

CHANGE NOTICE

Northern TRIBS Swimming **NORTH COUNTRY INVITATIONAL**

Saturday and Sunday, December 7 & 8, 2019

SUNY Potsdam, Maxcy Hall Pool

Tupper Lake Drive, Potsdam, NY 13662

Sanction # AD20-006

Saturday

Session	Age Groups	Warm-up Time	Meet Start Time	Positive Check-In
Session 1	12 & Under	10:00 AM	11:00 AM	<u>ALL</u> by 10:00 AM
Session 2	13 & Over	2:30 PM	3:00 PM	<u>ALL</u> by 2:30 PM
Session 3	Open 500 13 & Over 400 IM and 1650	5:00 PM	5:30 PM	<u>ALL</u> by 5:00 PM

Reminders: **ALL** swimmers in Session 3 need to provide their own timer.

500 and **1650** swimmers need to provide their own counter.

Sunday

Session	Age Groups	Warm-up Time	Meet Start Time	Positive Check-In
Session 4	12 & Under	8:00 AM	9:00 AM	<u>ALL</u> by 8:00 AM
Session 5	13 & Over	12:30 PM	1:00 PM	<u>ALL</u> by 12:30 PM

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

Joshua Jock
Meet Manager
Northern TRIBS Swimming