

# CHANGE NOTICE

## *Northern TRIBS Swimming* **NORTH COUNTRY INVITATIONAL**

Saturday and Sunday, December 8 & 9, 2018

SUNY Potsdam, Maxcy Hall Pool

Tupper Lake Drive, Potsdam, NY 13662

Sanction # AD19-002

### Saturday

Session	Age Groups	Warm-up Time	Meet Start Time	Positive Check-In
Session 1	12 & Under	10:00 AM	11:00 AM	<u>ALL</u> by 10:00 AM
Session 2	13 & Over	2:00 PM	2:30 PM	<u>ALL</u> by 2:00 PM
Session 3	Open 500 13 & Over 400 IM and 1650	4:30 PM	5:00 PM	<u>ALL</u> by 4:30 PM

Reminders: **ALL** swimmers in Session 3 need to provide their own timer.

**500** and **1650** swimmers need to provide their own counter.

### Sunday

Session	Age Groups	Warm-up Time	Meet Start Time	Positive Check-In
Session 4	12 & Under	8:00 AM	9:00 AM	<u>ALL</u> by 8:00 AM
Session 5	13 & Over	12:00 PM	12:30 PM	<u>ALL</u> by 12:00 PM

Please notify all of your coaches, swimmers, and parents of these changes. We apologize for any inconvenience these changes may cause.

Joshua Jock  
Meet Manager  
Northern TRIBS Swimming