

**Girls C Division Championship**  
**Hosted by**  
**Pocono Family YMCA**  
**Saturday, February 13, 2010**

<b>LOCATION:</b>	<p><b>Pocono Mountain West High School</b>  <b>Route 940</b>  <b>Pocono Summit PA 18346</b></p> <p>The following phone number is available for emergency use during the meet.  Facility Phone#: 570-856-3355</p>
<b>FACILITY:</b>	<p>This meet will be run in a 6 lane, 25-yard indoor pool with fully automatic timing (Semi-automatic timing for 25's). The starting end has a depth of 12 feet. The facility is equipped with Competitor non-turbulent lane lines, Colorado Time Systems' System 5 Sports Timer with Infinity Start System, AquaGrip touch pads and 6-line Series 4009 Multi-Sport Scoreboard.</p> <p>Seating for swimmers will be off the pool deck and balcony seating is available for spectators. Due to the limited seating space we ask that only the adults assigned to marshalling the team sit with the swimmers.</p> <p>Free parking is available.</p> <p><b>No Smoking is allowed during any Penn-Del League Championship Meet.</b></p>
<b>MEET DIRECTOR:</b>	Sonia Wolbert 570-856-3355 sonia.wolbert@wellsfargo.com
<b>START TIMES:</b>	<p><b>Warm-up: 7:00 AM; 12:30 PM (Times will be confirmed 1 Week Prior)</b></p> <p><b>Meet Start: 8:30 AM; 2:00 PM</b></p> <p><b>Officials Meeting: 7:45 AM; 1:15 PM</b></p> <p><b>Timers Meeting: 8:00 AM; 1:30 PM</b></p> <p><b>Scratch Meeting: 7:30 AM; 1:00 PM</b></p>
<b>WARM-UP:</b>	<p>The warm-up sessions will be divided into periods of equal length depending on the number of swimmers entered. Warm-up schedules will be posted on the Penn-Del web site Monday prior to the meet and will be made available to the coaches at the meet. Warm-up times may need to be adjusted based on actual attendance.</p> <p>Sprint/Start lanes will be available at the end of each warm-up session.</p> <p>No diving or backstroke starts will be permitted except in sprint lanes, when designated.</p> <p>The referee may remove anyone from the warm-up for failure to comply with warm-up rules.</p>
<b>RULES:</b>	<p>This meet will be run according to USA Swimming and Penn-Del Swim League rules and regulations.</p> <p>All events are Pre-Seeded, Timed Finals. Coaches <b>MUST</b> attend the coaches meeting.</p>
<b>ELIGIBILITY:</b>	<p>This meet is open to any swimmer that is currently on their teams' active roster and has swum in at least two (2) league dual meets. Swimmers will compete in age groups based on their age as of December 1<sup>st</sup>, 2009 as rostered for the dual meet season. Swimmers must compete in their own age group, except for the Open 500 Freestyle and the Open Age Group Relays.</p>
<b>ENTRIES:</b>	<p>Swimmers may enter up to three (3) individual events and two (2) relays for a maximum of five (5) events. <b>No Deck Entries Will Be Permitted.</b></p>
<b>ENTRY FEES:</b>	<p>Entry fees are \$2.50 per event for individual events and \$10.00 for relays.</p> <p><b>Please send one check per club, payable to: Pocono Family YMCA Swim Team.</b></p> <p><u>Entries will NOT be accepted without full payment and Meet Volunteer Sign-UP Sheet.</u></p>
<b>HOW TO ENTER:</b>	<p>All Events are Pre-Seeded, Timed Final Events.</p> <p>Entries must be submitted using the Championship Entry Link found on the Penn-Del Swimming League Website. Entries must be submitted in the course in which they were achieved. The host team will convert all times to yards for seeding. All times submitted must be the swimmer's best time. Entries must be submitted using HY-TEK software format. A completed <b>Meet Summary Sheet</b>, a hard copy printout listing each swimmer alphabetically, with each swimmer's events and entry times <b>MUST</b> accompany the entry fees. Entry Fees and all paperwork <b>MUST</b> be postmarked by: <u>January 29th, 2010</u>. An "<b>Internal Entry Form</b>" is provided for your convenience to collect entry information from your swimmers. <b>PLEASE CHECK THE ONLINE MEET ENTRY SYSTEM FOR YOUR ENTRY CONFIRMATION. YOU WILL NOT RECEIVE AN EMAIL CONFIRMING YOUR ENTRIES. MEET VOLUNTEERS MUST BE ENTERED ONLINE AND MAILED WITH PAPERWORK.</b></p>

