

# ADIRONDACK SILVER SHORT COURSE CHAMPIONSHIP

March 4-6, 2011 ... RPI Troy, NY

## CHANGE ANNOUNCEMENT

**Due to Subscription Numbers, we are making the following changes to the Warm-up and Session Start Times**

**As this is a Championship Meet  
the 4 Hour Rule Does Not Apply and no swimming will be cut**

**Please be Sure to Remind Your Swimmers of the Positive Check-in Times  
This is a Championship Meet ... Swimmers who do Not Check-in will be Scratched**

Session 1 FRI PM – NO CHANGE

Session 2 SAT AM – NO CHANGE

Girls 9-10 500 Fr – Positive Check in Sat March 5 by 9:00AM

Session 3 SAT MID – **Warm Ups 12:30PM ... Meet begins 1:15PM**

Boys 9-10 500 Fr – Positive Check in Sat March 5 by 1:00PM

Session 4 SAT PM – **Warm Ups 3:45PM ... Meet begins 4:30PM**

Session 5 Sun AM – NO CHANGE

Girls 11-12 500 Fr – Positive Check in Sun March 6 by 9:00AM

Session 6 Sun MID – **Warm Ups 12:45PM ... Meet begins 1:30PM**

Boys 11-12 500 Fr – Positive Check in Sun March 6 by 1:00PM

Session 7 Sun PM – **Warm Ups 4:00PM ... Meet begins 4:45PM**

13&O 400 IM and 500 Fr – Positive Check in March 6 by 3:45PM