

**2017 OCIAA Swimming Championships**  
**Hosted by Washingtonville**  
**October 20-21, 2017**

<b>Swimming</b> <b>Friday, October 20th</b>	
<b>2:30-3:30</b>	<b>Open Warm Ups</b>
<b>3:30-4:00</b>	<b>Lane 1 - One Way Sprints</b> <b>Lane 2 - One Way Sprints</b> <b>Lane 3 - Open Swim</b> <b>Lane 4 - Open Swim</b> <b>Lane 5 - Relay Starts</b> <b>Lane 6 - Relay Starts</b>
<b>3:30 Last Minute Scratches</b>	
<b>Coaches Meeting</b>	<b>3:45 PM</b>
<b>Start Time</b>	<b>4:00 PM</b>
<b>Updates and results will be posted on our web site <a href="http://www.section9swim.com">www.section9swim.com</a></b>	

<b>Swimming</b> <b>Saturday, October 21th</b>	
<b>8:15-9:15</b>	<b>Open Warm Ups</b>
<b>9:15-9:45</b>	<b>Lane 1 - One Way Sprints</b> <b>Lane 2 - One Way Sprints</b> <b>Lane 3 - Open Swim</b> <b>Lane 4 - Open Swim</b> <b>Lane 5 - Relay Starts</b> <b>Lane 6 - Relay Starts</b>
<b>9:30 Last Minute Scratches</b>	
<b>Coaches Meeting</b>	<b>9:45 AM</b>
<b>Start Time</b>	<b>10:00 AM</b>
<b>Updates and results will be posted on our web site <a href="http://www.section9swim.com">www.section9swim.com</a></b>	