

CHANGE NOTICE
BALLSTON SPA SWIM CLUB
HARVEST INVITATIONAL
SATURDAY NOVEMBER 21, 2009
BALLSTON SPA HIGH SCHOOL
Sanction #AD10-007

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 Harvest Invitational:

Session 1 (10&Under) remains unchanged.

Session 2 (11-12, 13&Over, Open) has been rearranged as follows:

- **Session 2 Warm-ups now begin at 12:00 pm**
- **Session 2 Start is now 1:00 pm**
- **All Session 2 Relays have been removed**
- **All 200 Freestyle events have been removed**

Session 3 (500's) has been rearranged as follows:

- **Session 3 Warm-ups now begin at 5:00pm**
- **Session 3 Start is now 5:30pm**

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