	Yard	IM
44	Boys	11-12	100	Yard	IM
45	Girls	15 & Over	50	Yard	Freestyle
46	Boys	15 & Over	50	Yard	Freestyle
47	Girls	13-14	50	Yard	Freestyle
48	Boys	13-14	50	Yard	Freestyle
49	Girls	11-12	50	Yard	Freestyle
50	Boys	11-12	50	Yard	Freestyle
51	Girls	15 & Over	50	Yard	Butterfly
52	Boys	15 & Over	50	Yard	Butterfly
53	Girls	13-14	50	Yard	Butterfly
54	Boys	13-14	50	Yard	Butterfly
55	Girls	11-12	25	Yard	Butterfly
56	Boys	11-12	25	Yard	Butterfly
10 Minute Break					
57	Girls	15 & Over	50	Yard	Backstroke
58	Boys	15 & Over	50	Yard	Backstroke
59	Girls	13-14	50	Yard	Backstroke
60	Boys	13-14	50	Yard	Backstroke
61	Girls	11-12	25	Yard	Backstroke
62	Boys	11-12	25	Yard	Backstroke
63	Girls	15 & Over	50	Yard	Breaststroke
64	Boys	15 & Over	50	Yard	Breaststroke
65	Girls	13-14	50	Yard	Breaststroke
66	Boys	13-14	50	Yard	Breaststroke
67	Girls	11-12	25	Yard	Breaststroke
68	Boys	11-12	25	Yard	Breaststroke
69	Girls	15 & Over	200	Yard	Freestyle Relay
70	Boys	15 & Over	200	Yard	Freestyle Relay
71	Girls	14 & Under	200	Yard	Freestyle Relay
72	Boys	14 & Under	200	Yard	Freestyle Relay
73	Girls	12 & Under	100	Yard	Freestyle Relay
74	Boys	12 & Under	100	Yard	Freestyle Relay

Pocono Summer League Swimming 2010 Championships

SWIMMERS (10 & Under) ENTRY FORMS

(One Entry Sheet per Swimmer)

Swimmers Last Name: _____ Swimmers First Name: _____

Team Name: _____ Date of Birth: _____ (REQUIRED) Sex: _____

<i>Saturday AM SESSION – 10 and Under</i>						
Girls Event #	Age	Distance		Description	Boys Event #	Entry Time in Yards
5	9-10	25	Yard	Freestyle	6	_____
7	7-8	25	Yard	Freestyle	8	_____
9	6 & Under	25	Yard	Freestyle	10	_____
11	9-10	25	Yard	Butterfly	12	_____
13	7-8	25	Yard	Butterfly	14	_____
15	6 & Under	25	Yard	Butterfly	16	_____
17	9-10	25	Yard	Backstroke	18	_____
19	7-8	25	Yard	Backstroke	20	_____
21	6 & Under	25	Yard	Backstroke	22	_____
23	9-10	25	Yard	Breaststroke	24	_____
25	7-8	25	Yard	Breaststroke	26	_____
27	6 & Under	25	Yard	Breaststroke	28	_____

*If no time in the event, list NT
\$ 3.00 per individual event.

*** Please circle the entered events

Champs T- Shirt Order Form

All Shirts must be pre-ordered

Swimmer Name: _____ Phone: _____ Team: _____

Please indicate quantity

Short Sleeve (\$15) ___ YM ___ YL ___ AS ___ AM ___ AL ___ AXL ___ AXXL ___ AXXXL
 Long Sleeve (\$17) ___ YM ___ YL ___ AS ___ AM ___ AL ___ AXL ___ AXXL ___ AXXXL

Total Short Sleeve ___ x \$15 + Total Long Sleeve x \$17 = _____ Amount enclosed.

Please make checks payable to PFY Swim Team. T-Shirt check should be separate from entry fees made payable to your team.

Pocono Summer League Swimming 2010 Championships

SWIMMERS (11 & Up) Individual ENTRY FORMS (One Entry Sheet per Swimmer)

Swimmers Last Name: _____ Swimmers First Name: _____

Team Name: _____ Date of Birth: _____ (REQUIRED) Sex: _____

<i>Saturday PM SESSION – 11 and Over</i>						
Girls Event #	Age	Distance	Description	Boys Event #	Entry Time in Yards	
39	15 & Over	100	Yard	IM	40	_____
41	13-14	100	Yard	IM	42	_____
43	11-12	100	Yard	IM	44	_____
45	15 & Over	50	Yard	Freestyle	46	_____
47	13-14	50	Yard	Freestyle	48	_____
49	11-12	50	Yard	Freestyle	50	_____
51	15 & Over	50	Yard	Butterfly	52	_____
53	13-14	50	Yard	Butterfly	54	_____
55	11-12	25	Yard	Butterfly	56	_____
57	15 & Over	50	Yard	Backstroke	58	_____
59	13-14	50	Yard	Backstroke	60	_____
61	11-12	25	Yard	Backstroke	62	_____
63	15 & Over	50	Yard	Breaststroke	64	_____
65	13-14	50	Yard	Breaststroke	66	_____
67	11-12	25	Yard	Breaststroke	68	_____

*If no time in the event, list NT

\$ 3.00 per individual event.

***** Please circle the entered events**

**Champs T- Shirt Order Form
All Shirts must be pre-ordered**

Swimmer Name: _____ Phone: _____ Team: _____

Please indicate quantity

Short Sleeve (\$15) ___ YM ___ YL ___ AS ___ AM ___ AL ___ AXL ___ AXXL ___ AXXXL
 Long Sleeve (\$17) ___ YM ___ YL ___ AS ___ AM ___ AL ___ AXL ___ AXXL ___ AXXXL

Total Short Sleeve ___ x \$15 + Total Long Sleeve x \$17 = _____ Amount enclosed.

