



# THE "PEPSI COLA"



**May 15,16,&17, 2009**  
**Held Under The Sanction of U.S.A. Swimming # 3156 OH**  
**LONG COURSE - 7 LANES**

**MEET DIRECTOR:** Erin Schwab, 616 W. North Bend Rd., Cincinnati, Ohio 45224  
513-761-3320

**SCHEDULE:**

<b>FRIDAY</b>	Senior, 13-14 12&U	Warm Up Time Final	4:30-5:30 p.m. 5:40p.m. Start
<b>SATURDAY</b>	Senior, 13-14	Warm Up Time Final	7:00-8:00am 8:10am Start
	8&U 9-10 & 11-12	Warm Up Time Final	TBA
<b>Sunday</b>	<b>SAME AS SATURDAY</b>		

**EVENTS:** All 400 Freestyles, 400 IM's and 200 IM's are positive check-in at clerk of course 30 minutes prior to the start of the session. In the event of unexpected heavy entries, the Marlins reserve the right to swim two swimmers to a lane in the 400 freestyle events.

All odd numbered heats in all events will start at the balcony end of the pool. The even numbered heats in all events will start at the scoreboard end of the pool. **All 50's will start at the scoreboard end of the pool.**

**Entry :** Entries must be received no later than 12:00pm. on Wednesday, **MAY 6**. If confirmation of delivery is desired, please include a self addressed post card. We encourage HYTEK entries. Please forward a hard copy with your payment. Entries may also be made by via e-mail in HYTEK form to "**CMentries@fuse.net**". The e-mail entries are in addition and do not replace the normal entry procedure as stated above. **All Entry Seed Times Must Be In Long-Course Meters.**

**Entries will be limited to the first 500 swimmers.**

**All Swimmers must be members of USA Swimming and entered in the meet with their proper name and current 14 digit USA Swimming number.**

**Entry Chair:** Judy Dusing, 616 W. North Bend Rd. , Cincinnati, Ohio 45224-1424  
[jdusing@cincy-marlins.com](mailto:jdusing@cincy-marlins.com)

## Electronic

**Entry:** Lisa Habel [CMentries@fuse.net](mailto:CMentries@fuse.net)

**Entry Fees:** Individual Events \$4.00, plus a one time Swimmer Sur-Charge of \$2.00. Entry limited to 3 events per day. **I.M.Xtreme participants must** compete in all IMX events to be eligible for awards and scoring. All entry fees must accompany entries. Please pay by check made payable to the Cincinnati Marlins, Inc.. All fees must be paid before you will be allowed to swim. No entry fees will be returned.

**Deck Entries:** Deck entries will be accepted only if the meet has not closed and there is space available within our timeline. Deck entries will be closed on Friday, at 5:30pm for that days events and on Saturday & Sunday at 8:00am for each morning session and at 12:30pm for each afternoon's events.. A deck entry fee of \$8.00 per event, plus \$2.00 swimmer surcharges, is payable upon sign-up at clerk of course.

**Rules** Age on first day of the meet will determine eligibility for age group divisions. Current USA Swimming Rules will govern the meet. Swimmers will compete in age-groups of 8 & under, 9-10, 11-12, 13-14 and Senior divisions. **To participated in the I.M.Xtreme challenge and be eligible for awards and points all swimmers must compete in all IMX events.** Scratches or no shows for an event within the IMX competition will result in the swimmer becoming ineligible for the high point award.

## Event

**Limitations:** Swimmers will be limited to compete in three events per day. **I.M.Xtreme participants must enter all IMX events**. *The Cincinnati Marlins will be starting this meet from both ends of the pool with all 50's chasing and starting from the Scoreboard(Flag) end of the pool.* Entries will be limited to the first 500 swimmers.

## Pool

**Set-Up** Keating Natatorium is an 8 lane, 50 meter indoor pool. Sessions will be starting from both ends of the pool using 7 lanes for competition; lane 8 will be open at all times for warm-up, warm-down. **Marshals will be present at all times to manage the warm-down lane. Warm-down procedures will be strictly enforced.** (see Ohio Safety)

**Awards:** Ribbons – first through seventh place for each event.  
Plaques will be given for overall first place and Medals for Second through Third place in each age of the I.M.Xtreme Challenge competition..

