

POCONO FAMILY YMCA
BLUE GILLS
SUMMER SWIM TEAM



Dear Team Representative/Coordinator/Coach,

The Pocono Family YMCA Swim Team is pleased to host the 2019 Pocono Cup Summer Swimming Reginal Championships.

The competition is scheduled for **Saturday, July 27, 2017** at **Lehman Intermediate School, Bushkill, PA.**

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

Please follow all instructions explicitly so that your entries are properly filled out and returned by the due date so that your swimmers' opportunity to compete in the league championships is not jeopardized.

Please note that all **ENTRIES must be RECEIVED by July 22, 2019. Unofficial Psych sheets will be posted on the leagues website by Wednesday July 24, 2019 by 11:00pm for all teams to review. Any errors will need to be received no later than Thursday July 25, by 6:00pm. Any changes need to be emailed to sonia@pfyswim.org**

THERE WILL BE NO ADDITIONS MADE AT THE MEET.

We look forward to seeing you on Saturday, July 27, 2019. If you have any questions, please feel free to call me. Sonia

Wolbert @ 570-856-3355 (cell), or e-mail me at sonia@pfyswim.org or mikewolbert@gmail.com

Sincerely,

Sonia C. Wolbert
Meet Director

Pocono Cup Summer Swimming Championships

Saturday, July 28, 2018

Host Team: Pocono Family YMCA Blue Gills
Location: Lehman Intermediate School, Bushkill, PA

Pool Facility: Lehman Intermediate School facility is a 6 Lane, 25-yard, Entry Depth 9 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 500, Parking capacity well over 800, Full Featured Concessions Stand will be available. Seating for swimmers will be on the pool deck.

<u>Awards:</u>	<u>Individual Events</u>	<u>Relay Events</u>
	Medals: 1 st through 3 th	Medals: 1 st through 3 th
	Ribbons: 4 th through 8 th	Ribbons: 4 th through 6 th
	Heat Winner Awards:	

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

Warm-up times and lane assignments will be posted on the www.poconoswim.org web site and the www.poconocup.org web site.

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

Entries: Each swimmer is permitted to enter (**3 individual** events and **2 relay**) 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 using the enclosed entry forms. All Entry times **must** be in Yard Times. If you need times converted from meters to yards go to the following web link:
<http://www.pfyswim.org/meets/convert.php>

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 **July 22, 2019**. No Entries will be accepted without payment for the entire amount due.

Please send or drop off entries to:

Sonia Wolbert
Pocono Family YMCA Swim Team
809 Main Street,
Stroudsburg, PA 18360
sonia@pfyswim.org or mikewolbert@gmail.com

Entry Fees: \$4.00 per individual event \$12.00 per relay team

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: 9:30 AM

Refreshments: The PFY Swim Team Parents Group will host an extensive concession stand 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.

Vendor: We will have a vendor selling healthy shakes and vitamins.

Admission: No Admission Fee

Programs: \$4.00 per session

Deck Restrictions: Only swimmers, coaches and meet workers are permitted on the pool deck. For the safety of the swimmers, **NO SWIMMER IS PERMITTED IN THE STANDS.**

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. **SWIMMERS WILL BE ON THE POOL DECK.**

NOTICE AND COACHES REMINDER - You will be notified of warm-up times and lane assignments 3 – 4 days prior to the meet and they will be posted on the league web site.

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 and on the Pocono Summer Swim League Web Site by 10:00pm Saturday July 27, 2017

Pocono Piranhas Web Site: <http://pfyswim.org>

Pocono Summer Swim League Web Site: <http://poconoswim.org>

Pocono Cup Web Site <http://poconocup.org>

To access meet results on the day of the meet using your mobile device go to the below QR Code



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 1st half: _____

Lane Timer 1st half: _____

Lane Timer 2nd half: _____

Lane Timer 2nd 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: _____

Coach: _____ Phone: _____

E-mail Address: _____

Team Fees:

Total Individual Entries: _____ X \$4.00 = \$ _____

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)
sonia@pfyswim.org or mikewolbert@gmail.com

