

Change Notice
Silver Championships SHEN

Friday

Session 1 – Unchanged

Saturday

Session 2 – Unchanged

**Session 3 – Warmups 12:00pm,
Session start 1:00pm,
Positive Check in for 400IM's 3:00pm**

Sunday

Session 4 – Unchanged

**Session 5 – Warmups 12:00pm,
Session Start 1:00pm**