

**Monroe Division Boy/Girl Championships**  
 Hosted by  
**Greater Scranton YMCA**  
**Sunday, February 19, 2012**

<b>LOCATION:</b>	<b>Marywood University, Robert J. Mellow Center</b> <b>2300 Adams Ave</b> <b>Dunmore, Pa 18509</b> The following phone number is available for emergency use during the meet. Facility Phone#: 570-961-4724
<b>FACILITY:</b>	This meet will be run in a 8 lane, 25-yard indoor pool with competition gutters, fully automatic timing system, semi-automatic for 25-yard events. The facility is equipped with non-turbulent lane lines, Colorado Time Systems' System 6 Sports Timer, Colorado touch pads and 8-line Colorado Scoreboard. Seating for swimmers is on deck and balcony seating is available for spectators. Due to the limited seating space we ask that only the adults assigned to marshalling the team and coaches sit on deck with your team. Free parking is available directly behind the Mellow Center. <b>No Smoking is allowed during any Penn-Del League Championship Meet.</b>
<b>MEET DIRECTOR:</b>	Diana Dempsey, 570-342-8115, ddempsey@greaterscrantonymca.org
<b>START TIMES:</b>	<b>Warm-up: 7:00 AM; 12:30 PM (Times will be confirmed 1 Week Prior)</b> <b>Meet Start: 8:30 AM; 2:00 PM</b>
<b>MEETING TIMES:</b>	<b>Coach's Meeting: 7:30 AM; 1:00 PM</b> <b>Officials Meeting: 7:45 AM; 1:15 PM</b> <b>Timers Meeting: 8:00 AM; 1:30 PM</b>
<b>WARM-UP:</b>	The warm-up sessions will be divided into periods of equal length depending on the number of swimmers entered. Warm-up schedules will be posted on the Penn-Del web site Monday prior to the meet and will be made available to the coaches at the meet. Warm-up times may need to be adjusted based on actual attendance. Sprint/Start lanes will be available at the end of each warm-up session. 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.
<b>RULES:</b>	This meet will be run according to USA Swimming and Penn-Del Swim League rules and regulations. All events are Pre-Seeded, Timed Finals. Coaches <b>MUST</b> attend the coaches meeting.
<b>ELIGIBILITY:</b>	This meet is open to any swimmer that is currently on their teams' active roster and has swum in at least two (2) league dual meets. Swimmers will compete in age groups based on their age as of December 1 <sup>st</sup> , 2011 as rostered for the dual meet season. Swimmers must compete in their own age group, except for the Open 500 Freestyle and the Open Age Group Relays.
<b>ENTRIES:</b>	Swimmers may enter up to three (3) individual events and two (2) relays for a maximum of five (5) events. <b>No Deck Entries Will Be Permitted.</b>
<b>ENTRY FEES:</b>	Entry fees are \$3.00 per event for individual events and \$12.00 for relays. <b>Please send one check per club, payable to: "Greater Scranton YMCA".</b> Entries will <b>NOT</b> be accepted without full payment and Meet Volunteer Sign-UP Sheet.
<b>HOW TO ENTER:</b>	All Events are Pre-Seeded, Timed Final Events. Entries must be submitted using the Championship Entry Link found on the Penn-Del Swimming League Website. Entries must be submitted in the course in which they were achieved. The PennDel League will convert all times to yards for seeding. All times submitted must be the swimmer's best time. Entries must be submitted using HY-TEK software format. Entry Fees MUST be postmarked by: <u>Thursday, February 9, 2012.</u> <b>PLEASE CHECK THE ONLINE MEET ENTRY SYSTEM FOR YOUR ENTRY CONFIRMATION. YOU WILL NOT RECEIVE AN EMAIL CONFIRMING YOUR ENTRIES. THE MEET VOLUNTEER SUMMARY SHEET MUST BE EMAILED TO THE MEET DIRECTOR BY THE ENTRY DEADLINE.</b>