Saturday Morning Session, July 27, 2019 - Events List All entries must be submitted on official entry forms				
1	Girls	15 & Over 200 Med Relay	Boys	2
3	Girls	14 & Under 200 Med Relay	Boys	4
5	Girls	12 & Under 100 Med Relay	Boys	6
7	Girls	10 & Under 100 Med Relay	Boys	8
9	Girls	8 & Under 100 Med Relay	Boys	10
11	Girls	15 & Over 100 IM	Boys	12
13	Girls	14 & Under 100 IM	Boys	14
15	Girls	12 & Under 100 IM	Boys	16
17	Girls	6 & Under 25 Free	Boys	18
19	Girls	8 & Under 25 Free	Boys	20
21	Girls	9-10 25 Free	Boys	22
23	Girls	11-12 50 Free	Boys	24
25	Girls	13-14 50 Free	Boys	26
27	Girls	15 & Over 50 Free	Boys	28
28B - MIXED COACH 25 FREE				
29	Girls	6 & Under 25 Fly	Boys	30
31	Girls	8 & Under 25 Fly	Boys	32
33	Girls	9-10 25 Fly	Boys	34
35	Girls	11-12 25 Fly	Boys	36
37	Girls	13-14 50 Fly	Boys	38
39	Girls	15 & Over 50 Fly	Boys	40
41	Girls	6 & Under 25 Back	Boys	42
43	Girls	8 & Under 25 Back	Boys	44
45	Girls	9-10 25 Back	Boys	46
47	Girls	11-12 50 Back	Boys	48
49	Girls	13-14 50 Back	Boys	50
51	Girls	15 & Over 50 Back	Boys	52
53	Girls	6 & Under 25 Breast	Boys	54
55	Girls	8 & Under 25 Breast	Boys	56
57	Girls	9-10 25 Breast	Boys	58
59	Girls	11-12 25 Breast	Boys	60
61	Girls	13-14 50 Breast	Boys	62
63	Girls	15 & Over 50 Breast	Boys	64
65	Girls	8 & Under 100 Free Relay	Boys	66
67	Girls	10 & Under 100 Free Relay	Boys	68
69	Girls	12 & Under 100 Free Relay	Boys	70
71	Girls	13-14 200 Free Relay	Boys	72
73	Girls	15 & Over 200 Free Relay	Boys	74
75B - 100 MIXED COACH RELAY				

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 Yard	IM		
	13-14	100 Yard	IM		
	15 & Over	50 Yard	Freestyle		
	13-14	50 Yard	Freestyle		
	15 & Over	50 Yard	Butterfly		
	13-14	50 Yard	Butterfly		
	15 & Over	50 Yard	Backstroke		
	13-14	50 Yard	Backstroke		
	15 & Over	50 Yard	Breaststroke		
	13-14	50 Yard	Breaststroke		

*If no time in the event, list NT *** Please circle the entered events \$4.00 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**

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	Yard Freestyle		
	9-10	25	Yard Freestyle		
	7-8	25	Yard Freestyle		
	6 & Under	25	Yard Freestyle		
	11-12	25	Yard Butterfly		
	9-10	25	Yard Butterfly		
	7-8	25	Yard Butterfly		
	6 & Under	25	Yard Butterfly		
	11-12	100	Yard IM		
	11-12	25	Yard Backstroke		
	9-10	25	Yard Backstroke		
	7-8	25	Yard Backstroke		
	6 & Under	25	Yard Backstroke		
	11-12	25	Yard Breaststroke		
	9-10	25	Yard Breaststroke		
	7-8	25	Yard Breaststroke		
	6 & Under	25	Yard Breaststroke		

***If no time in the event, list NT *** Please circle the entered events \$4.00 per individual event.
 Entry checks should be payable to your team and one team check submitted for all entries**

	<p align="center">Support Your Swimmer Promote your business</p> <p align="center">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 #: _____ # _____ # _____</p> <p>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 align="center"><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 Pocono Family YMCA</p>
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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
1	15 & Over	200	Yard	Medley Relay	2	Time: _____ : _____ Swimmer 1 _____ Swimmer 2 _____ Swimmer 3 _____ Swimmer 4 _____
3	14 & Under	200	Yard	Medley Relay	4	Time: _____ : _____ Swimmer 1 _____ Swimmer 2 _____ Swimmer 3 _____ Swimmer 4 _____
25	15 & Over	200	Yard	Freestyle Relay	26	Time: _____ : _____ Swimmer 1 _____ Swimmer 2 _____ Swimmer 3 _____ Swimmer 4 _____
27	14 & Under	200	Yard	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.

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)

Girls Event #	Age	Distance		Description	Boys Event #	Entry and Relay Name
29	12 & Under	100	Yard	Medley Relay	30	Time: _____ : _____ Swimmer 1 _____ Swimmer 2 _____ Swimmer 3 _____ Swimmer 4 _____
31	10 & Under	100	Yard	Medley Relay	32	Time: _____ : _____ Swimmer 1 _____ Swimmer 2 _____ Swimmer 3 _____ Swimmer 4 _____
33	8 & Under	100	Yard	Medley Relay	34	Time: _____ : _____ Swimmer 1 _____ Swimmer 2 _____ Swimmer 3 _____ Swimmer 4 _____
69	12 & Under	100	Yard	Freestyle Relay	70	Time: _____ : _____ Swimmer 1 _____ Swimmer 2 _____ Swimmer 3 _____ Swimmer 4 _____
71	10 & Under	100	Yard	Freestyle Relay	72	Time: _____ : _____ Swimmer 1 _____ Swimmer 2 _____ Swimmer 3 _____ Swimmer 4 _____
73	8 & Under	100	Yard	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.