

# CHANGE NOTICE

Ballston Spa Swordfish  
Cabin Fever Invitational  
Saturday February 21, 2009  
Ballston Spa High School  
Sanction #AD09-19

Due to an overwhelming response to this meet, and in keeping with the 4 hour session limit, we have made the following changes to the Cabin Fever Invitational:

**Please Note:** No relays or individual events have been cut.

**Session 1** (*10&Under*) remains unchanged.

**Session 2** (*originally 11-12, 13&Over, Open*) Has been changed to include ONLY 12 & Under Swimmers, Including the 500 Frees.

**Session 3** (*originally Open 500 frees*) Has been changed to include ONLY 13 & Over Swimmers, Including the 500 Frees.

**Please refer to the following page for updated warm-up times and session details.**

Please be certain to inform your swimmers and coaches of these changes.  
Thank you for your understanding.

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**Warm-up and timing assignments will be posted to the Adirondack Swimming website, shortly.**

**Cabin Fever Invitational \*Change Notice\***

Saturday February 21, 2009

**SESSION 1 (10&Under): WARM-UPS 7:00AM ...SESSION BEGINS 8:00AM**

GIRLS EVENTS	AGE GROUP	EVENT DESCRIPTION	BOYS EVENTS
1	10&Under	100 Backstroke	2
3	8&Under	100 IM	4
5	9-10	100 IM	6
7	8&Under	25 Backstroke	8
9	9-10	50 Backstroke	10
11	8&Under	25 Freestyle	12
13	9-10	50 Freestyle	14
15	8&Under	25 Butterfly	16
17	9-10	50 Butterfly	18
19	8&Under	25 Breaststroke	20
21	9-10	50 Breaststroke	22
23	8&Under	50 Backstroke	24
25	9-10	100 Breaststroke	26
27	8&Under	50 Freestyle	28
29	10&Under	100 Freestyle	30
31	10&Under	200 Freestyle Relay	32

**SESSION 2 (12&Under): WARM-UPS 11:00 AM ...SESSION BEGINS 11:45AM****\*\*Positive Check in for 500 Frees (Events 65 and 66) by 11:45AM\*\***

GIRLS EVENTS	AGE GROUP	EVENT DESCRIPTION	BOYS EVENTS
33	11-12	200 Freestyle	34
37	11-12	100 IM	38
39	12&under	200 IM	40
41	11-12	50 Backstroke	42
43	12&under	100 Backstroke	44
45	11-12	50 Freestyle	46
49	11-12	50 Butterfly	50
51	12&under	100 Butterfly	52
53	11-12	50 Breaststroke	54
55	12&under	100 Breaststroke	56
57	11-12	100 Freestyle	58
61	11-12	200 Freestyle Relay	62
65	12&under	500 Freestyle	66

**SESSION 3 (13&Over): WARM-UPS 2:45 PM ...SESSION BEGINS 3:45 PM****\*\*Positive Check in for 500 Frees (Events 65A and 66A) by 3:45PM\*\***

GIRLS EVENTS	AGE GROUP	EVENT DESCRIPTION	BOYS EVENTS
35	13&Over	200 Freestyle	36
39A	13&Over	200 IM	40A
43A	13&Over	100 Backstroke	44A
47	13&Over	50 Freestyle	48
51A	13&Over	100 Butterfly	52A
55A	13&Over	100 Breaststroke	56A
59	13&Over	100 Freestyle	60
63	13&Over	200 Freestyle Relay	64
65A	13&Over	500 Freestyle	66A