

AD LC Champs - Change Notice

Friday PM- warm up may be reduced to 30 minutes if am session runs pass 12:45

Saturday PM session Warm up 1:45 pm, Meet Starts at 2:15, Scratch sheets due by 1:30

Finals- 5:45 warm up 6:30 start

Sunday PM-warm up may be reduced to 30 minutes if am session runs pass 12:45

Finals- 5:45 warm up 6:30 start

Timeline (once the meet starts)

	AM (includes 2 nd warm up)	PM
Friday	5.25-5.5 hrs	3.25 hrs
Saturday	6.25 hrs	3.25 hrs
Sunday	5.25 hrs (includes 4 heats of 1500)	4.25 hrs

As per the meet announcement, teams are limited to only 3 relays per events. Relays beyond the 3 maximum have been removed. Relays may be further reduced at the discretion of the Meet Director and Meet Referee based on the status of the timeline.