**NO TEAM AWARDS WILL BE GIVEN.**

**Scoring:** **THERE WILL BE NO TEAM SCORING.**  
Scoring will be based on I.M.Xtreme Scoring System. Each swimmers time will be assigned a certain number of points based on the FINA Power Points System. FINA is the international governing body of swimming and its point system is a universal way to track progress through all ages. USA Swimming's IMX program is new and swimmers can sign-up to be locally and nationally ranked based on these points. We encourage all athletes to sign-up to this program through USA Swimming's web-site.  
(SEE USA SWIMMING FOR RULES & POINT SYSTEM).

**Final Results:** Team Manager Results file available after the meet and on the Marlins Web page at [www.cincy-marlins.com](http://www.cincy-marlins.com)

**Ohio Safety:** The Ohio Safety guidelines will be enforced in the conduct of the meet as well as warm ups. General Warm-up procedures require swimmers to enter the pool feet first in a cautious manner,

with one hand on the deck. Swimmers must enter and exit the warm-down lane from the middle, away from starting ends of the pool.

**Coaches:** *All Coaches must sign in for each session and present a current USA Swimming Membership card upon entering the pool.* This card must be worn while the coaches are on the pool deck. Ohio Swimming requires the Cincinnati Marlins to enforce this rule. The Marlins are happy to provide a Coaches and Officials Hospitality during the course of the meet. Please indicate the number of coaches that will be attending the meet on the Entry Summary Sheet so that we can provide heat sheets for everyone.

**Directions:** From I-75 take exit 9 and go north on Paddock Rd. (Rt. 4) to North Bend Rd., (the first left turn after crossing under the railroad trestle). Turn left and follow North Bend Rd. to the top of the hill (about 1-1/2 miles). St. Xavier High School is on the right with Keating Natatorium behind the school.

**TIME STANDARD:** No Time Standard.

### Special

**Request:** The Cincinnati Marlins always appreciates any help we get from other swim clubs in officiating our meets. We ask all visiting coaches to make this known to the parents of their swimmers. Those parents who are certified officials or need to apprentice can make their availability known to Andy Grender Official Chairman at the time of entry submittal. Please provide us with a list of names, job preferences and session(s) that they prefer to officiate; or call Andy Grender directly at [agrender@cinci.rr.com](mailto:agrender@cinci.rr.com).

**HOPE TO SEE YOU ON DECK!**

### UP-COMMING

**L.C. MEETS** Cincinnati Marlins Present The "TYR Sport" Summer Classic: **June 26,27&28, 2009.** A Prelim-Finals Meet, National B Time Standard. 8&U swim Timed Finals with no standard. Fast Meet!!! This meet fills up fast, only the first 500 swimmers will be accepted. Enter Early!

Championship Qualifier /Time Trial Meet: **July 7, 2009**

*The Cincinnati Marlins invite you to visit our World Wide Web site at [www.cincy-marlins.com](http://www.cincy-marlins.com) for meet information, final results and team information! If you would like to be on the e-mail list to receive our meet information leave a note with your request to [CMentries@fuse.net](mailto:CMentries@fuse.net).*

# The "Pepsi" IM Xtreme Challenge

**MAY 15,16 & 17, 2009**

## ORDER OF EVENTS

Women odd number events, Men even. All Events Long Course Meters.

### Friday: P.M.

Warm Up 4:30-5:30p.m.  
Time Finals 5:40p.m.

1-2	13& Over	50 Fly
3-4	12 & Under	50 Fly
5-6	13 & Over	50 Breast
7-8	12 & Under	50 Breast
9-10	13 & Over	50 Back
11-12	12 & Under	50 Back
13-14	13-14	400 Free IMX
15-16	15&Over	400 Free IMX

### SATURDAY: A.M.

Warm Up: 7:00-8:00 a.m.  
Timed Finals: 8:10 a.m.

