



Pennsylvania YMCA Districts – EAST 2026

March 6-8, 2026

APPENDIX 1: ORDER OF EVENTS

Session 1: Friday, March 6 Age Group 11-12
9:15am Warm-up - 10:15am Start

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

Session 2: Friday, March 6 Age Group 13-14
12:30pm Warm-up - 1:30pm Start

Girls	Event	Boys
301	13-14 200 Butterfly	302
303	13-14 100 Breaststroke	304
305	13-14 100 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 6 Age Group 15-21
4:50pm Warm-up - 5:50pm Start

Girls	Event	Boys
401	15-21 200 Butterfly	402
403	15-21 100 Breaststroke	404
405	15-21 100 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 7 Age Groups 10 & Under and 11-12
7:00am Warm-up – 8:15am 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 100 Butterfly	108
219	11-12 100 Butterfly	220
109	10 & Under 100 Individual Medley	110
221	11-12 500 Freestyle	222
111	10 & Under 200 Freestyle	112
223	11-12 200 Medley Relay	224
113	10 & Under 200 Medley Relay	114

Session 5: Saturday, March 7 Age Group 13-14
11:40am Warm-up – 12:40pm 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 Medley Relay	320
321	13-14 1000 Freestyle	322

Session 6: Saturday, March 7 Age Group 15-21
4:00pm Warm-up – 5:00pm 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 Medley Relay	420
421	15-21 1000 Freestyle	422



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Session 7: Sunday, March 8 Age Group 10 & Under and 11-12

7:00am Warm-up – 8:15am Start

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

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

11:30am Warm-up – 12:30pm Start

Girls	Event	Boys
323	13-14 200 Individual Medley	324
325	13-14 50 Freestyle	326
327	13-14 200 Breaststroke	325
329	13-14 100 Backstroke	330
331	13-14 500 Freestyle	332
333	13-14 200 Freestyle Relay	334

Session 9: Sunday, March 8 Age Group 15-21

3:50pm Warm-up - 4:50pm Start

Girls	Event	Boys
423	15-21 200 Individual Medley	424
425	15-21 50 Freestyle	426
427	15-21 200 Breaststroke	428
429	15-21 100 Backstroke	430
431	15-21 500 Freestyle	432
433	15-21 200 Freestyle Relay	434