<b>SEND TO:</b>	<p><b>Entries MUST be submitted through the Penn-Del Swimming League Website.</b>  Mail check, to the host club at the below address. E-mail the meet volunteer list to the Meet Director at: <a href="mailto:ddempsey@greaterscrantonymca.org">ddempsey@greaterscrantonymca.org</a>.  <b>Greater Scranton YMCA</b>  <b>Attention: Diana Dempsey</b>  <b>706 N. Blakely Street</b>  <b>Dunmore, PA. 18512</b>  <b>All requested information must be postmarked by the entry due date.</b></p>
<b>DECK ACCESS:</b>	<p>Deck Access will be limited to swimmers, coaches, officials and meet workers.  Deck Passes will be issued to gain access to the deck.</p>
<b>AWARDS:</b>	<p>Medals are awarded for 1<sup>st</sup>-6<sup>th</sup> place in individual events and 1<sup>st</sup>-3<sup>rd</sup> place in relays. Ribbons are awarded for 7<sup>th</sup>-18<sup>th</sup> place in individual events and 4<sup>th</sup>-9<sup>th</sup> place in relays. League Record Holder patches to be given to any swimmer setting a new Championship Record.  <b>High Point Trophy will be awarded to the Team finishing in First Place.</b></p>
<b>ADMISSIONS:</b>	<p>Admissions is \$3.00/day Programs available for \$4.00/session</p>
<b>SPECTATORS:</b>	<p>Balcony seating is available for approximately 200 spectators.  <b>No swimmers are allowed in the balcony area for safety reasons.</b></p>
<b>VOLUNTEERS:</b>	<p>A minimum of three (3) timers and one (1) official <b>MUST</b> be provided from each team (not each club) per session, at the time team entries are submitted. Additional volunteers are welcome. Be sure to include your email address on the Meet Volunteer Sheet along with certification expiration date, if applicable. We will have a hospitality room to provide refreshments for all volunteers during the meet. Volunteers and officials will also receive free admission and a heat sheet.  <b>Meet Volunteer list MUST be emailed to the meet director by the Entry Due Date.</b></p>
<b>T-SHIRTS:</b>	<p>T-Shirts must be pre-ordered at a cost of \$15.00 per shirt.  <b>T-Shirt orders are due by 6:00pm on Wednesday, February 1, 2012.</b></p>
<b>REFRESHMENTS:</b>	<p>Food and Drinks will be on sale throughout the meet. NO FOOD will be allowed on the pool deck or in the balcony. There will also be a swim shop on-site during the meet.</p>
<b>EMAIL LIST</b>	<p>Be sure and include your coach's email address and volunteer's email address on the Volunteer Summary Sheet. An E-Mail list will be created to ensure that you get any updates, corrections, changes, or announcements that might occur prior to the meet start date.</p>
<b>WEB SITE:</b>	<p>For more information, please visit the Penn-Del Swimming web site at:  <a href="http://www.pennndelswim.org/">http://www.pennndelswim.org/</a></p>
<b>SAFETY:</b>	<p>Safety Marshals will be posted at different locations through out the meet area. First Aid will be located on the pool deck in the Aquatic Office. Swimmers are requested to wear sandals and towel off before traveling the corridors. No swimmers will be served in the concession area unless they are wearing a T-shirt, shorts and footwear.</p>

**Due to the use of the electronic starting system, spectators MUST refrain from using flash photography at the start of each race!**

**NO SMOKING IS ALLOWED DURING ANY CHAMPIONSHIP MEET.**

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**Sunday, Feb. 19th, 2012**  
**Order of Events**

