

DECEMBER DISTANCE INVITE
DECEMBER 12, 2010
SHENENDEHOWA AQUATICS CENTER

CHANGE

**DUE TO SHORTER SESSIONS
THE START TIMES FOR SESSION 2 AND 3
HAVE CHANGED**

**SESSION 2 WILL NOW START AT 11:15 AM
WITH WARM-UPS FROM 10:30 AM TO 11:10 AM**

**SESSION 3 WILL NOW START AT 3:15 PM
WITH WARM-UPS FROM 2:45 PM TO 3:10 PM
POSITIVE CHECK IN BY 300PM**