

# **CHANGE NOTICE**

## **2023 WAVES WINTER BLAST**

### **500 Freestyle Time Trials**

- **Following end of Session 1**
- **20 Minute Warm-up**
- **Limited to 2 Heats**

### **Session 2 (Saturday PM)**

**Warm up time is now 12:30pm**

**Meet starts at 1:00pm**