**Session: 1 Girls and Boys - 8 & UNDER & 9-10**  
**Day of Meet: 1 Starts at 8:30 AM**

<b>Event #</b>	<b>Event Name</b>	<b>Event #</b>	<b>Event Name</b>
1	Girls 9-10 200 Medley Relay	2	Boys 9-10 200 Medley Relay
3	Girls 8 & Under 100 Medley Relay	4	Boys 8 & Under 100 Medley Relay
5	Girls 9-10 50 Freestyle	6	Boys 9-10 50 Freestyle
7	Girls 8 & Under 25 Freestyle	8	Boys 8 & Under 25 Freestyle
9	Girls 9-10 100 IM	10	Boys 9-10 100 IM
11	Girls 8 & Under 25 Butterfly	12	Boys 8 & Under 25 Butterfly
13	Girls 9-10 50 Butterfly	14	Boys 9-10 50 Butterfly
<b>Break: 20 Minutes for Awards Presentation</b>		<b>Break: 20 Minutes for Awards Presentation</b>	
15	Girls 8 & Under 50 Freestyle	16	Boys 8 & Under 50 Freestyle
17	Girls 9-10 100 Freestyle	18	Boys 9-10 100 Freestyle
19	Girls 8 & Under 25 Backstroke	20	Boys 8 & Under 25 Backstroke
21	Girls 9-10 50 Backstroke	22	Boys 9-10 50 Backstroke
23	Girls 8 & Under 25 Breaststroke	24	Boys 8 & Under 25 Breaststroke
25	Girls 9-10 50 Breaststroke	26	Boys 9-10 50 Breaststroke
27	Girls 8 & Under 100 Freestyle Relay	28	Boys 8 & Under 100 Freestyle Relay
29	Girls 9-10 200 Freestyle Relay	30	Boys 9-10 200 Freestyle Relay

**Session: 2 Girls and Boys – 11-12, 13-14 & 15-19**  
**Day of Meet: 1 Starts at 2:00 PM**

<b>Event #</b>	<b>Event Name</b>	<b>Event #</b>	<b>Event Name</b>
31	Girls 15-19 200 Medley Relay	32	Boys 15-19 200 Medley Relay
33	Girls 13-14 200 Medley Relay	34	Boys 13-14 200 Medley Relay
35	Girls 11-12 200 Medley Relay	36	Boys 11-12 200 Medley Relay
37	Girls 15-19 100 Freestyle	38	Boys 15-19 100 Freestyle
39	Girls 13-14 100 Freestyle	40	Boys 13-14 100 Freestyle
41	Girls 11-12 100 Freestyle	42	Boys 11-12 100 Freestyle
43	Girls 15-19 200 IM	44	Boys 15-19 200 IM
45	Girls 13-14 200 IM	46	Boys 13-14 200 IM
47	Girls 11-12 200 IM	48	Boys 11-12 200 IM
49	Girls 15-19 100 Butterfly	50	Boys 15-19 100 Butterfly
51	Girls 13-14 100 Butterfly	52	Boys 13-14 100 Butterfly
53	Girls 11-12 50 Butterfly	54	Boys 11-12 50 Butterfly
55	Girls Open 500 Freestyle	56	Boys Open 500 Freestyle
<b>Break: 20 Minutes for Awards Presentation</b>		<b>Break: 20 Minutes for Awards Presentation</b>	
57	Girls 11-12 50 Freestyle	58	Boys 11-12 50 Freestyle
59	Girls 13-14 50 Freestyle	60	Boys 13-14 50 Freestyle
61	Girls 15-19 50 Freestyle	62	Boys 15-19 50 Freestyle
63	Girls 11-12 200 Freestyle	64	Boys 11-12 200 Freestyle
65	Girls 13-14 200 Freestyle	66	Boys 13-14 200 Freestyle
67	Girls 15-19 200 Freestyle	68	Boys 15-19 200 Freestyle
69	Girls 11-12 50 Backstroke	70	Boys 11-12 50 Backstroke
71	Girls 13-14 100 Backstroke	72	Boys 13-14 100 Backstroke
73	Girls 15-19 100 Backstroke	74	Boys 15-19 100 Backstroke
75	Girls 11-12 50 Breaststroke	76	Boys 11-12 50 Breaststroke
77	Girls 13-14 100 Breaststroke	78	Boys 13-14 100 Breaststroke
79	Girls 15-19 100 Breaststroke	80	Boys 15-19 100 Breaststroke
81	Girls 11-12 200 Freestyle Relay	82	Boys 11-12 200 Freestyle Relay
83	Girls 13-14 200 Freestyle Relay	84	Boys 13-14 200 Freestyle Relay
85	Girls 15-19 200 Freestyle Relay	86	Boys 15-19 200 Freestyle Relay

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**Driving Directions**

Marywood is located in Scranton, Pennsylvania. The campus is 120 miles west of New York City, 115 miles north of Philadelphia, and 60 miles south of Binghamton. It is easily accessible by car, bus, and air.

