

**POCONO FAMILY YMCA**  
**BLUE GILLS**  
SUMMER SWIM TEAM



Dear Team Representative/Coordinator/Coach,

The Pocono Family YMCA Swim Team is pleased to host the 2023 Pocono Cup Summer Swimming Championships.

The competition is scheduled for **Sunday, July 30, 2023**, at **Stroudsburg Park Pool**.

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

Please note that all **ENTRIES** must be **RECEIVED** by **July 20, 2023**. **Unofficial Psych sheets will be posted on the league's website by Monday July 24, 2023, by 11:00pm for all teams to review. Any errors will need to be received no later than Wednesday, July 26 by 9:00am. Any changes need to be emailed to [mwolbert@poconoymca.org](mailto:mwolbert@poconoymca.org)**

**THERE WILL BE NO ADDITIONS MADE AT THE MEET.**

We look forward to seeing you on Sunday, July 30, 2023. If you have any questions, please feel free to call me.

Sonia Wolbert @ 570-856-3355 (cell), or e-mail me at [soniawolbert@gmail.com](mailto:soniawolbert@gmail.com)

Sincerely,

Sonia C. Wolbert  
Meet Director

# Pocono Cup Summer Swimming Championships

## Sunday, July 30, 2023

**Host Team:** Pocono Family YMCA Blue Gills

**Location:** Stroudsburg Park Pool

**Pool Facility:** Facility is a 6 Lane, 25-meter, Entry Depth 13 Feet, Anti-Wave Lane Lines, Colorado Timing System, Dolphin Electronic Stopwatches, Hi-Tek Software, Spectator seating is for over 300, Parking capacity well over 800, Full Featured Concessions Stand will be available. Seating for swimmers will be on the pool deck.

**Awards:**

**Individual Events**

Medals: 1<sup>st</sup> through 3<sup>rd</sup>  
Ribbons: 4<sup>th</sup> through 8<sup>th</sup>  
Heat Winner Awards:

**Relay Events**

Medals: 1<sup>st</sup> through 3<sup>rd</sup>  
Ribbons: 4<sup>th</sup> through 6<sup>th</sup>

**Session Times:**

**COMBINED Session - ALL Age Groups**  
**Warm-ups: 9:00am - meet starts: 10:30**  
**am Doors open at 8:30am for visiting**  
**teams**

Warm-up times and lane assignments will be emailed and posted on web site.

**Eligibility:**

Swimmers that have participated in at least 1 "Pocono Summer Swim League" meet with their respective league team to participate in **The Pocono Cup Summer Swim Championships**.

**Entries:**

Each swimmer is permitted to enter (**3 individual** events and **2 relays**) for a 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. Designate any additional relays as 'A', 'B', etc.

**Entry Forms:**

All entry forms are to be filled out by the coaches and should be submitted attached forms or Team Manager Lite. (*HyTek Team Manager Lite is preferred and can be downloaded here*

[https://hytek.active.com/user\\_guides\\_html/swmm8/tmliteforentries.htm](https://hytek.active.com/user_guides_html/swmm8/tmliteforentries.htm)

**ENTRIES NOT SUBMITTED USING HY-TEK TEAM MANGER. TEAM MANGER LITE OR ON PROVIDED FORMS WILL NOT BE ACCEPTED.**

**Mail Entries:** All entries must be **RECEIVED** by **Thursday July 20, 2023 at 3pm**. *No Entries will be accepted without payment for the entire amount due.*

Please email entries to [soniawolbert@gmail.com](mailto:soniawolbert@gmail.com) and mail or drop off payment to:

Sonia Wolbert  
Pocono Family YMCA Swim Team  
277 Prospect Street  
East Stroudsburg PA 18301  
ATTN: Summer Champs

[soniawolbert@gmail.com](mailto:soniawolbert@gmail.com)

**Entry Fees:**                    **\$5.00 per individual event**                    **\$12.00 per relay team**

Please make check payable to: **Pocono Family YMCA** (One check per team for all entries)

**Officials/Workers:** Each team is asked to provide a **minimum of 3 workers/timers per session**. Please use the attached Officials/Workers form for this purpose. **WE WILL NEED YOUR HELP!**

**Workers Meeting:** **9:30 AM**

**Coaches Meeting:** **9:15 AM**

**Start Time:**                    **10:30 AM**

**Refreshments:** The concession stand will be open 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.

**Admission:**                    **No Admission Fee**

**Programs:**                    \$5.00 per session paper copy or via meet mobile

**Deck Restrictions:** Only swimmers, coaches and meet workers are permitted on the pool deck.

**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 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 coach 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

***NOTICE AND COACHES REMINDER*** - You will be notified of warm-up times and lane assignments 3 days prior to the meet via email.

