

IM X-tremely Spooked Meet, October 28, 2017

# Change Notice

**Please note the following changes:**

<b>Session</b>	<b>Age Group</b>	<b>Warm up Time</b>	<b>Start Time</b>	<b>Positive check in</b>
<b>Session1</b>	<b>12 and unders</b>	<b>No Change 7:30 – 7:55</b>	<b>8:00am</b>	<b>none</b>
<b>Session 2</b>	<b>Open</b>	<b>Change 11:00 – 11:20</b>	<b>11:30am</b>	<b>For 500 Free by 10:45am</b>
<b>Session 3</b>	<b>13 and Overs</b>	<b>Change 12:45 – 1:10</b>	<b>1:15pm</b>	<b>For 400 IM by 12:45am</b>

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