

**AMSTERDAM SEA RAMS INVITATIONAL  
DECEMBER 12, 2009  
LYNCH MIDDLE SCHOOL, AMSTERDAM, NY**

**CHANGES TO DECEMBER 12 AMSTERDAM INVITATIONAL**

**Due to the overwhelming response to our meet and to stay within the 4 hour session limit we will have to cut all IM Events. (Events 1,2,3,4,5,6,7,8)**

**Refunds will be sent to clubs after meet.**

**We are also changing the warm-up and start times for the sessions as follows;**

**Morning Session :** Warm-ups 7:00am to 8:00am  
Meet Begins at 8:15am

**Afternoon Session:** Positive Check-in by 12:15  
Warm-ups 12:30pm  
Meet Begins at 1:00pm