<b>SEND TO:</b>	<p>Entries <b>MUST</b> be submitted through the <b>Penn-Del Swimming League Website</b>.  Mail check, meet summary form, hard copy of meet entries and meet volunteer list to:  <b>Sonia Wolbert</b>  <b>Pocono Family YMCA Swim Team</b>  <b>277 Prospect Street</b>  <b>East Stroudsburg, PA 18301</b>  <b>All requested information must be postmarked by <u>January 29th, 2010</u>.</b></p>
<b>DECK ACCESS:</b>	<p>Deck Access will be limited to swimmers, coaches, officials and meet workers.  Deck Passes will be issued to gain access to the deck.</p>
<b>AWARDS:</b>	<p>Medals are awarded for 1<sup>st</sup>-6<sup>th</sup> place in individual events and 1<sup>st</sup>-3<sup>rd</sup> place in relays. Ribbons are awarded for 7<sup>th</sup>-18<sup>th</sup> place in individual events and 4<sup>th</sup>-9<sup>th</sup> place in relays. League Record Holder patches to be given to any swimmer setting a new Championship Record.  <b>High Point Trophy will be awarded to the Team finishing in First Place.</b></p>
<b>ADMISSIONS:</b>	<p>Admissions is \$2.00/day Programs available for \$4.00/session</p>
<b>SPECTATORS:</b>	<p>Balcony seating is available for approximately 400 spectators.  <b>No swimmers are allowed in the balcony area for safety reasons.</b></p>
<b>VOLUNTEERS:</b>	<p>A minimum of three (3) timers and one (1) official <b>MUST</b> be provided from each team per session, at the time team entries are submitted. Additional volunteers are welcome. Be sure to include your email address on the Meet Volunteer Sheet along with certification expiration date. We will have a hospitality room to provide refreshments for all volunteers during the meet. Volunteers and officials will also receive free admission and a heat sheet. <b>Meet Volunteer list MUST be submitted through the PennDel website with meet entries by the Entry Due Date below.</b></p>
<b>T-SHIRTS:</b>	<p>T-Shirts must be pre-ordered at a cost of \$15.00 per shirt.  <b>T-Shirt orders are due by January 27, 2010.</b></p>
<b>REFRESHMENTS:</b>	<p>Food and Drinks will be on sale throughout the meet. NO FOOD will be allowed on the pool deck. There will also be a swim shop on-site during the meet.</p>
<b>EMAIL LIST</b>	<p>Be sure and include your coach's email address on the Meet Summary Sheet. An E-Mail list will be created to ensure that you get any updates, corrections, changes, or announcements that might occur prior to the meet start date.</p>
<b>WEB SITE:</b>	<p>For more information, please visit the Penn-Del Swimming web site at:  <a href="http://www.penndelswim.org/champ.htm">http://www.penndelswim.org/champ.htm</a></p>
<b>SAFETY:</b>	<p>Safety Marshals will be posted at different locations through out the meet area. First Aid will be located on the pool deck in the Aquatic Office. Swimmers are requested to wear sandals and towel off before traveling the corridors. No swimmers will be served in the concession area unless they are wearing a T-shirt, shorts and footwear.</p>

**Due to the use of the electronic starting system, spectators MUST refrain from using flash photography at the start of each race!**

