

2009 Ocean Blue Invitational hosted by the Delmar Dolphins

CHANGE:

Check in for the 500's by 10:30am.

The mid-day session (500's) will start immediately after Event 30 but no earlier than 11am.

Warm-ups for the afternoon session will start no earlier than 11:30am.

The afternoon session will start approximately one hour earlier (but not before 12:30pm).

Lane timer assignments for the Albany Starfish have changed (and they are aware).

Finally, no equipment sales will be offered at the meet.

Session	Age Groups	Warm-up Time	Meet Start Time
Morning (Event 1-30)	8 & Under, 10 & Under	8 & Under: 8:00 – 8:20 a.m. 10 & Under: 8:20 - 8:40 a.m. Combined: 8:40 - 8:50 a.m.	9:00 a.m.
Mid-day (Event 31-34)	Open 500 yd. Freestyle	No Specific Warm-up. Check in by 10:30am.	Immediately after Event 30 but not before 11am.
Afternoon (Event 35-84)	11 & 12 yrs., Senior	Not before 11:30 p.m. 11 & 12 for 1 st 20 min. Senior for 2 nd 20 min. Combined for last 10 min.	Not before 12:30 p.m.

2009 Ocean Blue LANE TIMING ASSIGNMENTS

1	2	3	4	5	6	7	8
ALBS	ALBS	BSPA	BSPA	ALBS	ALBS	SSCY	EELS
ALBS	ALBS	USAM	BSPA	ALBS	ALBS	SSCY	AJCC

DELM	DELM	BSPA	BSPA	DELM	DELM	SSCY	SSCY
DELM	DELM	USAM	BSPA	DELM	DELM	SSCY	DELM

Albany Starfish	ALBS
Albany JCC	AJCC
Ballston Spa	BSPA
Delmar Dolphins	DELM
Duanesburg Electric Eels	EELS
So. Saratoga YMCA	SSCY
Uncle Sam Swim Club	USAM