

Chris Goody IMX Challenge

Saturday and Sunday JANUARY 12-13, 2019

@ Shenendehowa Aquatics Center hosted by Schenectady-Saratoga Swim Club

CHANGE NOTICE

Session 1: Unchanged (500free athletes only bring their own counter)
Session 2: Warm-up starts at 11:15 PM Session starts at 12:00 PM (Athletes bring their own counter & timer)
Session 3: Warm-up starts at 2:30 PM Session starts at 3:15 PM (Athletes bring their own counter & timer)
Session 4: Unchanged
Session 5: Warm-up starts at 11:45 PM Session starts at 12:45 PM

Coaches, please make sure your swimmers and parents are informed of these changes.

Timeline overview:

	Saturday			
	positive check-in by	warm-up	session start	session end
Session 1	8:00am	8:00am	8:45am	10:57am
Session 2	11:15am	11:15am	12:00pm	2:13pm
Session 3	2:30am	2:30pm	3:15pm	5:20pm
	Sunday			
	positive check-in by	warm-up	session start	session end
Session 4	8:00am	8:00am	9:00am	11:30am
Session 5	11:45am	11:45am	12:45pm	4:30pm