**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 by 11pm on Sunday, July 30

Pocono Piranhas Web Site

[pfyswim.net](http://pfyswim.net)

To access meet results on the day of the meet using your mobile device utilize meet mobile

### 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:** \_\_\_\_\_

**NAME**

Lane Timer 1<sup>st</sup> half: \_\_\_\_\_

Lane Timer 1<sup>st</sup> half: \_\_\_\_\_

Lane Timer 2<sup>nd</sup> half: \_\_\_\_\_

Lane Timer 2<sup>nd</sup> 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 \$5.00 = \$ \_\_\_\_\_

**Total Relay Entries:** \_\_\_\_\_ X \$12.00 = \$ \_\_\_\_\_

**Amount Enclosed:** \$ \_\_\_\_\_

Please make **ONE** check payable to **'Pocono Family YMCA'**

Mail to: Sonia Wolbert c/o Pocono Family YMCA (Swim Team)  
809 Main Street  
Stroudsburg, PA 18360  
570-856-3355 (cell)  
[soniawolbert@gmail.com](mailto:soniawolbert@gmail.com)

**Sunday Session, July 30, 2023 - Events List**

All entries must be submitted on official entry forms.

**COMBINED SESSIONS - WARM UP AT 9:00AM**

1	Girls	15 & over	200 Meter	Med Relay
2	Boys	15 & over	200 Meter	Med Relay
3	Girls	14 & under	200 Meter	Med Relay
4	Boys	14 & under	200 Meter	Med Relay
5	Girls	12 & under	100 Meter	Med Relay
6	Boys	12 & under	100 Meter	Med Relay
7	Girls	10 & under	100 Meter	Med Relay
8	Boys	10 & under	100 Meter	Med Relay
9	Girls	8 & under	100 Meter	Med Relay
10	Boys	8 & under	100 Meter	Med Relay
5 Min Break				
11	Girls	15 & over	100 Meter	IM
12	Boys	15 & over	100 Meter	IM
13	Girls	13-14	100 Meter	IM
14	Boys	13-14	100 Meter	IM
15	Girls	11-12	100 Meter	IM
16	Boys	11-12	100 Meter	IM
5 Min Break				
17	Girls	6 & under	25 Meter	Free
18	Boys	6 & under	25 Meter	Free
19	Girls	7-8	25 Meter	Free
20	Boys	7-8	25 Meter	Free
21	Girls	9-10	25 Meter	Free
22	Boys	9-10	25 Meter	Free
23	Girls	11-12	25 Meter	Free
24	Boys	11-12	25 Meter	Free
25	Girls	13-14	50 Meter	Free
26	Boys	13-14	50 Meter	Free
27	Girls	15 & up	50 Meter	Free
28	Boys	15 & up	50 Meter	Free
5 Min Break				
29	Girls	6 & under	25 Meter	Fly
30	Boys	6 & under	25 Meter	Fly
31	Girls	7-8	25 Meter	Fly
32	Boys	7-8	25 Meter	Fly
33	Girls	9-10	25 Meter	Fly
34	Boys	9-10	25 Meter	Fly
35	Girls	11-12	25 Meter	Fly
36	Boys	11-12	25 Meter	Fly
37	Girls	13-14	50 Meter	Fly
38	Boys	13-14	50 Meter	Fly
39	Girls	15 & up	50 Meter	Fly
40	Boys	15 & up	50 Meter	Fly
15 Min Break				

