

**Region 1 Championship Meet
Hosted by Schenectady-Saratoga Swim Club
February 12 to 15, 2010
Union College, Schenectady, New York**

CHANGE NOTICE

The timeline has been set for the Monday mid-session (1650's), and the Monday morning prelims session will start ½ hour earlier.

Monday AM Prelims:

Warm-ups 7:00am

Session starts 8:00am

Estimated end time 9:50am

Monday Mid-session (1650's, timed finals)

Session starts 10:15am

Estimated end time 12:30pm

Please advise all swimmers and coaches of these changes.