

ADIRONDACK SHORT COURSE CHAMPIONSHIPS

March 6, 2016 and March 11-13, 2016

RPI Robison Pool - Troy, NY

CHANGE NOTICE

Please note the following changes to warm-up and session start times:

FRIDAY – MARCH 11, 2016			
	Warm-Up	Positive Check-In Deadline	Session Begins
Session 2 – 13 & 0	7:30 am	7:30 am - (13-14, Senior 400IM)	8:35 am
Session 3 – 12 & U	12:30 pm	12:30 pm - (10&U and 11-12 200 Back)	1:20 pm
Session 4 – Finals	4:30 pm		5:30 pm

SATURDAY – MARCH 12, 2016			
	Warm-Up	Positive Check-In Deadline	Session Begins
Session 5 – 13 & 0	7:00 am	7:00 am - (13-14, Senior 500 Free)	8:05 am
Pool area must be cleared between 12:30pm and 2:00pm			
Session 6 – 12 & U	2:10 pm	2:10 pm - (10&U and 11-12 200 Fly)	3:00 pm
Session 7 – Finals	5:30 pm		6:30 pm

SUNDAY – MARCH 13, 2016			
	Warm-Up	Positive Check-In Deadline	Session Begins
Session 8 – 13 & 0	7:00 am	7:00 am	8:05 am
Pool area must be cleared between 11:30pm and 1:00pm			
Session 9 – 12 & U	1:10 pm	1:10 pm - (10&U and 11-12 200 Breast)	2:00 pm
Session 10 – Finals	4:30 pm		5:20 pm - Senior Recognition 6:00 pm - Session begins