

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

**Pre-Scratch Projected Timeline**

<b>Day 1 Preliminaries</b>			
<b>Event</b>		<b>Heats</b>	<b>Start</b>
101	W 200 Butterfly	6	9:00 AM
102	M 200 Butterfly	7	9:18 AM
103	W 50 Breaststroke	10	9:39 AM
104	M 50 Breaststroke	12	9:49 AM
105	W 100 Freestyle	14	10:01 AM
106	M 100 Freestyle	15	10:22 AM
107	W 200 Medley Relay	4	10:47 AM
108	M 200 Medley Relay	4	11:00 AM
109	<b>W 800 Freestyle</b>	3	11:11 AM
110	<b>M 800 Freestyle</b>	2	11:43 AM
	<b>End of Session</b>		12:04 PM

<b>Day 2 Preliminaries</b>			
<b>Event</b>		<b>Heats</b>	<b>Start</b>
201	W 200 Freestyle	11	9:00 AM
202	M 200 Freestyle	9	9:29 AM
203	W 200 Breaststroke	8	9:53 AM
204	M 200 Breaststroke	8	10:20 AM
205	W 200 Backstroke	8	10:45 AM
206	M 200 Backstroke	8	11:11 AM
207	W 200 Freestyle Relay	4	11:41 AM
208	M 200 Freestyle Relay	4	11:52 AM
	<b>End of Session</b>		12:03 PM

<b>Day 3 Preliminaries</b>			
<b>Event</b>		<b>Heats</b>	<b>Start</b>
301	W 400 Individual Medley	6	9:00 AM
302	M 400 Individual Medley	6	9:35 AM
303	W 50 Backstroke	9	10:09 AM
304	M 50 Backstroke	9	10:20 AM
305	W 100 Butterfly	11	10:31 AM
306	M 100 Butterfly	15	10:49 AM
307	W 400 Medley Relay	4	11:16 AM
308	M 400 Medley Relay	4	11:38 AM
	<b>End of Session</b>		11:59 AM

**Pre-Scratch Projected Timeline**

<b>Day 4 Preliminaries</b>			
<b>Event</b>		<b>Heats</b>	<b>Start</b>
401	W 400 Freestyle	7	9:00 AM
402	M 400 Freestyle	6	9:36 AM
403	W 50 Butterfly	10	10:06 AM
404	M 50 Butterfly	12	10:16 AM
405	W 100 Breaststroke	9	10:28 AM
406	M 100 Breaststroke	12	10:44 AM
407	W 100 Backstroke	10	11:04 AM
408	M 100 Backstroke	11	11:23 AM
409	<b>W 800 Freestyle Relay</b>	2	11:47 AM
410	<b>M 800 Freestyle Relay</b>	2	12:08 PM
	<b>End of Session</b>		12:28 PM

<b>Day 5 Preliminaries</b>			
<b>Event</b>		<b>Heats</b>	<b>Start</b>
501	W 200 Individual Medley	8	9:00 AM
502	M 200 Individual Medley	9	9:24 AM
503	W 50 Freestyle	15	9:50 AM
504	M 50 Freestyle	15	10:03 AM
505	W 400 Freestyle Relay	3	10:21 AM
506	M 400 Freestyle Relay	3	10:37 AM
507	<b>W 1500 Freestyle</b>	3	10:51 AM
508	<b>M 1500 Freestyle</b>	2	11:50 AM
	<b>End of Session</b>		12:28 PM