

**2024 YMCA Short Course National Championships  
Greensboro, NC**

**Projected Timeline Before Scratches**

<b>Wednesday Morning</b>			
<b>Event</b>		<b>Heats</b>	<b>Start</b>
201	W 200 Backstroke	10	9:00 AM
203	W 100 Butterfly	16	9:28 AM
205	W 200 Breaststroke	13	9:50 AM
	<b>End of Session</b>		10:28 AM
<b>Event</b>		<b>Heats</b>	<b>Start</b>
202	M 200 Backstroke	11	9:00 AM
204	M 100 Butterfly	21	9:28 AM
206	M 200 Breaststroke	14	9:55 AM
	<b>End of Session</b>		10:32 AM
<b>Thursday Morning</b>			
<b>Event</b>		<b>Heats</b>	<b>Start</b>
301	W 100 Backstroke	14	9:00 AM
303	W 400 Individual Medley	8	9:22 AM
305	W 200 Freestyle	11	10:04 AM
	<b>Relay Break - 15 Minutes</b>		10:30 AM
307	W 200 Freestyle Relay	7	10:45 AM
	<b>End of Session</b>		11:02 AM
<b>Event</b>		<b>Heats</b>	<b>Start</b>
302	M 100 Backstroke	19	9:00 AM
304	M 400 Individual Medley	11	9:28 AM
306	M 200 Freestyle	15	10:20 AM
	<b>Relay Break - 15 Minutes</b>		10:53 AM
308	M 200 Freestyle Relay	8	11:08 AM
	<b>End of Session</b>		11:26 AM

**Projected Timeline Before Scratches**

<b>Friday Morning</b>			
<b>Event</b>		<b>Heats</b>	<b>Start</b>
401	W 500 Freestyle	8	9:00 AM
403	W 200 Individual Medley	10	9:45 AM
405	W 50 Freestyle	19	10:12 AM
	<b>Relay Break - 15 Minutes</b>		10:27 AM
407	W 400 Medley Relay	6	10:42 AM
	<b>End of Session</b>		11:11 AM
<b>Event</b>		<b>Heats</b>	<b>Start</b>
402	M 500 Freestyle	11	9:00 AM
404	M 200 Individual Medley	12	9:57 AM
406	M 50 Freestyle	24	10:26 AM
	<b>Relay Break - 15 Minutes</b>		10:44 AM
408	M 400 Medley Relay	8	10:59 AM
	<b>End of Session</b>		11:34 AM
<b>Saturday Morning</b>			
<b>Event</b>		<b>Heats</b>	<b>Start</b>
501	W 100 Freestyle	15	9:00 AM
503	W 200 Butterfly	8	9:19 AM
505	W 100 Breaststroke	18	9:41 AM
	<b>Relay Break - 15 Minutes</b>		10:09 AM
507	W 400 Freestyle Relay	4	10:24 AM
	<b>Distance Break - 15 Minutes</b>		10:42 AM
509	W 1650 Freestyle	2	10:57 AM
	<b>End of Session</b>		11:36 AM
<b>Event</b>		<b>Heats</b>	<b>Start</b>
502	M 100 Freestyle	19	9:00 AM
504	M 200 Butterfly	10	9:22 AM
506	M 100 Breaststroke	21	9:47 AM
	<b>Relay Break - 15 Minutes</b>		10:17 AM
508	M 400 Freestyle Relay	6	10:32 AM
	<b>Distance Break - 15 Minutes</b>		10:56 AM
510	M 1650 Freestyle	3	11:11 AM
	<b>End of Session</b>		12:05 PM