### SATURDAY: P.M.

Warm Up: TBA  
Timed Finals: TBA

17-18	Senior	200 Backstroke * IMX	29-30	8&U	50 Backstroke
19-20	13-14	200 Backstroke * IMX	31-32	9-10	100 Backstroke *IMX
21-22	Senior	200 Butterfly * IMX	33-34	11-12	100 Backstroke * IMX
23-24	13-14	200 Butterfly * IMX	35-36	8&U	50 Butterfly
			37-38	9-10	100 Butterfly * IMX
			39-40	11-12	100 Butterfly * IMX
			41-42	8&U	100 Freestyle
25-25	Senior	200 IM * IMX	43-44	9-10	200 Freestyle* IMX
27-28	13-14	200 IM * IMX	45-46	11-12	400 Freestyle* IMX

\*\*\* 15 Minute Break \*\*\*

# The "Pepsi" IMXtreme Challenge

**MAY 15,16 & 17, 2009**

## **ORDER OF EVENTS**

Women odd number events, Men even. All Events Long Course Meters.

### **SUNDAY: A.M.**

Warm Up: 7:00-8:00 a.m.  
Timed Finals 8:10 a.m.

47-48	Senior	200 Breastroke * IMX
49-50	13-14	200 Breastroke * IMX
51-52	Senior	50 Freestyle
53-54	13-14	50 Freestyle
55-56	Senior	400 IM * IMX
57-58	13-14	400 IM * IMX

### **SUNDAY: P.M.**

Warm Up : TBA  
Timed Finals TBA

59-60	8&U	50 Breast
61-62	9-10	100 Freestyle * IMX
63-64	11-12	100 Freestyle * IMX
65-66	8&U	50 Freestyle
67-68	9-10	100 Breaststroke * IMX
69-70	11-12	100 Breaststroke * IMX
71-72	8&U	200 Freestyle * IMX
73-74	9-10	200 IM * IMX
75-76	11-12	200 IM * IMX

### **NOTE:**

Each event will be awarded to 7<sup>th</sup> place. Only those events designated as IMX will be eligible for the I.M.Xtreme Challenge Awards. Only those competing in all IMX events will be considered for overall I.M.Xtreme award winners.

# USA SWIMMING Registration Certification Form

The PEPSI IMExtreme CHALLENGE – SANCTION # 3156 OH  
May 15,16 & 17, 2009

Entry Deadline –Wednesday, May 6, 2008 by Noon

*The undersigned team representative certifies by his/her signature that all athletes participating For or entered by the team in this sanctioned swim meet are currently member athletes of USA Swimming, Inc. The undersigned further certifies that any person appearing on the deck at this Meet in the capacity of coach is currently a coach member of United States Swimming, Inc.*

Team: \_\_\_\_\_ Code: \_\_\_\_\_

Head Coach's Name \_\_\_\_\_

Team Representative's Name (printed): \_\_\_\_\_

Team Representative's Signature: \_\_\_\_\_

**Team Contact's email address:** \_\_\_\_\_

(We will use this email to update you on this meet)

Number of Coaches Attending: \_\_\_\_\_

Day Phone # (\_\_\_\_) \_\_\_\_\_ Evening phone # (\_\_\_\_) \_\_\_\_\_

Team Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Did you include:

Entry report

Check

This report, completed and signed

**If entries were sent electronically, these items must be sent so that they are received by the host club, 24 hours after the meet entry deadline.**

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## Financial Summary

\_\_\_\_ Individual Events @ \$4.00 each = \$ \_\_\_\_\_

\_\_\_\_ Swimmers @ \$2.00 per Swimmer = \$ \_\_\_\_\_ (Ohio LSC Travel/Site Selection Fund Surcharge)

Total Amount Remitted = \$ \_\_\_\_\_ Date: \_\_\_\_\_

**Make Checks Payable to: Cincinnati Marlins, Inc.**

Mail to: Judy Dusing, Cincinnati Marlins, 616 W. North Bend Rd. Cincinnati, OH 45224-1424

*www.cincy-marlins.com*

