

# ADIRONDACK GOLD SHORT COURSE CHAMPIONSHIPS

March 10, 2019 and March 15-17, 2019

RPI Robison Pool ... Troy, NY

## CHANGE NOTICE

Sun 3/10: Session 1 Unchanged

Fri 3/15: Session 2, 3 & 4 Unchanged

Sat 3/16 : Session 5	Warm-ups 7:00am, Meet start at 8:00am
Session 6	Warm-ups 1:00pm, Meet start at 2:00pm
Session 7	Unchanged

Sun 3/17: Session 8	Warm-ups 7:00am, Meet start at 8:00am
Session 9	Warm-ups 12:45pm, Meet start at 1:45pm
Session 10	Unchanged