

IM X-tremely Spooked Meet, October 30, 2016
Change Notification

The following changes have been made to the Session Start times

Session 1:

- Warmups start at 7:45 AM
- Session 1 starts at 8:15 AM

Session 2:

- NO CHANGE
- Warmups start at 10:30 AM
- Session 2 starts at 11:00 AM
- Positive Check is required for the 500 yard freestyle by 10:15 AM
- Reminder: All Swimmers swimming the 500 yard freestyle must provide their own lap counters and timers

Session 3:

- Warmups will start immediately following the end of Session 2.
- Session 3 will start 30 minutes following end of session 2, but not earlier than 1:00 PM
- Positive Check in is required for the 400 IM by 12:45 PM
- Reminder: All Swimmers swimming the 400 IM must provide their own timers.

Please notify all of your coaches, swimmers, and parents of these changes. We apologize for any inconvenience these changes may cause.

Jenn Nelson
Meet Manager, Duanesburg Electric Eels