

Adirondack Silver Short Course Championships  
Niskayuna High School Pool ... February 28 - March 2, 2025

## **CHANGE NOTICE**

Session 3 on Saturday  
Warmups 12:00 noon ... Session Start 1:00PM  
Positive Check-in for 400 IM ... 3:00PM

Session 5 on Sunday  
Warmups 12:00 noon ... Session Start 1:00PM

All other sessions remain unchanged