

**ADIRONDACK GOLD SHORT COURSE CHAMPIONSHIPS
RPI Robison Pool - March 7-10, 2024**

CHANGE NOTICE

**Sunday Finals is going to get moved back
1/2 hour**

All other sessions will remain as originally scheduled

**Please note the following schedule change:
marked in red**

Session	Warm-up	Positive Check-in Deadline	Session Begins
Thursday – March 7, 2024			
Session 1 – 12 and under 500's & 13 and over 1650s	3:45 PM	3:45 PM	4:30 PM
Friday – March 8, 2024			
Session 2 – 13 & Over	7:30 am	8:00 am (13-14, Senior)	9:00 am
Session 3 – 12 & Under	12:00 pm	12:00 pm (10&U and 11-12)	1:00 pm
Session 4 – Friday Finals	4:30 pm		5:30 pm
Saturday – March 9, 2024			
Session 5 – 13 & Over	7:30 am	7:30 am (13-14, Senior)	9:00 am
Session 6 – 12 & Under	12:00 pm	12:00 pm (10& U and 11-12)	1:00 pm
Session 7 – Saturday Finals	4:30 pm		5:30 pm
Sunday – March 10, 2024			
Session 8 – 13 & Over	7:30 am	8:00 am (13-14, Senior)	9:00 am
Session 9 – 12 & Under	12:00 pm	12:00 pm (10&U and 11-12)	1:00 pm
Session 10 – Sunday Finals	4:00 pm		5:00 pm

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

Thank you!