**NO SMOKING IS ALLOWED DURING ANY CHAMPIONSHIP MEET.**

**Girls C Division Championship**  
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**Order of Events**

**Session: 1 Girls C - 8 & UNDER & 9-10**  
**Day of Meet: 1 Starts at 8:30 AM**

<b>Event #</b>	<b>Event Name</b>
1	Girls 9-10 200 Medley Relay
2	Girls 8 & Under 100 Medley Relay
3	Girls 9-10 50 Freestyle
4	Girls 8 & Under 25 Freestyle
5	Girls 9-10 100 IM
6	Girls 8 & Under 25 Butterfly
7	Girls 9-10 50 Butterfly
<b>Break: 25 Minutes for Awards Presentation</b>	
8	Girls 8 & Under 50 Freestyle
9	Girls 9-10 100 Freestyle
10	Girls 8 & Under 25 Backstroke
11	Girls 9-10 50 Backstroke
12	Girls 8 & Under 25 Breaststroke
13	Girls 9-10 50 Breaststroke
14	Girls 8 & Under 100 Freestyle Relay
15	Girls 9-10 200 Freestyle Relay

**Session: 2 Girls C – 11-12, 13-14 & 15-19**  
**Day of Meet: 1 Starts at 2:00 PM**

<b>Event #</b>	<b>Event Name</b>
16	Girls 15-19 400 Medley Relay
17	Girls 13-14 200 Medley Relay
18	Girls 11-12 200 Medley Relay
19	Girls 15-19 100 Freestyle
20	Girls 13-14 100 Freestyle
21	Girls 11-12 100 Freestyle
22	Girls 15-19 200 IM
23	Girls 13-14 200 IM
24	Girls 11-12 200 IM
25	Girls 15-19 100 Butterfly
26	Girls 13-14 100 Butterfly
27	Girls 11-12 50 Butterfly
28	Girls Open 500 Freestyle
<b>Break: 25 Minutes for Awards Presentation</b>	
29	Girls 11-12 50 Freestyle
30	Girls 13-14 50 Freestyle
31	Girls 15-19 50 Freestyle
32	Girls 11-12 200 Freestyle
33	Girls 13-14 200 Freestyle
34	Girls 15-19 200 Freestyle
35	Girls 11-12 50 Backstroke
36	Girls 13-14 100 Backstroke
37	Girls 15-19 100 Backstroke
38	Girls 11-12 50 Breaststroke
39	Girls 13-14 100 Breaststroke
40	Girls 15-19 100 Breaststroke
41	Girls 11-12 200 Freestyle Relay
42	Girls 13-14 200 Freestyle Relay
43	Girls 15-19 400 Freestyle Relay

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**Meet Summary Sheet**

Team Name: \_\_\_\_\_ Team Code: \_\_\_\_\_

Head Coach: \_\_\_\_\_ Phone #: \_\_\_\_\_

Entry Contact: \_\_\_\_\_ Phone #: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Coach's E-Mail Address: \_\_\_\_\_

**GROUP SUMMARY:**

	# of Swimmers	# of Events
<b>8 &amp; Under:</b>	_____	_____
<b>9-10:</b>	_____	_____
<b>11-12:</b>	_____	_____
<b>13-14:</b>	_____	_____
<b>15-19:</b>	_____	_____
<b>Relays:</b>	_____	_____
<b>Totals:</b>	_____	_____

**FEE SUMMARY:**

**Total # of Individual Events**      \_\_\_\_\_ x **\$2.50**      =      \_\_\_\_\_

**Total # of Relays**      \_\_\_\_\_ x **\$10.00**      =      \_\_\_\_\_

**TOTAL:**      \_\_\_\_\_

(One check payable to: **Pocono Family YMCA Swim Team**)

Team Representative: \_\_\_\_\_ Date: \_\_\_\_\_

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It is a league requirement that each participating team furnish a minimum number of their **most qualified** officials to represent them at League Championships. Each team **MUST** provide a minimum of three (3) timers and one (1) certified official for both morning and afternoon sessions. Please consider sending two (2) officials if at all possible.

