Pocono Family YMCA - Out of Shape Meet
Sunday October 13, 2024
CLOSED INVITE MEET
USA Swimming Approval Pending
YMCA Virtual Invitational Swim Meet
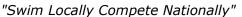*"Swim Locally Compete Nationally"*

LOCATION	**Pocono Mountain East JR High School**, Swiftwater, PA
FACILITIES	Facility is a 6 Lane, 25yard, Entry Depth 12 Feet, Anti-Wave Lane Lines, Colorado Timing System, scoreboard, **touch pads**, Dolphin Electronic Stopwatches and Paragon Starting Platforms, Hi-Tek Software, Spectator seating is for over 250, Parking capacity well over 1,000, Full Featured Concessions Stand will be available. The seating for swimmers will be on the pool deck. Pool Certification – The competition course **has not been certified** in accordance with 104.2.2C (4) of the USA Swimming Rules & Regulations, Section 202.3.5 A or B (page 57 in the 2013 Rules & Regs). The water depth at the turn end of the pool is 3 feet 6 inches.
MEET DIRECTOR	Sonia Wolbert – 570-865-3355 or mwolbert@poconoymca.org
USA APPROVAL	USA Approval # **(Pending)**. In granting this approval it is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.
ENTRIES OPEN	Sept 9th, 2024
ENTRY DEADLINE	Monday October 4, 2024, at 11:59pm
ENTRY FEES	Individual Events: $6.00, Relay Events: $12.00 Please send ONE check per club, made payable to "**Pocono Family YMCA**
SEND ENTRIES	Mail Entries to: **Pocono Family YMCA Swim Team** c/o Sonia Wolbert 277 Prospect Street East Stroudsburg, Pa 18301
ELIGIBILITY	Age groups are set by swimmer's age as of 10/13/24. Swimmers are limited to 5 Events plus 1 relay. **Times will be entered into the Annual National YMCA Virtual Invitational Swim Meet.**
DECK ENTRIES	Deck Entries will not be accepted will be accepted at this swim meet subject to space availability, and at the discretion of the Meet Director, prior to the start of each session, at the cost of $8 per event.
MISCELLANEOUS	This meet will be entirely Deck seeded. All teams and Unattached swimmers will be provided a check-in sheet for each session of the meet. Check-in sheets must be turned in to the scratch table 45 minutes before the start of the session. The meet will then be seeded, and heat sheets will be provided to each team. Each Team will receive a check-in sheet with all events listed for each session. All check-in sheets must be turned into the computer operator 45 minutes after the start of warm up. Swimmers that are being scratched should have a single line drawn through their name and events. Swimmers scratching a single event will have a line through the event name. Please use a simple line, not a scribble, so that the name can still be read. There is no penalty for swimmers that are not scratched and then do not swim their event.

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WARM UP INFORMATION	USA Swimming and Middle Atlantic Swimming Safety Guidelines and Warm-up Procedures will be in effect for the entire meet. Entry into the pool shall be from the ends, not the sides, and shall be feet first except in designated start/sprint lanes. Warm-up sessions may be divided into periods of equal length depending on the number of swimmers entered into each session. Warm-up schedules will be posted and made available to coaches at the meet. Sprint/ Start lanes will be available at the end of the warm-up period. No diving or backstroke starts will be permitted, except in sprint lanes, when designated. The referee may remove anyone from the warm-up for failure to comply with warm-up rules.
MEET/DECK REFEREE	The meet/deck referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to him/her. The meet/deck referee has final judgment for any issues that arise that day during the course of the meet.
ENTRY PROCEDURES	• The Meet Director reserves the right to limit entries, events or heats in order to conform to MA/USA Swimming rules. Swimmers/teams eliminated from the meet due to time or space constraints will be given a full refund. • Entry times must be submitted in the course in which they were achieved. Nonconforming times will be seeded according to procedures outlined in the USA Swimming Rulebook section 207.11.7B(2) . • Entries must be submitted electronically in a format compatible with Hy-Tek or Team Unify meet management software. • All entries should be submitted via e-mail, subject YOUR TEAM NAME – MEET NAME entry. Please include the following information in the body of the e-mail: Meet Name, Team Name, Number of Individual Entries, Number of Relay Entries and Team Meet Entry Person's Contact information. • Electronic entry files (TM / TU or equivalent) are required for all entries. Unattached swimmers are encouraged to use Hytek's TM LIte for entry submission. Manual (paper) entries are subject to a $15 surcharge. Teams with five or more swimmers who submit manual entries are subject to an additional $25/swimmer surcharge. These fees are due at the time of entry submission. A manual entry form can be found here. • FINAL entry payments and any necessary reports must be mailed or e-mailed to the entry chair by, October 13, 2024 (First Day of the Meet) Include Meet Entry Summary with payment.
DISABLED SWIMMERS	Swimmers with a disability are welcome to enter this meet. The coach or team entry person must alert the meet director and the meet referee as to the need for any special accommodations or seeding arrangements at the time the entry is submitted.

