

REGION 1 SHORT COURSE INVITATIONAL

MONDAY, FEBRUARY 17, 2025

@ Shenendehowa Aquatics Center – Clifton Park, NY
and Union College Alumni Gymnasium – Schenectady, NY

CHANGE NOTICE

Due to the “Snow Day” on Sunday February 16, 2025 we will have following changes for Monday, February 17, 2025:

- All events will be swum as Timed Finals
- All S4 and S5 events will be swum at Shen at the Monday AM session
- All S6 and S7 events will be swum at Union at the Monday PM session

AM warm up start time is: 7:30 am
AM session start time is : 8:45 am

PM warm up start time is: 3:15 pm
PM session start time is : 4:30 pm

Please also see the updated Warm Up Schedule and Session Report posted.

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

Thank you!