

Monroe Division Championship
Hosted by
Pocono Family YMCA
Sunday, February 8, 2015
USA Approval Pending

LOCATION:	Lehman Intermediate School Bushkill Falls Road Bushkill PA The following phone number is available for emergency use during the meet. 570-856-3355
FACILITY:	This meet will be run in a 6-lane, 25-yard indoor pool with a starting depth of 13 feet at the start-end of the pool and 4 feet at the turn-end of the pool. Colorado 6 fully automatic timing system (semi-automatic timing for 25-yard events) will be used. Water depth on starting end 3 ft 3 ½" out: 13'; 16'5" out: 11' Water depth on turning end 3 ft 3 ½" out: 4'; 16'5" out: 5' The competition course has not been certified in accordance with 104.2.2C(4) of the USA Swimming Rules and Regulations. Seating for swimmers will be in the cafeteria. Balcony seating will be available for spectators. Parking is available in the large parking lot. No Smoking is allowed at this facility.
MEET DIRECTOR:	Sonia Wolbert 570 856 3355 sonia@pfyswim.org
START TIMES:	Warm-up: 7:00 AM; 12:30 PM (Times will be confirmed 1 Week Prior) Meet Start: 8:30 AM; 2:00 PM
MEETING TIMES:	Coach's Meeting: 7:30 AM; 1:00 PM Officials Meeting: 7:45 AM; 1:15 PM Timers Meeting: 8:00 AM; 1:30 PM
WARM-UP:	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 and sent to coaches Monday prior to 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.
RULES:	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 MUST attend the coaches meeting. Fly-over starts will be used at this meet. All swimmers (except for medley relays, backstroke starts and 8&unders) should remain in the water at the completion of their race until the next heat starts. Penalties will be imposed upon any swimmer when any coach, parent or swimmer enters any time other than the swimmer's best time for any event. Penalties may include fines or suspension at the discretion of the Middle Atlantic Swimming Board of Directors. The PennDel Swim League and Bloomsburg YMCA are not responsible for any intended or unintended consequences related to removing an athlete from competition for a head injury. This includes, but is not limited to, any financial reimbursement associated with such removal.
ELIGIBILITY:	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, 2013 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.
SWIMMERS WITH A DISABILITY:	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.
USA SWIMMING:	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.
RECORDING DEVICES:	The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

DECK CHANGING:	Except where 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.
ENTRIES:	Swimmers may enter up to 4 events : up to (3) individual events and 2 relays, for a maximum of four (4) events. No Deck Entries Will Be Permitted. All Events are Pre-Seeded, Timed Final Events.
ENTRY FEES:	\$5 per swimmer surcharge. \$4.00 for Individual events. \$12 for Relays. (Note: The entry fees include a \$.50 splash fee for Middle Atlantic, and \$.50 splash fee for PennDel Championships budget.) Please send one check or PO per club, payable to: "Pocono Family YMCA" Entries will NOT be accepted without full payment and Meet Volunteer Sign-up sheet.
HOW TO ENTER:	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. Only USA Swimming registered athletes should have ID numbers in entry file. Entry Fees and all paperwork MUST be postmarked by: Friday, January 30, 2015. MEET VOLUNTEER SUMMARY SHEET MUST BE EMAILED TO MEET DIRECTOR BY THE ENTRY DEADLINE.
SEND TO:	Entries MUST be submitted through the Penn-Del Swimming League Website. Mail check or PO, to the host club at the below address. E-mail the meet volunteer list to the Meet Director at: sonia@PfySwim.org Monroe Championships C/O: Sonia Wolbert 277 Prospect Street East Stroudsburg, PA 18301 Payment must be postmarked by the entry due date. Volunteer list MUST be emailed by the entry due date.
DECK ACCESS:	Deck Access will be limited to swimmers, coaches, officials and meet workers. Deck Passes will be issued to gain access to the deck.
AWARDS:	Medals are awarded for 1 st -3 rd place in individual events and 1 st -3 rd place in relays. Ribbons are awarded for 4 th -12 th place in individual events and 4 th -6 th place in relays. League Record Holder patches to be given to any swimmer setting a new Championship Record. High Point Trophy will be awarded to the Team finishing in First Place.
ADMISSIONS:	Admission is FREE. Programs available for \$4.00/session.
SPECTATORS:	Balcony spectator seating is available for approximately 350 spectators. No swimmers are allowed in the balcony area for safety reasons.
VOLUNTEERS:	A minimum of three (3) timers and one (1) official MUST be provided from each team per session, at the time team entries are submitted. This is per team not per association. (If an association has two teams in the meet, they need two sets of volunteers) Additional volunteers are welcome. Be sure to include your email address on the Meet Volunteer Sheet along with certification expiration date, if applicable (form is available on the league website). 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. Meet Volunteer list MUST be emailed to the meet director by the Due Date.
T-SHIRTS:	T-Shirts must be pre-ordered. Shirts are \$12.00 (\$15.00 for XXL). Orders are due by 1/26/2014 Order online at http://inkyourt.com/store/#!/Meet-Event-hirts/c/3234385/offset=0&sort=normal See Order form and information sheet.
REFRESHMENTS:	Food and Drinks will be on sale throughout the meet. NO FOOD will be allowed on the pool deck. A swim apparel vendor will be on hand for your swimwear and equipment needs.
EMAIL LIST:	Be sure and include your coach's and volunteer's email address on the Volunteer Summary Sheet. An e-mail list will be created to ensure that you get updates, corrections, changes, or announcements that might occur prior to the meet start date.
WEB SITE:	For more information, please visit the Penn-Del Swimming web site at: http://www.penndelSwim.org/
SAFETY:	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.

