## **Adirondack Silver Short Course Championships**

Union College ... March 3, 2023 and Shenendehowa Aquatic Center ... March 4-5, 2023

## **CHANGE NOTICE**

Due to higher than expected subscription, All relays have been dropped.

We have split the morning sessions,

changing the warmup and start times of Sessions as follows.

Session 1 Friday No Change

- Session 2 Saturday AM First Split 11-12 Girls and 10&U Boys Warmups 7:00AM Session Start 7:45AM
- Session 3 Saturday AD Second Split 11-12 Boys and 10&U Girls Warmups 10:30AM Session Start 11:15AM
- Session 4 Saturday PM 13&O Warmups 1:45PM Session Start 2:45PM
- Session 5 Sunday AM First Split 11-12 Girls and 10&U Boys Warmups 7:00AM Session Start 7:45AM
- Session 6 Sunday AM Second Split 11-12 Boys and 10&U Girls Warmups 10:30AM Session Start 11:15AM
- Session 7 Sunday PM 13&O Warmups 1:45PM Session Start 2:45PM