

IM X-tremely Spooked Meet, November 3, 2019

Change Notice

Please note the following changes:

Session	Age Group	Warm up Time	Start Time	Positive check in
Session1	12 and unders	No Change 7:30 – 7:55	8:00am	none
Session 2	Open	No Change 10:30 – 10:50	11:00am	For 500 Free by 10:15am
Session 3	13 and Overs	Change 12:45 – 1:10	1:15pm	For 400 IM by 12:45am

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