

Meet updates, psyche sheets, and warmup times are posted a few days before each meet on the Adirondack LSC or Niagara LSC websites under [Meets](#). I will also copy these links to our page below so please check one of these for changes before you leave for a meet.

DATE/ DAY(S)	MEET INFORMATION	ATTENDING COACH(ES)	ENTRY DEADLINE	RESULTS
5/24/2014 SAT	<a href="#">Summer Series 1 Intraclub Meet</a>	Josh, Jess and Richie		<a href="#">Results</a>
6/07-08/2014 SAT-SUN	<a href="#">Colgate Classic</a> Colgate University	Jess		<a href="#">Full Results</a> <a href="#">Individual Results</a>
6/13/2014 FRI	<a href="#">Summer Series 2 Intraclub Meet</a> (event list)	Josh, Jess, and Steph		<a href="#">Full Results</a> <a href="#">Individual Results</a>
6/28/2014 SAT	<a href="#">Super Circuit</a> Burnell Park, Syracuse	Josh and Jess		<a href="#">Individual Results</a>
7/10/2014 THUR	<a href="#">Summer Series 3 Intraclub Meet</a>	Canton Coaches		<a href="#">Full Results</a> <a href="#">Individual Results</a>
7/18-20/2014 FRI - SUN	<a href="#">AD Long Course Champs</a> Colgate University	Josh		<a href="#">Full Results</a> <a href="#">Individual Results</a> <a href="#">Scores</a> <a href="#">HI-POINT</a>
8/08/2014 FRI	<a href="#">Summer Series 4 Intraclub Meet</a>	Josh and Jess		<a href="#">Meet Results</a> <a href="#">Results by Age Group</a> <a href="#">Individual Results</a>