**FOR A CAMPUS MAP:** <http://www.marywood.edu/global/docs/MarywoodMap.pdf> THE MELLOW CENTER IS BUILDING #18 ON THE CAMPUS MAP.

### By Car

**GPS Coords: N 41.43320 W 75.63088**

**Address:** 2300 Adams Avenue, Scranton, 18509

#### **From Philadelphia**

Proceed north on the northeast extension of the Pennsylvania Turnpike to exit 115 (old exit 37). Proceed then to U.S. Interstate 81, head north, and exit at 188 (old exit 55). [Then](#) ...

#### **From Baltimore and Other Points South**

Proceed north to Harrisburg and onto U.S. Interstate 81. Proceed north on I-81, and exit at 188 (old exit 55). [Then](#) ...

#### **From the West**

Proceed east on U.S. Interstate 80. At intersection with U.S. Interstate 81, proceed north, and exit at 188 (old exit 55). [Then](#) ...

#### **From the East**

Proceed west on U.S. Interstate 80 or U.S. Interstate 84. At intersection with U.S. Interstate 380, proceed west on I-380. At intersection with U.S. Interstate 81, proceed north, and exit at 188 (old exit 55). [Then](#) ...

#### **From the North**

Proceed south on U.S. Interstate 81, and exit at 188 (old exit 55).

#### **... Then ...**

From U.S. Interstate 81, Exit 188 (old exit 55), follow directional signs at the end of the exit ramp toward Dunmore. (If you are traveling north on 81, make a left at the light at the O'Neill Highway, which becomes Blakely Street.) Follow Blakely Street to traffic light at Drinker Street. Turn right onto Drinker Street which merges with Electric Street. Proceed to second traffic light. At this intersection, turn right onto North Washington Avenue, and proceed four blocks. At third stop sign on North Washington, turn right onto Seminary Street. Proceed up the hill 1 block. Turn left on Adams Ave. Proceed 1 block. Turn right onto University Drive. Proceed up the hill. The Mellow Center will be on the Right. Turn left on Foster Lane to enter the Parking Lot behind the Mellow Center. If the lot is full, parking is also available in the Morgan Road Parking Lot. i

### By Bus

Scranton is served by the Greyhound and Trailways Bus Lines. The campus is approximately two miles from the bus terminal. City buses and taxis provide service to the campus.

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**Hotel Information**

**Sleep Inn**

102 Monahan Ave, Dunmore, PA 18512  
Phone: 570-961-1116 Fax: 570-961-1117  
[www.sleepinn.com](http://www.sleepinn.com)

Check in: 3 pm Check out: 11 am  
Hotel is 2-3 miles from pool.

The Sleep Inn & Suites® Scranton Dunmore is ideally located near the intersection of Interstate 81, Interstate 84 and Interstate 380. This Dunmore, PA hotel is easily accessible to virtually every local attraction, including the Mount Airy Casino, PNC Field, Mohegan Sun Arena at Casey Plaza, Steamtown National Historic Site and the Mohegan Sun at Pocono Downs, featuring live harness racing. The Wilkes-Barre / Scranton International Airport is nine miles from the hotel. The hotel is minutes from the Scranton business district, a host of tourist attractions, and a number of area colleges and universities including Marywood University, University of Scranton and Penn State Worthington Scranton. Several shops and a variety of restaurants are located in the surrounding area.

The hotel includes 77 rooms, non-smoking room are available. Each room includes high-speed internet access, large-screen tv with HBO and a coffee maker. Some rooms have refrigerators and microwaves. In addition the hotel offers free deluxe breakfast with waffles, free local calls & free weekday newspaper, an indoor heated pool and hot tub and a gameroom. This hotel is pet-friendly, at an additional fee.

