

Chris Goody IMX Challenge

Saturday and Sunday JANUARY 13-14, 2018

@

Shenendehowa Aquatics Center

CHANGE NOTICE

Please note the following changes:

Session 1: Unchanged (500free athletes only bring their own counter)
Session 2: Unchanged (Athletes bring their own counter & timer)
Session 3: Warm-up starts at 3:30 PM Session starts at 4:15 PM (Athletes bring their own counter & timer)
Session 4: Unchanged
Session 5: Warm-up starts at 12:30 PM Session starts at 1:30 PM

Coaches, please make sure your swimmers and parents are informed of these changes.

Thank you!