

RAVENA AUTUMN BREEZE, OCTOBER 16, 2010
MEET CHANGES AND WARMUP TIMES

1. SESSION 1 - MORNING WARMUP AND MEET START TIMES HAVE CHANGED

Session 1 changes

- i. Warmup 9:00am
- ii. Start 10:00am

2. SESSION 2 - WARMUP AND MEET START TIMES HAVE CHANGED

Session 2 changes

- i. Positive Check in 12:00 -1:15
- ii. Warmup 1:00pm
- iii. Start 1:30pm

3. SESSION 3 – NO CHANGE

WARM UP SCHEDULE

SESSION 1

Hawks, Ballston Spa, Ravena	All ages	9:00am – 9:30am
Albany, Delmar, Unattached	All ages	9:30am – 10:00am

SESSION 3

By Age Groups for session 3

11-12		2:00pm – 2:20pm
Senior		2:20pm – 2:40pm
All combined		2:40pm – 3:00pm