**Stroke/Turn judges must possess certification as defined in the League rules and must be dressed in “whites” with patches and certification cards.** Please have all officials and timers check-in at the hospitality room upon arrival at the meet. **Mail this form to the Meet Director by the entry due date and submit with meet entries through the PennDel League Website.**

**Team/Association** \_\_\_\_\_

**Morning Session — 10 & under and 8 & under age groups:**

\*Lane Timer \_\_\_\_\_ EMail Address: \_\_\_\_\_

\*Lane Timer \_\_\_\_\_ EMail Address: \_\_\_\_\_

\*Lane Timer \_\_\_\_\_ EMail Address: \_\_\_\_\_

Lane Timer \_\_\_\_\_ EMail Address: \_\_\_\_\_

\*Stroke/Turn \_\_\_\_\_ EMail Address: \_\_\_\_\_ Cert Exp Dt: \_\_\_\_\_

Stroke/Turn \_\_\_\_\_ EMail Address: \_\_\_\_\_ Cert Exp Dt: \_\_\_\_\_

Stroke/Turn \_\_\_\_\_ EMail Address: \_\_\_\_\_ Cert Exp Dt: \_\_\_\_\_

**Afternoon Session — 12 & under, 14 & under, and 15-19 age groups:**

\*Lane Timer \_\_\_\_\_ EMail Address: \_\_\_\_\_

\*Lane Timer \_\_\_\_\_ EMail Address: \_\_\_\_\_

\*Lane Timer \_\_\_\_\_ EMail Address: \_\_\_\_\_

Lane Timer \_\_\_\_\_ EMail Address: \_\_\_\_\_

\*Stroke/Turn \_\_\_\_\_ EMail Address: \_\_\_\_\_ Cert Exp Dt: \_\_\_\_\_

Stroke/Turn \_\_\_\_\_ EMail Address: \_\_\_\_\_ Cert Exp Dt: \_\_\_\_\_

Stroke/Turn \_\_\_\_\_ EMail Address: \_\_\_\_\_ Cert Exp Dt: \_\_\_\_\_

**\* This is a required volunteer.**

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**Internal Entry Form**

Swimmer's Name \_\_\_\_\_

Please enter me in (Circle no more than three)

<b>8&amp;U</b>	25 Free	25 Fly	50 Free	25 Back	25 Breast			
<b>9-10</b>	50 Free	100 IM	50 Fly	100 Free	50 Back	50 Breast		
<b>11-12</b>	100 Free	200 IM	50 Fly	50 Free	200 Free	50 Back	50 Breast	
<b>13-14</b>	100 Free	200 IM	100 Fly	50 Free	200 Free	100 Back	100 Breast	
<b>15-19</b>	100 Free	200 IM	100 Fly	500 Free	50 Free	200 Free	100 Back	100 Breast

Individual entries must be submitted no later than \_\_\_\_\_  
 January 27<sup>th</sup> 2010 \_\_\_\_\_.

One check per family payable to: \_\_\_\_\_ Lansdowne Marlins Swim  
 team \_\_\_\_\_.

**SHOW YOUR SUPPORT TO YOUR SWIMMER**

**Visit [www.pfyswim.org/champsads](http://www.pfyswim.org/champsads)  
 to sponsor your swimmers event(s) or place a "GOOD LUCK" Ad**

