

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



Dear Team Representative/Coordinator/Coach,

The Pocono Family YMCA Swim Team is pleased to host the 2025 Pocono Cup Summer Swimming Championships.

The competition is scheduled for **Saturday, July 26, 2025**, 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 18, 2025**. **Unofficial Psych sheets will be posted on the league's website by Tuesday July 22, 2025, by 11:00pm for all teams to review. Any errors will need to be received no later than Thursday, July 24 by 9:00am. Any changes need to be emailed to [mwolbert@poconovmca.org](mailto:mwolbert@poconovmca.org)**

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

We look forward to seeing you on Saturday, July 26, 2025. 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

## *Saturday, July 26, 2025*

**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 with personal chairs, Parking capacity well over 800, Full Featured Concessions Stand will be available. Seating for swimmers will be on the pool deck and grassy areas.

**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: 8:30am - meet starts: 10:00**  
**am Doors open at 8:00am 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 **Friday July 18, 2025 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  
274 Breaside Ave,  
East Stroudsburg PA 18301  
ATTN: Summer Champs

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

**Entry Fees:**                      **\$7.00 per individual event**                      **\$15.00 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:** **9:00 AM**

**Coaches Meeting:** **8:45 AM**

**Start Time:**                      **10:00 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 27

Pocono Piranhas Web Site

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

**Total Relay Entries:** \_\_\_\_\_ X \$15.00 = \$ \_\_\_\_\_

**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)

**Saturday Session, July 26, 2025 - Events List**

All entries must be submitted on official entry forms.

**COMBINED SESSIONS - WARM UP AT 8:30AM**

|              |       |            |           |           |
|--------------|-------|------------|-----------|-----------|
| 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 |       |            |           |           |

**Saturday Session, July 27, 2024 - Events List**

All entries must be submitted on official entry forms.

**COMBINED SESSIONS - WARM UP AT 8:30AM**

|             |       |            |           |            |
|-------------|-------|------------|-----------|------------|
| 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 \$7.00 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 \$6.00 per individual event.**  
**Entry checks should be payable to your team and one team check submitted for all entries.**

|  |  |
|--|--|
|  | <p><b>Support Your Swimmer</b><br/> <b>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.<br/>         # of Events: _____ Event #: _____ # _____ # _____<br/>         Comment: _____</p> <p><input type="checkbox"/> Swimmer Ad \$20 ¼ page<br/>         Wish your swimmer good luck, tell them how proud you are!</p> <p><input type="checkbox"/> Business Ad: Promote your business<br/>         _____ Business Card \$20 _____ 1/4 page \$30<br/>         _____ 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> |
|--|--|

**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: _____ : _____<br>Swimmer 1 _____<br>Swimmer 2 _____<br>Swimmer 3 _____<br>Swimmer 4 _____ |
|               | 14 & Under | 200 meter | Medley Relay    | 4            | Time: _____ : _____<br>Swimmer 1 _____<br>Swimmer 2 _____<br>Swimmer 3 _____<br>Swimmer 4 _____ |
|               | 15 & Over  | 200 meter | Freestyle Relay | 26           | Time: _____ : _____<br>Swimmer 1 _____<br>Swimmer 2 _____<br>Swimmer 3 _____<br>Swimmer 4 _____ |
|               | 14 & Under | 200 meter | Freestyle Relay | 28           | Time: _____ : _____<br>Swimmer 1 _____<br>Swimmer 2 _____<br>Swimmer 3 _____<br>Swimmer 4 _____ |

\*If no time in the event, list NT

**\$ 15.00 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: _____ : _____<br>Swimmer 1 _____<br>Swimmer 2 _____<br>Swimmer 3 _____<br>Swimmer 4 _____ |
|   | 10 & Under | 100             | meter | Medley Relay       | 32                  | Time: _____ : _____<br>Swimmer 1 _____<br>Swimmer 2 _____<br>Swimmer 3 _____<br>Swimmer 4 _____ |
|   | 8 & Under  | 100             | meter | Medley Relay       | 34                  | Time: _____ : _____<br>Swimmer 1 _____<br>Swimmer 2 _____<br>Swimmer 3 _____<br>Swimmer 4 _____ |
|   | 12 & Under | 100             | meter | Freestyle Relay    | 70                  | Time: _____ : _____<br>Swimmer 1 _____<br>Swimmer 2 _____<br>Swimmer 3 _____<br>Swimmer 4 _____ |
|   | 10 & Under | 100             | meter | Freestyle Relay    | 72                  | Time: _____ : _____<br>Swimmer 1 _____<br>Swimmer 2 _____<br>Swimmer 3 _____<br>Swimmer 4 _____ |
|   | 8 & Under  | 100             | meter | Freestyle Relay    | 74                  | Time: _____ : _____<br>Swimmer 1 _____<br>Swimmer 2 _____<br>Swimmer 3 _____<br>Swimmer 4 _____ |

\*If no time in the event, list NT

**\$ 15.00 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.**