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PHOTOGRAPHY	**Middle Atlantic PHOTOGRAPHY/VIDEOGRAPHY STATEMENT** In compliance with USA Swimming Rules and Regulations: Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Additionally, the use of equipment capable of taking pictures or videos (i.e. cell phones, cameras, PDA's, etc) are banned from behind the starting blocks during the entire meet, including warm up, competition and warm down periods. Unless approved in advance by the MAS Board and stated in the meet announcement, photographers /videographers are not permitted on deck at any time. As an approved exception, USA Swimming-registered and credentialed coaches are permitted to utilize visual recording devices to record their swimmers in the pool for the sole purpose of stroke training subject to the location restrictions of this statement so long as they do not interfere with meet operations. In the event of any disputes regarding video recording, the Referee's decision shall be final and binding. In no case shall coaches be permitted to delegate this role to athletes.
DRONE	Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the Vice President of Program Operations of USA Swimming.
DECK CHANGING	Deck changes are prohibited
SWIMWEAR:	Swimwear must conform to USA Swimming Rule 102.8. Only swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition.
SCORING & AWARDS	Medals 1st – 3rd, Ribbons 4th – 8th All awards are by age group.
PROGRAMS & ADMISSION	Programs $3.00 Admission Free
RESULTS	Results will be posted on the Pocono Piranhas Web Site. www.pfyswim.org and emailed to team's representatives after meet.
ACCOMODATIONS	**Hampton Inn, Stroudsburg -** 570-424-0400 (5 Minutes away)

START TIMES:	**Session**	**Warm Up**	**Meet Start**
	Sunday	9:00am	10:30am

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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: _____

Girls Event #	Age	Distance		Description	Boys Event #		Entry Time in Yards
1	Open	200	Yard	Med Relay	2		
3	13-14	200	Yard	Med Relay	4		
5	11-12	200	Yard	Med Relay	6		
7	9-10	200	Yard	Med Relay	8		
9	8 & Under	100	Yard	Med Relay	10		
11	Open	100	Yard	Freestyle	12		
13	13-14	100	Yard	Freestyle	14		
15	11-12	100	Yard	Freestyle	16		
17	9-10	50	Yard	Freestyle	18		
19	7-8	25	Yard	Freestyle	20		
21	6 & Under	25	Yard	Freestyle	22		
23	Open	200	Yard	IM	24		
25	13-14	200	Yard	IM	26		
27	11-12	200	Yard	IM	28		
29	9-10	100	Yard	IM	30		
31	7-8	100	Yard	IM	32		
33	6 & Under	100	Yard	IM	34		
35	Open	100	Yard	Butterfly	36		
37	13-14	100	Yard	Butterfly	38		
39	11-12	50	Yard	Butterfly	40		
41	9-10	50	Yard	Butterfly	42		
43	7-8	25	Yard	Butterfly	44		
45	6 & Under	25	Yard	Butterfly	46		
10 Minute Break							
47	Open	50	Yard	Free	48		
49	13-14	50	Yard	Free	50		
51	11-12	50	Yard	Free	52		
53	9-10	100	Yard	Freestyle	54		
55	7-8	50	Yard	Freestyle	56		
57	6 & Under	50	Yard	Freestyle	58		
59	Open	100	Yard	Backstroke	60		

Out of Shape Meet at Pocono Mountain East JR High School. **– Sunday October 13, 2024**
Pocono Family YMCA Swim Team
Phone: 570-421-2525 ext. 126   http://pfyswim.org

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61	13-14	100	Yard	Backstroke	**62**		
63	11-12	50	Yard	Backstroke	**64**		
65	9-10	50	Yard	Backstroke	**66**		
67	7-8	25	Yard	Backstroke	**68**		
69	6 & Under	25	Yard	Backstroke	**70**		
71	Open	100	Yard	Breaststroke	**72**		
73	13-14	100	Yard	Breaststroke	**74**		
75	11-12	50	Yard	Breaststroke	**76**		
77	9-10	50	Yard	Breaststroke	**78**		
79	7-8	25	Yard	Breaststroke	**80**		
81	6 & Under	25	Yard	Breaststroke	**82**		
83	Open	200	Yard	Free Relay	**84**		
85	13-14	200	Yard	Free Relay	**86**		
87	11-12	200	Yard	Free Relay	**88**		
89	9-10	200	Yard	Free Relay	**90**		
91	8 & Under	100	Yard	Free Relay	**92**		
93	Open	1650	Yard	Free	**94**		
* If no time in the event, list NT							

$ 6.00 per individual event, $12.00 per Relay *** Please circle the entered events.

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POCONO YMCA
Piranhas
SWIMMING

SWIMMERS (RELAYS) 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
1	Open	200	Yard	Med Relay	**2**	Time: _____ : _____ Swimmer 1 _____ Swimmer 2 _____ Swimmer 3 _____ Swimmer 4
3	13-14	200	Yard	Med Relay	**4**	Time: _____ : Swimmer 1 _____ Swimmer 2 Swimmer 3 _____ Swimmer 4
5	11-12	200	Yard	Med Relay	**6**	Time: _____ : Swimmer 1 _____ Swimmer 2 _____ Swimmer 3 _____ Swimmer 4
7	9-10	200	Yard	Med Relay	**8**	Time: _____ : Swimmer 1 _____ Swimmer 2 _____ Swimmer 3 _____ Swimmer 4

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9	8 & Under	100	Yard	Med Relay	**10**	Time: _____ : _____ Swimmer 1 _____ Swimmer 2 _____ Swimmer 3 _____ Swimmer 4 _____
73	Open	200	Yard	Free Relay	**74**	Time: _____ : _____ Swimmer 1 _____ Swimmer 2 _____ Swimmer 3 _____ Swimmer 4 _____
75	13-14	200	Yard	Free Relay	**76**	Time: _____ : _____ Swimmer 1 _____ Swimmer 2 _____ Swimmer 3 _____ Swimmer 4 _____
77	11-12	200	Yard	Free Relay	**78**	Time: _____ : _____ Swimmer 1 _____ Swimmer 2 _____ Swimmer 3 _____ Swimmer 4 _____
79	9-10	200	Yard	Free Relay	**80**	Time: _____ : _____ Swimmer 1 _____ Swimmer 2 _____ Swimmer 3 _____ Swimmer 4 _____

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81	8 & Under	100	Yard	Free Relay	**82**	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

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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 $6.00 = _____

Total number of **Relay** entries: _____ x $12.00 = _____

Total Amount Included: $_____