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**Driving Directions**

From Plymouth Meeting I-276-I-476 Intersection

- Take ramp onto **I-276 E** toward **PENNA TURNPIKE/NEW JERSEY (I-476 N)/ALLENTOWN (I-476 N)/NORTHEAST EXTENSION/EXITS 339-359** (Toll applies) - go **1.21.9** mikm
- Take the **NORTHEAST EXTENSION/ALLENTOWN** exit onto **I-476 N** (Toll applies) - go **75.1120.8** mikm
- Take exit **#95/POCONO/HAZLETON/MT POCONO** onto **I-80 E** (Toll applies) - go **17.628.4** mikm
- Take Left exit **#293/SCRANTON** onto **I-380 N** - go **2.64.1** mikm
- Take exit **#3/POCONO PINES/MT POCONO** - go **0.20.3** mikm
- Take Left onto Route 940.
- Go through Lights and follow 1 mile to Pocono Mountain West School Sullivan Trail Campus (Panter Drive) on Left at Pocono Mt Regional Police Barracks
- Follow to rear of school parking lot C

From Interstate 80

Follow to Exit 293 I-380 North

- Take exit **#3/POCONO PINES/MT POCONO** - go **0.20.3** mikm
- Take Left onto Route 940.
- Go through Lights and follow 1 mile to Pocono Mountain West School Sullivan Trail Campus (Panter Drive) on Left at Pocono Mt Regional Police Barracks
- Follow to rear of school parking lot C

From Allentown

Route 22 East to

Route 33 North

Follow to I-80 West to Exit 293 I-380 North

- Take exit **#3/POCONO PINES/MT POCONO** - go **0.20.3** mikm
- Take Left onto Route 940.
- Go through Lights and follow 1 mile to Pocono Mountain West School Sullivan Trail Campus (Panter Drive) on Left at Pocono Mt Regional Police Barracks
- Follow to rear of school parking lot C

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**Hotel Information**

(mention Pocono Family YMCA)

**Holiday Inn Express**

(877) 684-9381

[www.hiexpress.com](http://www.hiexpress.com)

Free Express Start Breakfast Bar. Try our award-winning cinnamon rolls.



**Comfort Inn & Suites**

800 Rt 940 Mount Pocono PA 18344 ([map](#))

(570) 839-9282

**Super 8 Motel**

I-80 W Mount Pocono, PA 18344

(570) 839-7728

**Quality Inn & Suites**

546 Pocono Blvd

Mount Pocono, PA 18344-1115 ([map](#))

(570) 839-3600

**Budget Inn & Suites**

**East Stroudsburg property with a restaurant**

☆☆☆ [Star Rating](#)

800-233-8144 [www.poconobudgetinn.com](http://www.poconobudgetinn.com)

**Hampton Inn Stroudsburg/Poconos**

114 South 8th Street, Stroudsburg, Pennsylvania, USA 18360

Tel: +1-570-424-0400 Fax: +1-570-424-4950

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PFY is offering Girls C Championship Meet T-Shirts by pre-order only. There may NOT be any extra shirts available for sale, so please make sure your team has the opportunity to purchase shirts. The Shirts are light blue and short sleeved. Shirt design can be viewed at [www.pfyswim.org](http://www.pfyswim.org) - visit meet schedule and scroll down to "Girls C Champs. Shirts will be given to your team contact upon check-in. T-Shirts cost \$15.00 each and should be paid for by check.

\*Note (Colors may vary slightly from pictures)

**Please return the form below and payment in full no later than January 31st**

Make a single check payable to: **Lansdowne YMCA Swim Team**

Payments are made at the front desk of the Y

Contact Name \_\_\_\_\_ Team \_\_\_\_\_  
 Phone Number \_\_\_\_\_ Email \_\_\_\_\_

SIZE	Quantity		Total Price
Short sleeve Youth Medium	_____	@\$15.00	\$ _____
Short sleeve Youth Large	_____	@\$15.00	\$ _____
Short sleeve Adult Small	_____	@\$15.00	\$ _____
Short sleeve Adult Medium	_____	@\$15.00	\$ _____
Short sleeve Adult Large	_____	@\$15.00	\$ _____
Short sleeve Adult XLarge	_____	@\$15.00	\$ _____
Short sleeve Adult XXLarge	_____	@\$16.00	\$ _____
		<b>TOTAL</b>	\$ _____