

**ADIRONDACK SWIMMING LONG COURSE CHAMPIONSHIP**  
July 19, 20, and 21, 2013 .... Colgate University

## CHANGE NOTICE

Due to better than expected subscription,  
the timeline of the meet will be changed as follows;

SESSION	DAY	WARM-UP	MEET START
SESSION 1	FRIDAY AM	SEE NEW	<a href="#">WARMUP</a>
SESSION 2	FRIDAY PM	1:15 PM	2:00 PM
SESSION 3	FRIDAY FINALS	5:30PM	6:15 PM
SESSION 4	SATURDAY AM	NO	CHANGE
SESSION 5	SATURDAY PM	1:45 PM	2:30 PM
SESSION 6	SATURDAY FINALS	6:15 PM	7:00 PM
SESSION 7	SUNDAY AM	NO	CHANGE
SESSION 8	SUNDAY PM	1:30 PM	2:15 PM
SESSION 9	SUNDAY FINALS	5:30 PM	6:15 PM