

2019 Eastern Long Course Regional Championship Meet
May 31 to June 2, 2019

1. Changes to Warm-up and Session Start Times

<u>Session #</u>	<u>Date</u>	<u>Age Group</u>	<u>Prelims/ Finals</u>	<u>Warm Up</u>	<u>Start</u>
1	Friday, May 31	13 & over	Prelims	8:00 a.m.	9:00 a.m.
2	Friday, May 31	12 & under	Time Finals	12:00 p.m.	12:45 p.m.
3	Friday, May 31	13 & over	Finals	5:00 p.m.	6:00 p.m.
4	Saturday, June 1	13 & over	Prelims	7:00 a.m.	8:00 a.m.
5	Saturday, June 1	12 & over	Time Finals	12:00 p.m.	12:45 p.m.
6	Saturday, June 1	13 & over	Finals	5:00 p.m.	6:00 p.m.
7	Sunday, June 2	13 & over	Prelims	7:00 a.m.	8:00 a.m.
8	Sunday, June 2	12 & under	Time Finals	12:00 p.m.	12:45 p.m.
9	Sunday, June 2	13 & over	Finals	5:00 p.m.	6:00 p.m.