

Region 1

FEBRUARY 15-18, 2019

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Union College Alumni Gymnasium in Schenectady, NY &
Shenendehowa Aquatics Center in Clifton Park, NY

CHANGE NOTICE FOR FRIDAY ONLY

Please note the following changes:

Session 1: Warm-up starts at 5:00 PM Positive Check-in by 5:15 PM on Friday for all Friday events Session starts at 5:50 PM Positive Check-in by 7:30 PM (unchanged) on Friday for all Saturday events
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Session 2: Unchanged

Session 3: Unchanged

Session 4: Unchanged

Session 5: Unchanged

Session 6: Unchanged

Session 7: Unchanged

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

Thank you!