

# ADIRONDACK GOLD SHORT COURSE CHAMPIONSHIPS

## CHANGE NOTICE

RPI Robison Pool ... Troy, NY is closed

**The Gold Championships take place @  
Shenendehowa Aquatic Pool  
March 13-15, 2020**

**Please note the following schedule changes:  
marked in red**

Session	Warm-up	Positive Check-in Deadline	Session Begins
<b>Friday – March 13, 2020</b>			
Session 2 – 13 & Over	<b>7:30 am</b>	<b>7:30 am</b> (13-14, Senior 400IM)	9:00 am
Session 3 – 12 & Under	<b>12:15 pm</b>	<b>12:15 pm</b> (10&U and 11-12 200 Back)	<b>1:15 pm</b>
Session 4 – Friday Finals	4:30 pm		5:30 pm
<b>Saturday – March 14, 2020</b>			
Session 5 – 13 & Over	<b>7:00 am</b>	<b>7:00 am</b> (13-14, Senior 500 Free)	8:30 am
Session 6 – 12 & Under	<b>12:30 pm</b>	<b>12:30 pm</b> (10& U and 11-12 200 Fly)	<b>1:30 pm</b>
Session 7 – Saturday Finals	4:30 pm		5:30 pm
<b>Sunday – March 15, 2020</b>			
Session 8 – 13 & Over	<b>7:00 am</b>		8:30 am
Session 9 – 12 & Under	12:00 pm	12:00 pm (10&U and 11-12 200 Breast)	1:00 pm
Session 10 – Sunday Finals	4:30 pm		5:30 pm

**Coaches, please make sure your swimmers and  
parents are informed of these changes.**

**Thank you!**