

**2023 YMCA Long Course National Championships
Greensboro, NC**

Projected Timeline for Finals

Day 1 Finals			
Event		Heats	Start
109	W 800 Freestyle	1	5:15 PM
110	M 800 Freestyle	1	5:32 PM
101	W 200 Butterfly	4	5:49 PM
102	M 200 Butterfly	4	6:10 PM
103	W 50 Breaststroke	4	6:30 PM
104	M 50 Breaststroke	4	6:43 PM
105	W 100 Freestyle	4	6:56 PM
106	M 100 Freestyle	4	7:11 PM
107	W 200 Medley Relay	2	7:26 PM
108	M 200 Medley Relay	2	7:32 PM
	End of Session		7:57 PM

Day 2 Finals			
Event		Heats	Start
201	W 200 Freestyle	4	5:15 PM
202	M 200 Freestyle	4	5:34 PM
203	W 200 Breaststroke	4	5:54 PM
204	M 200 Breaststroke	4	6:16 PM
205	W 200 Backstroke	4	6:38 PM
206	M 200 Backstroke	4	6:58 PM
207	W 200 Freestyle Relay	2	7:19 PM
208	M 200 Freestyle Relay	2	7:24 PM
	End of Session		7:49 PM

Day 3 Finals			
Event		Heats	Start
301	W 400 Individual Medley	4	5:15 PM
302	M 400 Individual Medley	4	5:47 PM
303	W 50 Backstroke	4	6:17 PM
304	M 50 Backstroke	4	6:31 PM
305	W 100 Butterfly	4	6:44 PM
306	M 100 Butterfly	4	6:59 PM
307	W 400 Medley Relay	2	7:14 PM
308	M 400 Medley Relay	2	7:25 PM
	End of Session		7:55 PM

Projected Timeline for Finals

Day 4 Finals			
Event		Heats	Start
401	W 400 Freestyle	4	5:15 PM
402	M 400 Freestyle	4	5:44 PM
403	W 50 Butterfly	4	6:12 PM
404	M 50 Butterfly	4	6:25 PM
405	W 100 Breaststroke	4	6:38 PM
406	M 100 Breaststroke	4	6:55 PM
407	W 100 Backstroke	4	7:11 PM
408	M 100 Backstroke	4	7:26 PM
409	W 800 Freestyle Relay	1	7:41 PM
410	M 800 Freestyle Relay	1	7:51 PM
	End of Session		8:20 PM

Day 5 Finals			
Event		Heats	Start
507	W 1500 Freestyle	1	5:15 PM
508	M 1500 Freestyle	1	5:42 PM
501	W 200 Individual Medley	4	6:09 PM
502	M 200 Individual Medley	4	6:30 PM
503	W 50 Freestyle	4	6:50 PM
504	M 50 Freestyle	4	7:03 PM
505	W 400 Freestyle Relay	2	7:16 PM
506	M 400 Freestyle Relay	2	7:26 PM
	End of Session		7:55 PM
	Team Awards Follow		