



Pennsylvania YMCA Districts – EAST 2023

March 10-12, 2023

APPENDIX 1: ORDER OF EVENTS

Session 1: Friday, March 10 Age Group 11-12
9:40am Warm-up - 11:00am Start

Girls	Event	Boys
201	11-12 200 Butterfly	202
203	11-12 50 Backstroke	204
205	11-12 100 Breaststroke	206
207	11-12 50 Freestyle	208
209	11-12 100 Individual Medley	210
211	11-12 400 Freestyle Relay	212

Session 2: Friday, March 10 Age Group 13-14
1:00pm Warm-up - 2:35pm Start

Girls	Event	Boys
301	13-14 200 Butterfly	302
303	13-14 100 Breaststroke	304
305	13-14 50 Freestyle	306
307	13-14 400 Individual Medley	308
309	13-14 400 Freestyle Relay	310
311	13-14 1650 Freestyle	312

Session 3: Friday, March 10 Age Group 15-21
5:00pm Warm-up - 6:15pm Start

Girls	Event	Boys
401	15-21 200 Butterfly	402
403	15-21 100 Breaststroke	404
405	15-21 50 Freestyle	406
407	15-21 400 Individual Medley	408
409	15-21 400 Freestyle Relay	410
411	15-21 1650 Freestyle	412



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Session 4: Saturday, March 11 Age Groups 10 & Under and 11-12

7:55am Warm-up – 9:30am Start

Girls	Event	Boys
101	10 & Under 50 Freestyle	102
213	11-12 200 Freestyle	214
103	10 & Under 100 Breaststroke	104
215	11-12 50 Breaststroke	216
105	10 & Under 50 Backstroke	106
217	11-12 200 Backstroke	218
107	10 & Under 50 Butterfly	108
219	11-12 100 Butterfly	220
109	10 & Under 200 Individual Medley	110
221	11-12 200 Individual Medley	222
111	10 & Under 100 Freestyle	112
223	11-12 200 Medley Relay	224
113	10 & Under 200 Medley Relay	114

Session 5: Saturday, March 11 Age Group 13-14

1:00pm Warm-up – 2:35pm Start

Girls	Event	Boys
313	13-14 200 Freestyle	314
315	13-14 200 Backstroke	316
317	13-14 100 Butterfly	318
319	13-14 200 Individual Medley	320
321	13-14 200 Medley Relay	322
323	13-14 1000 Freestyle	324

Session 6: Saturday, March 11 Age Group 15-21

5:15pm Warm-up – 6:25pm Start

Girls	Event	Boys
413	15-21 200 Freestyle	414
415	15-21 200 Backstroke	416
417	15-21 100 Butterfly	418
419	15-21 200 Individual Medley	420
421	15-21 200 Medley Relay	422
423	15-21 1000 Freestyle	424



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Session 7: Sunday, March 12 Age Group 10 & Under and 11-12

7:55am Warm-up – 9:30am Start

Girls	Event	Boys
115	10 & Under 100 Individual Medley	116
225	11-12 100 Freestyle	226
117	10 & Under 200 Freestyle	118
227	11-12 50 Butterfly	228
119	10 & Under 100 Backstroke	120
229	11-12 100 Backstroke	230
121	10 & Under 50 Breaststroke	122
231	11-12 200 Breaststroke	232
123	10 & Under 100 Butterfly	124
233	11-12 500 Freestyle	234
125	10 & Under 200 Freestyle Relay	126
235	11-12 200 Freestyle Relay	236

Session 8: Sunday, March 12 Age Group 13-14

1:00pm Warm-up – 2:35pm Start

Girls	Event	Boys
325	13-14 100 Freestyle	326
327	13-14 100 Backstroke	328
329	13-14 200 Breaststroke	330
331	13-14 500 Freestyle	332
333	13-14 200 Freestyle Relay	334

Session 9: Sunday, March 12 Age Group 15-21

5:30pm Warm-up – 6:40pm Start

Girls	Event	Boys
425	15-21 100 Freestyle	426
427	15-21 100 Backstroke	428
429	15-21 200 Breaststroke	430
431	15-21 500 Freestyle	432
433	15-21 200 Freestyle Relay	434