

Jack Frost Invitational 2018

@ SSY – January 6th, 2018

CHANGE NOTICE

Please note the following changes:

Session 1

Warm Ups: 8:00–8:55am

Session Starts: 9:00am

Session 2

Warm-Up = 11:00–11:25am

******Positive Check In (with your coach) by 11:00am******

Start Time = 11:30pm

Session 3

Warm-Up = 12:30–1:25pm

Start Time = 1:30pm

Please make sure your swimmers and parents are informed of these changes.