Pocono Family YMCA
Gobble-Gobble Invitational
USA Swimming Approval **(PENDING)**
Sunday, November 15th, 2026

LOCATION	**Lehman Intermediate School**, Bushkill, PA
FACILITIES	Facility is a 6 Lane, 25yard, Entry Depth 12 Feet, Anti-Wave Lane Lines, Colorado 7.0 Timing System, scoreboard, **touch pads**, Dolphin Electronic Stopwatches and Paragon Starting Platforms, Hi-Tek Software, Spectator seating is for over 750, Parking capacity well over 1,000, Full Featured Concessions Stand will be available. The seating for swimmers will be on the pool deck.
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	August 25, 2026
ENTRY DEADLINE	Monday Nov 2, 2026, at 11:59pm
ENTRY FEES	Individual Events: $7.00, 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 274 Braeside Ave East Stroudsburg, Pa 18301
ELIGIBILITY	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.
DECK ENTRIES	Deck Entries will not be accepted will be accepted at this 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 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
CONDUCT AND RESTRICTIONS:	The Meet Referee reserves the right to dismiss any swimmer, coach and/or spectator from the competition due to inappropriate conduct. The following Conduct Rules shall apply: • Deck access is limited to only registered and approved coaches, swimmers, and working officials. • Deck changes are prohibited. Except where the venue facilities require otherwise, changing, into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. The USA Swimming Rulebook defines Deck Change as: Changing, in whole or in part, into or out of a swimsuit (excluding a drag suit) in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes while at a practice, competition, or other pool-related activity." This includes slipping off the top of a one-piece performance suit to place on an alternate bikini top immediately following a race. • 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. • Glass, Food, and Chairs are not permitted on deck. Coaches may bring a folding chair for seating on pool deck. • The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. • Photographs are not allowed to be taken behind the block anytime that swimmers are present. • Massage tables are not permitted. • Individuals are responsible for the security of their personal belongings and are encouraged not to bring valuables to the meet venue and not to leave items unattended. • Swimmers are not permitted in the spectator stands. • Shaving is not permitted in any areas of the facility. • "USA Swimming & Middle Atlantic 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."
MEDICAL SUPERVISION AVAILABLE	lifeguards, an AED and first aid supplies

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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'S 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 Saturday, October 6, 2017 (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.
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 (25 Minutes away)

START TIMES:

Session	Warm Up	Meet Start
Sunday AM All Ages	8:30am	10:00am
Sunday 11 & Older	TBA	TBA

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SESSION #1 Sunday Morning - (Warm Up 8:30am - 10:00am Start)		
GIRLS	**EVENT**	**BOYS**
1	Open 100 Free	2
2	13-14 100 Free	4
5	11-12 100 Free	6
7	9-10 100 Fee	8
9	8 & Under	10
11	Open 200 IM	12
13	13-14 200 IM	14
15	11-12 200 IM	16
17	9-10 100 IM	18
19	8 & Under 100 IM	20
21	Open 50 Free	22
23	13-14 50 Free	24
25	11-12 50 Free	26
27	9-10 50 Free	28
29	8 & Under 25 Free	30
31	Open 200 Fly	32
33	13-14 200 Fly	34
35	11-12 100 Fly	36
37	9-10 100 Fly	38
39	8 & Under 25 Fly	40
41	Open 200 Free	42
43	13-14 200 Free	44
45	Open 200 Back	46
47	13-14 200 Back	48
49	11-12 100 Back	50
51	9-10 100 Back	52
53	8 & Under 25 Back	54
55	Open 200 Breast	56
57	13-14 200 Breast	58
59	11-12 100 Breast	60
61	9-10 100 Breast	62
63	8 & Under 25 Breast	64
20 Min Break & Warm Up		
65	11 & Up 1,650 Free	66
67	11 & Up 400 IM	68

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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 $7.00 = _____

Total Amount Included: $_____