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 AT ANY TIME IN THIS FACILITY.

The meet director has the discretion to remove and person whose conduct is inconsistent with the core values of the YMCA.

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Order of Events

Session: 1 Girls and Boys - 8 & UNDER & 9-10

Day of Meet: 1 Starts at 8:30 AM

Event #	Event Name	Event #	Event Name
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 9-10 200 Freestyle	6	Boys 9-10 200 Freestyle
7	Girls 9-10 50 Freestyle	8	Boys 9-10 50 Freestyle
9	Girls 8 & Under 25 Freestyle	10	Boys 8 & Under 25 Freestyle
11	Girls 9-10 50 Backstroke	12	Boys 9-10 50 Backstroke
13	Girls 8 & Under 25 Backstroke	14	Boys 8 & Under 25 Backstroke
15	Girls 9-10 50 Breaststroke	16	Boys 9-10 50 Breaststroke
17	Girls 8 & Under 25 Breaststroke	18	Boys 8 & Under 25 Breaststroke
Break: 20 Minutes for Awards Presentation		Break: 20 Minutes for Awards Presentation	
19	Girls 9-10 100 Butterfly	20	Boys 9-10 100 Butterfly
21	Girls 8 & Under 50 Freestyle	22	Boys 8 & Under 50 Freestyle
23	Girls 9-10 100 Freestyle	24	Boys 9-10 100 Freestyle
25	Girls 9-10 100 Backstroke	26	Boys 9-10 100 Backstroke
27	Girls 9-10 100 Breaststroke	28	Boys 9-10 100 Breaststroke
29	Girls 8 & Under 25 Butterfly	30	Boys 8 & Under 25 Butterfly
31	Girls 9-10 50 Butterfly	32	Boys 9-10 50 Butterfly
33	Girls 9-10 100 IM	34	Boys 9-10 100 IM
35	Girls 8 & Under 100 Freestyle Relay	36	Boys 8 & Under 100 Freestyle Relay
37	Girls 9-10 200 Freestyle Relay	38	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