<b>Sunday Session, July 30, 2023 - Events List</b>				
All entries must be submitted on official entry forms.				
COMBINED SESSIONS - WARM UP AT 9:00AM				
41	Girls	6 & under	25 Meter	Back
42	Boys	6 & under	25 Meter	Back
43	Girls	7-8	25 Meter	Back
44	Boys	7-8	25 Meter	Back
45	Girls	9-10	25 Meter	Back
46	Boys	9-10	25 Meter	Back
47	Girls	11-12	25 Meter	Back
48	Boys	11-12	25 Meter	Back
49	Girls	13-14	50 Meter	Back
50	Boys	13-14	50 Meter	Back
51	Girls	15 & up	50 Meter	Back
52	Boys	15 & up	50 Meter	Back
5 Min Break				
53	Girls	6 & under	25 Meter	Breast
54	Boys	6 & under	25 Meter	Breast
55	Girls	7-8	25 Meter	Breast
56	Boys	7-8	25 Meter	Breast
57	Girls	9-10	25 Meter	Breast
58	Boys	9-10	25 Meter	Breast
59	Girls	11-12	25 Meter	Breast
60	Boys	11-12	25 Meter	Breast
61	Girls	13-14	50 Meter	Breast
62	Boys	13-14	50 Meter	Breast
63	Girls	15 & up	50 Meter	Breast
64	Boys	15 & up	50 Meter	Breast
5 Min Break				
65	Girls	8 & under	100 Meter	Free Relay
66	Boys	8 & under	100 Meter	Free Relay
67	Girls	10 & under	100 Meter	Free Relay
68	Boys	10 & under	100 Meter	Free Relay
69	Girls	12 & under	100 Meter	Free Relay
70	Boys	12 & under	100 Meter	Free Relay
71	Girls	14 & under	200 Meter	Free Relay
72	Boys	14 & under	200 Meter	Free Relay
73	Girls	15 & over	200 Meter	Free Relay
74	Boys	15 & over	200 Meter	Free Relay



**Pocono Cup Summer Swimming Championships**  
**SWIMMERS (13 & Up) Individual ENTRY FORMS (One Entry Sheet per Swimmer)**

Swimmers Last Name: \_\_\_\_\_ Swimmers First Name: \_\_\_\_\_  
 Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Team Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ **(REQUIRED)** Sex: \_\_\_\_\_

Girls Event #	Age	Distance	Description	Boys Event #	Entry Time in Yards
	15 & Over	100 meter	IM		
	13-14	100 meter	IM		
	15 & Over	50 meter	Freestyle		
	13-14	50 meter	Freestyle		
	15 & Over	50 meter	Butterfly		
	13-14	50 meter	Butterfly		
	15 & Over	50 meter	Backstroke		
	13-14	50 meter	Backstroke		
	15 & Over	50 meter	Breaststroke		
	13-14	50 meter	Breaststroke		

**\*If no time in the event, list NT \*\*\* Please circle the entered events \$5.00 per individual event. Entry checks should be payable to your team and one team check submitted for all entries.**

**Support Your Swimmer**  
**Promote your business.**

This is a great opportunity to show your support for your swimmers or promote your business to our many attendees!

Sponsor an event your swimmer is in \$10.

# of Events: \_\_\_\_\_ Event #: \_\_\_\_\_ # \_\_\_\_\_ # \_\_\_\_\_

Comment: \_\_\_\_\_

Swimmer Ad \$20 ¼ page

Wish your swimmer good luck, tell them how proud you are!

Business Ad: Promote your business

\_\_\_\_ Business Card \$20 \_\_\_\_ 1/4 page \$30

\_\_\_\_ ½ page \$50 \_\_\_\_ Full Page \$75

*Swimmer Ads and Business Ads please provide ready advertisement in the appropriate size. Ads will be created for \$25.*

Total Enclosed: \_\_\_\_\_ payable to **Pocono Family YMCA**

**Pocono Cup Summer Swimming Championships  
SWIMMERS (12 & Under) ENTRY FORMS (One Entry Sheet per Swimmer)**

Swimmers Last Name: \_\_\_\_\_ Swimmers First Name: \_\_\_\_\_  
 Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Team Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ **(REQUIRED)** Sex: \_\_\_\_\_

