



**Pocono Family YMCA**  
"Snow Plow" Invitational  
Sunday, February 23, 2025



<b>LOCATION</b>	<b>East Stroudsburg School District (North Campus), Bushkill Pa. Lehman Intermediate School</b>
<b>FACILITIES</b>	6 Lane, 25 yard, Entry Depth 9 Feet, Anti-Wave Lane Lines, Colorado Timing System, Touch Pads at both ends of pool. Dolphin Wireless watch system, Paragon Starting Platforms, Hi-Tek Software, Spectator seating is separate balcony seating for 500, Parking capacity well over 700, Snack Bar will be available.
<b>MEET DIRECTOR</b>	Sonia Wolbert – 570-865-3355 or <a href="mailto:soniawolbert@gmail.com">soniawolbert@gmail.com</a>
<b>ENTRIES OPEN</b>	January 5th, 2024
<b>ENTRY DEADLINE</b>	Friday January 14 <sup>th</sup> 2025 at 11:59pm
<b>ENTRY FEES</b>	Individual Events: \$7.00 Please send ONE check per club, made payable to " <b>Pocono Family YMCA</b> Swimmers are limited 4 events per session
<b>SEND ENTRIES</b>	Mail Entries to: <b>Pocono Family YMCA Swim Team</b> c/o Sonia Wolbert 274 Braeside Ave East Stroudsburg, Pa 18301
<b>ELIGIBILITY</b>	This meet is open to any YMCA swimmer. This meet will be run according to current USA Swimming rules and regulations. Swimmer's age on the first day of the meet determines age group for the entire competition.
<b>DECK ENTRIES</b>	Deck Entries will not be accepted will be accepted at the 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.
<b>MISCELLANEOUS</b>	<p>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.</p> <p>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.</p>





**Pocono Family YMCA**  
"Snow Plow" Invitational  
Sunday, February 23, 2025



<b>WARM UP INFORMATION</b>	<p>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.</p> <p>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.</p> <p>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.</p>
<b>MEET/DECK REFEREE</b>	<p>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.</p>
<b>ENTRY PROCEDURES</b>	<ul style="list-style-type: none"><li>• 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.</li><li>• 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) .</li><li>• Entries must be submitted electronically in a format compatible with Hy-Tek or Team Unify meet management software.</li><li>• 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.</li><li>• 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.</li><li>• FINAL entry payments and any necessary reports must be mailed or e-mailed to the entry chair by Saturday, October 6, 2017 (First Day of the Meet) Include Meet Entry Summary with payment.</li></ul>
<b>DISABLED SWIMMERS</b>	<p>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.</p>





**Pocono Family YMCA**  
**"Snow Plow" Invitational**  
**Sunday, February 23, 2025**



<b>PHOTOGRAPHY</b>	<p><b>Middle Atlantic PHOTOGRAPHY/VIDEOGRAPHY STATEMENT</b>          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.</p> <p>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.</p>		
<b>DRONE</b>	<p>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.</p>		
<b>DECK CHANGING</b>	<p>Deck changes are prohibited</p>		
<b>SWIMWEAR:</b>	<p>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.</p>		
<b>SCORING &amp; AWARDS</b>	<p>Medals 1<sup>st</sup> – 3<sup>rd</sup>, Ribbons 4<sup>th</sup> – 8<sup>th</sup> All awards are by age group.</p>		
<b>PROGRAMS &amp; ADMISSION</b>	<p>Programs \$3.00 Admission Free</p>		
<b>RESULTS</b>	<p>Results will be posted on the Pocono Piranhas Web Site. <a href="http://www.pfyswim.org">www.pfyswim.org</a> and emailed to team's representatives after meet.</p>		
<b>ACCOMODATIONS</b>	<p><b>Hampton Inn, Stroudsburg</b> - 570-424-0400 (5 Minutes away)</p>		
<b>START TIMES:</b>	<b>Session</b>	<b>Warm Up</b>	<b>Meet Start</b>
	Sunday AM 13 & Older	8:30am	9:30am
	Sunday 11 & Older Mid-Session	11:30am	12:00pm
	Sunday PM 12 & under	2:00pm	3:15pm





**Pocono Family YMCA**  
"Snow Plow" Invitational  
Sunday, February 23, 2025



<b>SESSION #1</b> Sunday Morning - (Warm Up 8:30am - 9:30am Start)		
<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
1	Open 100 Free	2
2	13-14 100 Free	4
5	Open 200 IM	6
7	13-14 200 IM	8
9	Open 50 Free	10
11	13-14 50 Free	12
13	13 & Up 1,000 Free (18 fastest swimmers max of 3 total heats)	14
15	Open 100 Fly	16
17	13-14 100 Fly	18
19	Open 200 Free	20
21	13-14 200 Free	22
23	Open 100 Back	24
25	13-14 100 Back	26
27	Open 100 Breast	28
29	13-14 100 Breast	30
<b>SESSION #2</b> Sunday Mid-Session - (Warm Up 11:30am - 12:00pm Start)		
<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
31	11 & Over 1,650 Free (30 fastest swimmers MAX 5 Total Heats)	32
33	11 & Over 400 IM (18 fastest swimmers MAX 3 Total Heats)	34
<b>SESSION #3</b> Sunday Afternoon - (Warm Up 2:00pm - 3:15pm Start)		
<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
35	8 & Under 50 Free	36
37	9-10 100 Free	38
39	11-12 100 Free	40
41	8 & Under 25 Fly	42
43	9-10 50 Fly	44
45	11-12 50 Fly	46
47	8 & Under 25 Free	48
49	9-10 50 Free	50
51	11-12 50 Free	52
53	9-12 500 Free (18 fastest swimmers MAX 3 Total Heats)	54
55	8 & Under 100 IM	56
57	9-10 100 IM	58
59	11-12 200 IM	60
61	8 & Under 25 Back	62
63	9-10 50 Back	64
65	11-12 50 Back	66
67	8 & Under 25 Breast	68
69	9-10 50 Breast	70
71	11-12 50 Breast	72

Snow Plow Meet at Lehman Intermediate School, Bushkill, Pa 18324; **Sunday February 23, 2025**  
**Pocono Family YMCA Swim Team** 809 Main Street Stroudsburg Pa. 18360  
Phone: 570-421-2525 ext. 0126 - Phone number day of meet 570-350-2142 or 570-856-3355  
<http://pfyswim.org>





**Pocono Family YMCA**  
"Snow Plow" Invitational  
Sunday, February 23, 2025



**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 \$7.00 = \_\_\_\_\_

Total Amount Included: \$ \_\_\_\_\_