Event #	Event Name	Event #	Event Name
39	Girls 15-19 200 Medley Relay	40	Boys 15-19 200 Medley Relay
41	Girls 13-14 200 Medley Relay	42	Boys 13-14 200 Medley Relay
43	Girls 11-12 200 Medley Relay	44	Boys 11-12 200 Medley Relay
45	Girls 15-19 400 IM	46	Boys 15-19 400 IM
47	Girls 13-14 400 IM	48	Boys 13-14 400 IM
49	Girls 15-19 200 Freestyle	50	Boys 15-19 200 Freestyle
51	Girls 13-14 200 Freestyle	52	Boys 13-14 200 Freestyle
53	Girls 11-12 200 Freestyle	54	Boys 11-12 200 Freestyle
55	Girls 15-19 100 Backstroke	56	Boys 15-19 100 Backstroke
57	Girls 13-14 100 Backstroke	58	Boys 13-14 100 Backstroke
59	Girls 11-12 50 Backstroke	60	Boys 11-12 50 Backstroke
61	Girls 15-19 100 Breaststroke	62	Boys 15-19 100 Breaststroke
63	Girls 13-14 100 Breaststroke	64	Boys 13-14 100 Breaststroke
65	Girls 11-12 50 Breaststroke	66	Boys 11-12 50 Breaststroke
67	Girls Open 500 Freestyle	68	Boys Open 500 Freestyle
Break: 20 Minutes for Awards Presentation		Break: 20 Minutes for Awards Presentation	
69	Girls 11-12 50 Freestyle	70	Boys 11-12 50 Freestyle
71	Girls 13-14 50 Freestyle	72	Boys 13-14 50 Freestyle
73	Girls 15-19 50 Freestyle	74	Boys 15-19 50 Freestyle
75	Girls 11-12 100 Butterfly	76	Boys 11-12 100 Butterfly
77	Girls 13-14 200 Butterfly	78	Boys 13-14 200 Butterfly
79	Girls 15-19 200 Butterfly	80	Boys 15-19 200 Butterfly
81	Girls 11-12 100 Freestyle	82	Boys 11-12 100 Freestyle
83	Girls 13-14 100 Freestyle	84	Boys 13-14 100 Freestyle
85	Girls 15-19 100 Freestyle	86	Boys 15-19 100 Freestyle
87	Girls 11-12 100 Backstroke	88	Boys 11-12 100 Backstroke
89	Girls 13-14 200 Backstroke	90	Boys 13-14 200 Backstroke
91	Girls 15-19 200 Backstroke	92	Boys 15-19 200 Backstroke
93	Girls 11-12 100 Breaststroke	94	Boys 11-12 100 Breaststroke
95	Girls 13-14 200 Breaststroke	96	Boys 13-14 200 Breaststroke
97	Girls 15-19 200 Breaststroke	98	Boys 15-19 200 Breaststroke
99	Girls 11-12 50 Butterfly	100	Boys 11-12 50 Butterfly
101	Girls 13-14 100 Butterfly	102	Boys 13-14 100 Butterfly
103	Girls 15-19 100 Butterfly	104	Boys 15-19 100 Butterfly
105	Girls 11-12 200 IM	106	Boys 11-12 200 IM
107	Girls 13-14 200 IM	108	Boys 15-19 200 IM
109	Girls 15-19 200 IM	110	Boys 13-14 200 IM
111	Girls 11-12 200 Freestyle Relay	112	Boys 11-12 200 Freestyle Relay
113	Girls 13-14 200 Freestyle Relay	114	Boys 13-14 200 Freestyle Relay
115	Girls Open 200 Freestyle Relay	116	Boys Open 200 Freestyle Relay

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Driving Directions

I 80 East to Exit 309 Marshalls Creek follow Route 209 North approximately 10 miles. You will pass Fernwood Resort and enter the National Park. At the first blinking light after entering the National Park make a left onto Bushkill Falls Road. Follow Bushkill Falls Road approximately 7 miles to light and make a left into the school complex.

Accommodations

Shawnee Inn and Golf Resort
Shawnee on Delaware
1-866-279-5332
9.22 miles approx

Hampton Inn
Stroudsburg PA
1-866-327-6247
13.26 miles approx

Staybridge Suites
East Stroudsburg PA
1-866-298-0996
10.85 miles approx