

# Change Notice

Cabin Fever Invitational  
Ballston Spa High School  
Saturday January 19, 2019  
Sanction # AD19-015

Due to the number of participants, the following changes have been made to the meet:

Session 1 (10 & Under): No Change

- Warm ups at 6:45 am
- Session will start at 7:45 am

Session 2 (11 - 12): Move Ahead 60 minutes

- Warm ups at 10:15 am
- Session will start at 11:15 am
- Positive Check-In for 500 Freestyle by 10:30 am

Session 3 (13 & Over): Move Ahead 2 Hours 45 Minutes

- Warm ups at 1:15 pm
- Session will start at 2:15 pm
- Positive Check-In for 500 Freestyle is 1:30 pm

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