

**CHANGES FOR GCIT VETERANS DAY MEET
SATURDAY, NOVEMBER 13, 2004**

- Due to the large number of entries in the women's 500 freestyle on Saturday it became necessary to move the 500 free sessions up from their original listed start times.
- Warm ups for both the girls and boys 500 freestyles will begin immediately following the end of the morning session, approximately 9:45 am. The 500 freestyles will be swum fastest to slowest with the first heat starting at 10:20 am.
- The start times for the 400 IMs on Sunday remain unchanged.
- Warm ups for the morning sessions each day will run from 6:30 am to 7:20 am. These will be open warm ups both days. Warm up lanes will be assigned for the afternoon sessions each day and posted around the pool.

**WARM-UP SESSIONS FOR 12 AND UNDERS SATURDAY AND
SUNDAY...Sprints last 5 minutes in your lane**

DEEP POOL

	LaneX	Lane1	Lane2	Lane3	Lane4	Lane5	Lane6	Lane7	Lane8	LaneX
1:30-1:55	JW	JW	JW	JW	JW	SPIR	SPIR	SPIR	SPIR	NEY, OCCC, WAC, SAC
1:55-2:20	TAC	TAC	TAC	EAC	EAC	EACM	WWC	WWC	EMAC	EMAC

SHALLOW POOL

	LaneX	Lane1	Lane2	Lane3	Lane4	Lane5	Lane6	Lane7	Lane8	LaneX
1:30-1:55	MSA	MSA	MSA	MSA	FCA	FCA	FCA	FCA	RACE, PENN	RACE, PENN
1:55-2:20	GCIT	GCIT	GCIT	GCIT, PRSC	SEA	SEA	LMOR	LMOR, NEY	TSS, HSC	TSS, HSC

Previous change dated October 19, 2004

The warm-ups for the morning sessions (Saturday and Sunday) of the GCIT Veteran's Day A/BB/C Meet will start at 6:30 am and the meet will start at 7:30 am.