**Hampton Inn Scranton at Montage Mountain**

22 Montage Mountain Road, Scranton, PA 18507  
Phone: 570-342-7002 Fax: 570-342-7012  
[www.hamptoninn.hilton.com](http://www.hamptoninn.hilton.com)

Check in: 3 pm Check out: Noon  
Use 77 Montage Mountain Road for your GPS address.  
Hotel is 7-8 miles from pool.

The hotel is located from I-81: Exit 182 and 182-A, Montage Mt. Rd, directly off exit. From PA. turnpike: Take 476 N.E. Extension, To Exit 115, Wyoming Valley Exit to I-81N, Exit 182. Off the exit go left at the light (Montage Mtn. Rd.) and stay in the right lane. At the light at the top of the hill (Davis St.), go right. Then make a quick left into our driveway. From I-80W: Take I-380W to I-81S, Exit 182-A. At the first light, go straight and make a quick left into our driveway. From I-80E: Take I-81N to Exit 182. Off the exit go left at the light (Montage Mtn. Rd.) and stay in the right lane. At the light at the top of the hill (Davis St.), go right. Then make a quick left into our driveway.. From I-84W: take I-380W to I-81S, Exit 182-A. At the first light, go straight and make a quick left into our driveway.

The hotel has 129 rooms. Each includes free high-speed internet access, cable TV and premium channels, a coffee maker and all rooms are smoke free. The hotel also offers an ATM, room service, complimentary breakfast, coin laundry, a business center, a fitness room, walking track and pool. Pets are not allowed.

**Clarion Hotel**

300 Meadow Ave., Scranton, PA 18505  
Phone: 570-344-9811 Fax: 570-344-7799  
[www.clarionhotel.com](http://www.clarionhotel.com)

Check in: 3 pm Check out: 11 am  
Hotel is 4-5miles from pool

The hotel is located from I-84. merge onto I-81 South, take Exit 184 and turn onto Meadow Avenue. From I-80, merge onto I-380 North to Scranton, follow to I-81 South to Exit 184, turn onto Meadow Avenue. From I-476, take Scranton/Pittston Exit, merge onto I-81 North, follow to Exit 184, turn onto Meadow Avenue.

The hotel has 135 rooms. There is an onsite restaurant, free hot breakfast, wireless internet, free newspaper, game room, exercise room, indoor pool & hot tub, copy & fax services and each room has a refrigerator, microwave and a coffee maker. This hotel is pet friendly, for an additional fee.

# Monroe Division Boy/Girl Championship

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## **Pre-Order Monroe Division Championship Meet T-Shirt Form Orders Due Wednesday, February 1<sup>st</sup>, 2012**

GSY is offering Monroe Division Boy/Girl Championship Meet T-Shirts by pre-order only. There will NOT be any extra shirts available for sale, so please make sure your team has the opportunity to purchase shirts. The Shirts are short sleeved. The Shirts will have the design shown below on the front left chest and also on the back of the shirt. The shirts are White in color. The design will be in the colors shown below Shirts will be given to your team contact upon check-in.

T-Shirts cost \$15.00 each and should be paid for by check.

\*Note (Colors may vary slightly from pictures)



There will be a design on the back of the shirt and also on the front left breast.

**Please return the form below and payment in full no later than February 1<sup>st</sup>, 2012**

Make a single check payable to: **Greater Scranton YMCA**

Mail form and payment to:

**Attn: Cathy Romeo**

**736 River St..**

**Scranton, PA. 18505**

Contact Name \_\_\_\_\_ Team \_\_\_\_\_

Phone Number \_\_\_\_\_ Email \_\_\_\_\_

SIZE	Quantity		Total Price
Short sleeve Youth Medium	_____	@\$15.00	\$ _____
Short sleeve Youth Large	_____	@\$15.00	\$ _____
Short sleeve Adult Small	_____	@\$15.00	\$ _____
Short sleeve Adult Medium	_____	@\$15.00	\$ _____
Short sleeve Adult Large	_____	@\$15.00	\$ _____
Short sleeve Adult XLarge	_____	@\$15.00	\$ _____
Short sleeve Adult XXLarge	_____	@\$17.00	\$ _____
		<b>TOTAL</b>	\$ _____