

The Summer League Championship

Friday August 6, 2010

Held at the Dallas Middle School Pool

LOCATION:	Dallas Middle School Pool 2000 Conyngham Ave. Dallas, PA 18612
FACILITY:	This meet will be run in a 6 lane, 25-yard pool. Colorado Timing System will be used.
MEET DIRECTOR:	Matthew Stretanski – mstretanski@epix.net 570-675-0745
START TIMES:	Doors Open 9:30 AM Warm-up: 10:00 AM to 11:45 AM Meet Start: 12:00 PM Scratch Meeting: 11:30 PM
WARM-UP:	10:00 am – 10:30 am - Lanes 1, 2, and 3 - HAZY, Lanes 4 and 5 – GSY, Lane 6 - WBY 10:30 am – 11:00 am – Lanes 1 and 2 - BERWICK, Lanes 3, 4, and 5 - DALLAS, Lane 6 - PITTSTON Y 11:00 am – 11:30 am – Lanes 1 and 2 – WW, Lanes 3 and 4 – WBCYC, Lanes 5 and 6 – Overflow and straglers. <ul style="list-style-type: none"> Sprint/Starts in all 6 lanes - 11:30 to 11:45 am *No diving or backstroke starts will be permitted except in sprint lanes, when designated.
RULES:	This meet will be run according to USA Swimming regulations. All events are Pre-Seeded, Timed Finals. Coaches should attend the coaches meeting.
ENTRIES:	Swimmers may enter up to three (3) individual events and two (2) relays for a maximum of five (5) events. GSY COACHES WILL PUT TOGETHER RELAYS ONCE ALL INDIVIDUAL ENTRIES ARE RECEIVED. DO NOT PAY FOR RELAYS AT THE Y FRONT DESK. ONLY PAY FOR INDIVIDUAL EVENTS.
T-SHIRTS:	Order will be through Jeni Knickman and the WB CYC.
AWARDS:	Ribbons are awarded for 1 st – 12 th place in individual events and 1 st – 6th place in relays.
ACCESS:	Access to the pool deck is limited to Swimmers, Coaches, and Volunteers. All non-volunteer parents and spectators are to remain behind the tension ropes at all times.
SPECTATORS:	Programs are available for \$3.00. All Spectators must view from the spectator seating area.
REFRESHMENTS:	Food and Drinks will be on sale throughout the meet in the school cafeteria. NO FOOD will be allowed on the pool deck.
ELIGIBILITY:	This meet is open to any swimmer that is currently on their team's active roster and has swum in at least two (2) league meets. Swimmers will compete in age groups based on their age as of June 1st, 2010 as rostered for the dual meet season. Swimmers must compete in their own age group, except for the Open 500 Freestyle.
HOW TO ENTER	Fill out the Internal Entry Form & give to Coach Matt Esolen at practice OR email him the entries. Entries must be received by Monday, July 26, 2010
ENTRY FEES:	Entry fees are \$3.00 per event for individual events STOP AT THE YMCA FRONT DESK & PAY FOR YOUR ENTRIES. YOUR ENTRY WILL NOT BE SUBMITTED WITHOUT PAYMENT. Payment must be received by Monday, July 26, 2010.
ENTRY DEADLINE	1. Entry Form MUST be given to Coach Matt Esolen by Monday July 26, 2010 2. Entry Fees MUST be paid at the Front Desk by Monday, July 26, 2010
DECK ENTRIES:	No Deck Entries are permitted.
VOLUNTEERS:	A minimum of three (3) timers and one (1) official must be provided from each team. Additional volunteers are welcome. PLEASE NOTIFY Teri Carey or Brenda Armetta if you can volunteer. OUR ENTRIES CANNOT BE SUBMITTED WITHOUT OUR VOLUNTEER NAMES...
SAFETY:	Swimmers should be supervised at all times. No Food or Glass on the pool deck. No Chairs in the spectator area, bleacher seating only.

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Volunteer Summary Sheet

It is a league requirement that each participating team furnish a number of their **most qualified** officials to represent them at League Championships. Each team must provide a minimum of three (3) timers and one (1) certified official. Please consider sending two (2) officials if at all possible.

Submit this form along with your team entries.

Team/Association _____

★Lane Timer _____

E-Mail Address: _____

★Lane Timer _____

E-Mail Address: _____

★Lane Timer _____

E-Mail Address: _____

Lane Timer _____

E-Mail Address: _____

★Stroke/Turn _____

E-Mail Address: _____

Stroke/Turn _____

E-Mail Address: _____

Stroke/Turn _____

E-Mail Address: _____

★ **This is a required volunteer.**

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Internal Entry Form

Swimmer's Name _____

Please enter me in (Circle no more than three)

8&U	25 Free	25 Fly	50 Free	25 Back	25 Breast			
9-10	50 Free	100 IM	50 Fly	100 Free	50 Back	50 Breast		
11-12	100 Free	200 IM	50 Fly	50 Free	200 Free	50 Back	50 Breast	
13-14	100 Free	200 IM	100 Fly	50 Free	200 Free	100 Back	100 Breast	
15&O	100 Free	200 IM	100 Fly	*500 Free	50 Free	200 Free	100 Back	100 Breast

***The 500 Free is an open event. Any Age can enter this event. The awards for this event are NOT separated into age groups.**

Individual entries must be submitted no later than **Monday, July 26, 2010**
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PAYMENT IS TO BE MADE AT THE YMCA FRONT DESK. THE COST IS \$3.00 PER
INDIVIDUAL EVENT.