Girls Event #	Age	Distance	Description	Boys Event #	Entry Time in Yards
	11-12	50 meter	Freestyle		
	9-10	25 meter	Freestyle		
	7-8	25 meter	Freestyle		
	6 & Under	25 meter	Freestyle		
	11-12	25 meter	Butterfly		
	9-10	25 meter	Butterfly		
	7-8	25 meter	Butterfly		
	6 & Under	25 meter	Butterfly		
	11-12	100 meter	IM		
	11-12	25 meter	Backstroke		
	9-10	25 meter	Backstroke		
	7-8	25 meter	Backstroke		
	6 & Under	25 meter	Backstroke		
	11-12	25 meter	Breaststroke		
	9-10	25 meter	Breaststroke		
	7-8	25 meter	Breaststroke		
	6 & Under	25 meter	Breaststroke		

**\*If no time in the event, list NT \*\*\* Please circle the entered events \$5.00 per individual event.  
 Entry checks should be payable to your team and one team check submitted for all entries.**

	<p><b>Support Your Swimmer Promote your business.</b></p> <p>This is a great opportunity to show your support for your swimmers or promote your business to our many attendees!</p> <p><input type="checkbox"/> Sponsor an event your swimmer is in \$10.                  # of Events: _____ Event #: _____ # _____ # _____                  Comment: _____</p> <p><input type="checkbox"/> Swimmer Ad \$20 ¼ page                  Wish your swimmer good luck, tell them how proud you are!</p> <p><input type="checkbox"/> Business Ad: Promote your business                  _____ Business Card \$20 _____ 1/4 page \$30                  _____ ½ page \$50 _____ Full Page \$75</p> <p><i>Swimmer Ads and Business Ads please provide ready advertisement in the appropriate size. Ads will be created for \$25.</i></p> <p>Total Enclosed: _____ payable to <b>Pocono Family YMCA</b></p>
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**Pocono Cup Summer Swimming Championships**  
**SWIMMERS (RELAYS) (13 & 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)

Girls Event #	Age	Distance	Description	Boys Event #	Entry and Relay Name
	15 & Over	200 meter	Medley Relay	2	Time: _____ : _____ Swimmer 1 _____ Swimmer 2 _____ Swimmer 3 _____ Swimmer 4 _____
	14 & Under	200 meter	Medley Relay	4	Time: _____ : _____ Swimmer 1 _____ Swimmer 2 _____ Swimmer 3 _____ Swimmer 4 _____
	15 & Over	200 meter	Freestyle Relay	26	Time: _____ : _____ Swimmer 1 _____ Swimmer 2 _____ Swimmer 3 _____ Swimmer 4 _____
	14 & Under	200 meter	Freestyle Relay	28	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 Cup Summer Swimming Championships**  
**SWIMMERS (RELAYS) (12 & 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)

<b><u>Sunday COMBINED SESSIONS - WARM UP AT 8:00AM – 12 and Under RELAYS</u></b>					
<b>Girls Event #</b>	<b>Age</b>	<b>Distance</b>	<b>Description</b>	<b>Boys Event #</b>	<b>Entry and Relay Name</b>
	12 & Under	100 meter	Medley Relay	30	Time: _____ : _____ Swimmer 1 _____ Swimmer 2 _____ Swimmer 3 _____ Swimmer 4 _____
	10 & Under	100 meter	Medley Relay	32	Time: _____ : _____ Swimmer 1 _____ Swimmer 2 _____ Swimmer 3 _____ Swimmer 4 _____
	8 & Under	100 meter	Medley Relay	34	Time: _____ : _____ Swimmer 1 _____ Swimmer 2 _____ Swimmer 3 _____ Swimmer 4 _____
	12 & Under	100 meter	Freestyle Relay	70	Time: _____ : _____ Swimmer 1 _____ Swimmer 2 _____ Swimmer 3 _____ Swimmer 4 _____
	10 & Under	100 meter	Freestyle Relay	72	Time: _____ : _____ Swimmer 1 _____ Swimmer 2 _____ Swimmer 3 _____ Swimmer 4 _____
	8 & Under	100 meter	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.**