



Pepsi Cola Spring Invitational

MEET NOTES



* Meet Start Times:	Friday PM Session Meet starts	5:40pm
	Saturday & Sunday AM Session	8:10am
	Saturday PM Session	1:10pm
	Sunday PM Session	1:40 pm

Warm-up begins One hour & 10 minutes before the Meet start times.

*** Please see published warm-up lane assignments.**

Published Time Lines are estimated and are not reliable.

*** Positive check-in event are:**

All Friday PM Events

All Saturday & Sunday AM Events 200 and longer

11-12 400 Free on Sunday

Swimmers need to check-in with Clerk of Course, no later than 30 minutes prior to the start of the session. Penalties for missed check-in events will be enforced.

*** All Friday night events are being limited to the top 10 heats (70 Swimmers) in each event. You must check-in in order to be considered for seeding in the event.**

If you check in and are seeded in the event but do not show to swim, YOU WILL BE scratched from you're next individual swim.

*** The 400 Freestyle on Friday night will be swum with two (2) swimmers in a lane. All Girls 400 heats will start from the Balcony End of the pool and All Boys 400 heats will start at the Scoreboard (Flag) end of the pool. All other event on Friday night will start from both ends of the pool with ODD numbered Heats starting from the Balcony end of the pool and Even numbered Heats from the Scoreboard (Flag) end of the pool.**

* 400s' swimming with Two (2) swimmers per lane and will be instructed to stay to the starting right side of their lane during the swim; DO NOT circle swim!

* All events will swim SLOWEST to FASTEST.

* The Meet on Saturday and Sunday will be starting from both ends of the pool as well. All ODD numbered HEATS will start from the Balcony end of the pool while ALL EVEN numbered HEATS will start from the Scoreboard (Flag) end of the pool. ALL 50's will start from the Scoreboard (Flag) end of the pool. ** **Sunday afternoon events are all 50's except for the 11-12, 400 Free. All 50 meter heats will start from the Scoreboard (Flag) end of the pool; All 11-12 Girls 400 heats will start from the Balcony End of the pool and All Boys 400 heats will start at the Scoreboard (Flag) end of the pool. The 11-12 400 Freestyle will also swim two (2) swimmer per lane. Swimmers will be instructed to stay to the starting right side of their lane during the swim; DO NOT circle swim!**

* Deck Entries will **NOT be accepted**

POOL SETUP:

* **All AM Sessions will swim 7 lanes leaving lane 8 for warm-up/warm down.**

* **All PM Sessions will swim all 8 lanes with NO warm-down. However, there will be a 10 minute break for warm-up/warm-down built into the session.**

* We ask that all Swimmers Enter and Exit the warm-down lane from the middle, away from the starting ends of the pool. The Ohio Safety guidelines will be enforced in the conduct of the meet as well as in warm ups. Swimmers are required to enter the pool feet first in a cautious manner, with one hand on the deck.

Swimmers are limited to three (3) events per day. No Team Award will be given. High Point Trophy will be given in the 10&U, 11&12, 13&14 and Senior Age Groups only.

* Swim bags, coolers and chairs are not permitted in spectator seating. For your safety and the safety of others, *all Walkways and Exits must be kept clear at all times!*

 **Saturday there is a Band Camp and Swimmers do not have access to the gym.**

* No coolers or glass containers are permitted in the Natatorium.

* Natatorium doors open:

4:00pm on Friday
6:30am on Saturday & Sunday

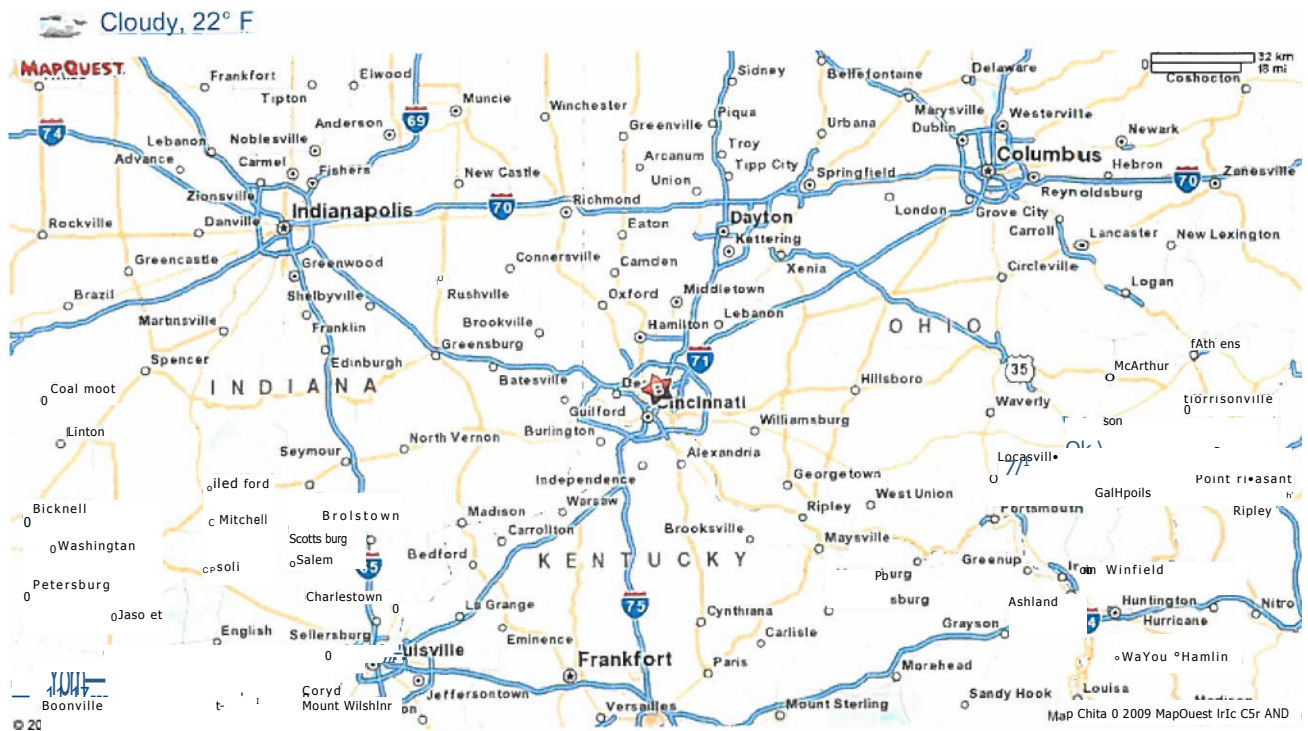
* Admission Charge:

\$4:00 Adults each day
Children under 12 are Free

Heat Sheets - \$3.00

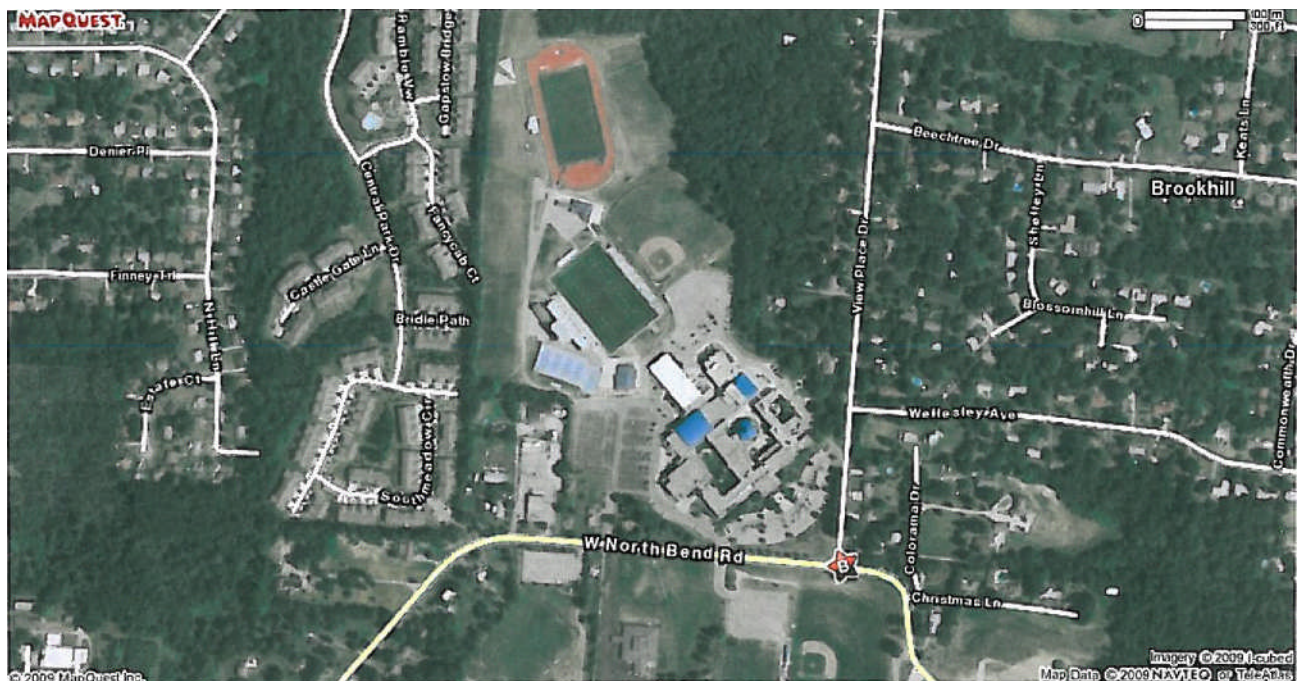
* Coaches meetings are held in the Hospitality area under the bleachers 15 minutes prior to the start of the meet. All Coaches must sign-in and present your credentials at admissions desk.

- * Officials meetings are held in the Hospitality area under the bleachers. Please report and sign-in 30 minutes before the session begins.
- * PLEASE NOTE warm-up and meet starts time have been adjusted to accommodate entries in this meet. Coaches please go over the starting format of this meet (Odd & Even Heats and Friday 400 swim) with your swimmers to avoid confusion. Make sure they are ready to swim and instruct them to exit the pool quickly when their heat is over; another heat will be chasing them.
- * Warm-up/Warm-down lane during the meet will be available in lane 8 at the **AM sessions only**, please instruct your swimmers to be respectfully of the starting ends of the pool and enter and exit in the middle of the pool. Marshall's will be on duty to maintain control of the warm-up/down lane.



600 W North Bend Rd, Cincinnati, OH 45224

St Xavier High School, 600 W North Bend Rd, Cincinnati, OH 45224



Keating Natatorium

Directions: **From 75 South (Exit 9):** Turn Slight Right off of Highway onto Paddock Road. Turn Left on W. North Bend Road. Follow North Bend Road to St. Xavier High School (pool is located in back). **From 75 North (Exit 9):** Turn Left off of Highway onto Paddock Road. Turn Left on W. North Bend Road. Follow North Bend Road to St. Xavier High School (pool is located in back). **Ronald Reagan Highway:** Go South on Winton Road. Turn Left on North Bend Road. Take a slight left to stay on North Bend Road. Turn Left into St. Xavier High School, pool is located in the back by the Football Stadium.