

2025 Adirondack Gold Short Course Championships

Change Notice

To accommodate RPI practice schedule, we have made adjustments to the timeline for Sunday March 16th, affecting the Morning and Midday sessions 8 & 9. New timeline is listed below with the changes in **RED**. We appreciate your understanding and we are looking forward to a great meet!

Session	Warmup	Positive Check-in	Meet Start
Session 1 Thur Distance	3:45pm	3:45pm	4:30pm
Session 2 Fri prelims	7:30am	8:00am	9:00am
Session 3 Fri 12&under	12:00pm	12:00pm	1:00pm
Session 4 Fri Finals	4:30pm		5:30pm
Session 5 Sat prelims	7:30am	8:00am	9:00am
Session 6 Sat 12&under	12:00pm	12:00pm	1:00pm
Session 7 Sat Finals	4:30pm		5:30pm
Session 8 Sun prelims	7:20am	7:30am	8:30am
Session 9 Sun 12&under	11:15am	11:15am	12:15pm
Session 10 Sun Finals	4:30pm		5:30pm