



NYS YMCA SWIM CHAMPIONSHIPS

March 15-17, 2024

	Girls Event #	Boys Event #	Class	Event
Friday, March 15, 2024				
Warm-up: 3:30 pm				
Start: 5:00 pm				
	1	2	A	200 yd IM
	3	4	B	200 yd IM
	5	6	C	200 yd IM
	7	8	Open	200 Free Relay (fast to slow)
	9	10	B	500 yd Free
	11	12	A	500 yd Free
	101		Open	200 Mixed Medley Relay

Saturday, March 16, 2024	13	14	Open	200 yd Med Rel (fast to slow)
Warm-up: 6:30 am	15	16	C	50 yd Free
Start: 8:00 am	17	18	B	50 yd Free
	19	20	A	50 yd Free
	21	22	C	50 yd Back
	23	24	B	100 yd Back
	25	26	A	100 yd Back
	27	28	C	200 yd Free
	29	30	B	200 yd Free
	31	32	A	200 yd Free (fast to slow)
			10 Minute Break	
	33	34	Open	400 Medley Relay
SWIMMING (35	36	C	200 yd Med Relay
AT (37	38	B	200 yd Med Relay
NIGHT (39	40	A	200 yd Med Relay
Saturday, March 16, 2024	41	42	E	100 yd IM
Warm-up: 12:30 pm	43	44	D	100 yd IM
Start : 1:30 pm	45	46	E	50 yd Free
	47	48	D	100 yd Free
	49	50	E	25 yd Back
	51	52	D	50 yd Back
	53	54	E	100 yd Free
	55	56	D	200 yd Medley Relay
	57	58	E	100 yd Medley Relay
Sunday, March 17, 2024	59	60	C	100 yd Free
Warm-up 7:30 am	61	62	B	100 yd Free
Start: 9:00 am	63	64	A	100 yd Free
	65	66	C	50 yd Fly
	67	68	B	100 yd Fly
	69	70	A	100 yd Fly
	71	72	C	50 yd Breast
	73	74	B	100 yd Breast
	75	76	A	100 yd Breast
	77	78	C	200 yd Free Relay
	79	80	B	200 yd Free Relay
	81	82	A	400 yd Free Relay
Sunday, March 17, 2024	83	84	D	50 yd Free
Warm-up: 12:45 pm	85	86	E	25 yd Free
Start: 1:45 pm	87	88	D	50 yd Fly
	89	90	E	25 yd Fly
	91	92	D	50 yd Breast
	93	94	E	25 yd Breast
	95	96	D	200 yd Free
	97	98	E	100 yd Free Relay