Please make checks payable to PFY Swim Team. T-Shirt check should be separate from entry fees made payable to your team.

Pocono Summer League Swimming 2010 Championships

SWIMMERS (RELAYS) (10 & Under) ENTRY FORMS

One Sheet Per Relay Name (Example: Relay A, B, C ect.)

Team Name: _____ Sex: _____

Relay Team Name: (A) (B) (C) (D) (E) (F) (G) (Circle one)

<u>Saturday AM SESSION – 10 and Under RELAYS</u>						
<u>Girls Event #</u>	<u>Age</u>	<u>Distance</u>		<u>Description</u>	<u>Boys Event #</u>	<u>Entry and Relay Name</u>
1	10 & Under	100	Yard	Medley Relay	2	Time: _____ : _____ Swimmer 1 _____ Swimmer 2 _____ Swimmer 3 _____ Swimmer 4 _____
3	8 & Under	100	Yard	Medley Relay	4	Time: _____ : _____ Swimmer 1 _____ Swimmer 2 _____ Swimmer 3 _____ Swimmer 4 _____
29	10 & Under	100	Yard	Freestyle Relay	30	Time: _____ : _____ Swimmer 1 _____ Swimmer 2 _____ Swimmer 3 _____ Swimmer 4 _____
31	8 & Under	100	Yard	Freestyle Relay	32	Time: _____ : _____ Swimmer 1 _____ Swimmer 2 _____ Swimmer 3 _____ Swimmer 4 _____

*If no time in the event, list NT
\$ 12.00 per relay team.

***** Please place all Relay members first and last names in spaces provided**

MAKE SURE ALL SWIMMERS IN RELAYS ARE ENTERED IN THE MEET IN INDIVIDUAL EVENTS. IF THEY ARE NOT INCLUDED FULL FIRST AND LAST NAME AND DATE OF BIRTH.

Pocono Summer League Swimming 2010 Championships

SWIMMERS (RELAYS) (11 & Up) ENTRY FORMS

One Sheet per Relay Name (Example: Relay A, B, C ect.)

Team Name: _____ Sex: _____

Relay Team Name: (A) (B) (C) (D) (E) (F) (G) (Circle one)

<i>Saturday PM SESSION – 11 and Up RELAYS</i>						
Girls Event #	Age	Distance	Description	Boys Event #	Entry and Relay Name	
33	15 & Over	200	Yard	Medley Relay	34	Time: _____ : _____ Swimmer 1 _____ Swimmer 2 _____ Swimmer 3 _____ Swimmer 4 _____
35	14 & Under	200	Yard	Medley Relay	36	Time: _____ : _____ Swimmer 1 _____ Swimmer 2 _____ Swimmer 3 _____ Swimmer 4 _____
37	12 & Under	100	Yard	Medley Relay	38	Time: _____ : _____ Swimmer 1 _____ Swimmer 2 _____ Swimmer 3 _____ Swimmer 4 _____
69	15 & Over	200	Yard	Freestyle Relay	70	Time: _____ : _____ Swimmer 1 _____ Swimmer 2 _____ Swimmer 3 _____ Swimmer 4 _____
71	14 & Under	200	Yard	Freestyle Relay	72	Time: _____ : _____ Swimmer 1 _____ Swimmer 2 _____ Swimmer 3 _____ Swimmer 4 _____
73	12 & Under	100	Yard	Freestyle Relay	74	Time: _____ : _____ Swimmer 1 _____ Swimmer 2 _____ Swimmer 3 _____ Swimmer 4 _____

*If no time in the event, list NT
\$ 12.00 per relay team.

***** Please place all Relay members first and last names in spaces provided**

MAKE SURE ALL SWIMMERS IN RELAYS ARE ENTERED IN THE MEET IN INDIVIDUAL EVENTS. IF THEY ARE NOT INCLUDED FULL FIRST AND LAST NAME AND DATE OF BIRTH.

Pocono Summer League Championships

Proudly Hosted by

Pocono Family YMCA Piranhas Swim Team
Saturday August 7, 2010

2010 Championship Tee Shirt Order Form

Don't miss this opportunity to **PRE-ORDER** your T-shirt and have them the day of the meet. The shirts are long and short sleeve style at a price of \$17.00 per Long sleeve shirt and \$15.00 per short sleeve shirt.

Team Name: _____

Contact Name: _____ Phone: _____

Total Number of Long Sleeve Shirts: _____ X \$17.00 ea Amount Enclosed: _____

Total Number of Short Sleeve Shirts: _____ X \$15.00 ea Amount Enclosed: _____

TOTAL Amount Enclosed: _____

LONG SLEEVE - Specify Quantity Required for Shirt Sizes Listed Below:

YS: _____ YM: _____ YL: _____ Adult M: _____ Adult L: _____ Adult XL: _____ Adult: XXL: _____

SHORT SLEEVE - Specify Quantity Required for Shirt Sizes Listed Below:

YS: _____ YM: _____ YL: _____ Adult M: _____ Adult L: _____ Adult XL: _____ Adult: XXL: _____

Please make one check payable to **"PFY Swim Team"**.
(This may be a separate check from the entry fees due for Championships)

Please complete this form and return to the following address by **July 20, 2010**:

Sonia Wolbert
277 Prospect St
East Stroudsburg, PA 18301
Phone: 570-856-3355 Email: sonia@pfyswim.org

It is very important that order be mailed or e-mailed so that it is received by 7/20/10
If there are any questions- please contact Sonia at the number above.

Shirt Design will be posted at www.poconoswim.org by July 7, 2010