

IMPORTANT!!!!!!!!!!

CHANGES TO THE MEET FORMAT FOR NOV. 7-9, 2003

CHANGES TO FRIDAY NIGHT SESSION:

THERE WILL BE 3 HEATS OF THE 1650 SWUM AT 4:30 FRI. AFTERNOON. THIS WILL **ONLY** INVOLVE EMAC SWIMMERS! EMAC SWIMMERS SHOULD CHECK WITH THEIR COACHES. ALL OTHER ENTRANTS FOR THIS EVENT WILL SWIM AT THE ORIGINALLY SCHEDULED TIME.

THERE ARE NO CHANGES TO THE 400 IM.

SATURDAY & SUNDAY – WE ARE COMBINING SESSIONS!

SATURDAY – WARM UPS 7:00 AM, MEET AT 8:00 AM

SUNDAY – WARM UPS 7:00 AM, MEET AT 8:00 AM

ALL EMAC SWIMMERS WILL WARM UP FROM 6:30 AM TO 7:00 ON SATURDAY & SUNDAY

SPRINTS 7:45 TO 8:00 AM ON BOTH DAYS