



SCHEDULE OF ACTIVITIES

2023 YMCA National Long Course Championship

PRE-MEET ACTIVITIES

Midnight 7/01	COACHES: (Friday) Deadline for Team and Coach Annual Registration
9:00PM 7/17	COACHES: (Monday) Championship Entry Submission Deadline
Midnight 7/17	OFFICIALS: (Monday) Deadline for Officials Pre-registration
Midnight 7/19	STAFF: (Wednesday) Notification to Teams of Timer Requirements
Midnight 7/19	STAFF: (Wednesday) Notification to Teams selected for Proof of Times
9:00PM 7/20	COACHES: (Thursday) Time Trials Online Entries Deadline
Midnight 7/20	ALL: (Thursday) Deadline for Submitting Attestation Forms

DAY (-1) ACTIVITIES – SUNDAY (July 23)

10:00AM-6:00PM	COACHES: Pool open for swimmers – a fee of \$5.00 Warm-up Pool
1:00PM-6:00PM	STAFF: Trainer Facilitation class Special Events Center By invitation Only
Midnight	COACHES: Additional Entry Submission Deadline

DAY 0 - MONDAY, July 24

(No Competition on This Day)

7:00AM-7:00PM	COACHES: Pools Open for Warm-up Warm-up & Competition Pools
8:00AM-12:00PM	OFFICIALS: Level I Officials Training Special Events Center - Rm 1
8:00AM-12:00PM	OFFICIALS: Level II Officials Training Special Events Center - Rm 1
8:00AM-12:00PM	OFFICIALS: Trainer Training Special Events Center - Rm 4
11:30AM-7:00PM	SPECTATORS: Box Office open for Ticket sales Special Events Center Lobby
12:00PM-4:15PM	COACHES: Team, Coaches Check-in Special Events Center - Rm 3
12:00PM-5:15PM	COACHES: Scratch Table Open Special Events Center - Rm 3
12:00PM-3:00PM	OFFICIALS: Officials Check-in Special Events Center - Rm 3
12:00PM	SWIMMERS: Athlete Village Open for Team Move-in Special Events Center
3:15PM-4:00PM	COACHES: New Coaches Meeting Special Events Center - Rm 1
3:15PM-3:45PM	OFFICIALS: New Officials Meeting Special Events Center - Rm 4
3:45PM-4:15PM	OFFICIALS: Mandatory Officials Briefing Special Events Center - Rm 4
4:15PM-5:15PM	COACHES: All Coaches Meeting (will be videocast) Special Events Center - Rm 1
4:30PM-5:30PM	OFFICIALS: Officials Check-in Special Events Center - Rm 3
5:00PM-6:00PM	COACHES: Team, Coaches Check-in Special Events Center - Rm 3



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2023 YMCA National Long Course Championship

DAY 1 - TUESDAY, July 25

Day's Events:

- 200 Meter Butterfly
- 50 Meter Breaststroke
- 100 Meter Freestyle
- 200 Meter Medley Relay
- 800 Meter Freestyle

PRELIMINARIES

7:00AM-8:45AM	COACHES: Pools Open for Prelims Warm-up Warm-up & Competition Pools
7:00AM-11:00AM	COACHES: Team, Coaches, College Coaches Check-in..... Special Events Center - Rm 4
7:00AM-11:00AM	SPECTATORS: Ticket SalesSpectator Entrance
7:00AM	SPECTATORS: Stands Open for SpectatorsSpectator Entrance
7:45AM	OFFICIALS: Officials/Timers Meeting & Officials Check-in.....Special Events Center – Rm 1
8:00AM-10:30AM	COACHES: Time Trial Table Open Pool Deck @Diving Well End
8:00AM	COACHES: Relay & Scratch Table Open Pool Deck @Diving Well End
8:45AM	ALL: Clear Pool & Devotion and National Anthem Competition Pool
9:00AM	ALL: PRELIMS START
11:00AM-2:00 PM	COACHES, OFFICIALS, VOLUNTEERS: Lunch..... Special Events Center - Rm 3

➤ **TIME TRIALS START – Approx. 30 Minutes After Prelims but not before Noon**

Scheduled Time Trial Events: 50 Meter Breaststroke; 200 Meter Butterfly; 100 Meter Freestyle; 800 Meter Freestyle; 200 Meter Freestyle; 200 Meter Breaststroke; 200 Meter Backstroke

FINALS

4:00PM	COACHES: Pools Open for Finals Warm-up Warm-up & Competition Pools
4:00PM-6:00PM	COACHES: Team, Coaches, College Coaches Check-in..... Special Events Center - Rm 4
4:00PM	COACHES: Relay Table Open Pool Deck @Diving Well End
4:00PM-5:00PM	COACHES: Scratch Table Open..... Pool Deck @Diving Well End
4:00PM-7:00PM	SPECTATORS: Ticket SalesSpectator Entrance
4:00PM	SPECTATORS: Stands Open for SpectatorsSpectator Entrance
4:00PM	OFFICIALS: Officials/Timers Meeting & Officials Check-in.....Special Events Center – Rm 1
4:35PM	SWIMMERS: Assembly for Opening CeremoniesParade Staging in Athlete Village
4:50PM	SWIMMERS: Clear Competition Pool.....Competition Pool
4:50PM	ALL: OPENING CEREMONIES - PARADE OF ATHLETES
5:00PM	ALL: Devotion and National Anthem
5:15PM	ALL: FINALS START WITH B, A, C, D HEATS
8:00PM	ALL: Estimated Session End Time



SCHEDULE OF ACTIVITIES

2023 YMCA National Long Course Championship

DAY 2 - WEDNESDAY, July 26

Day's Events:

- 200 Meter Freestyle
- 200 Meter Breaststroke
- 200 Meter Backstroke
- 200 Meter Freestyle Relay

PRELIMINARIES

7:00AM-8:45AM	COACHES: Pools Open for Prelims Warm-up Warm-up & Competition Pools
7:00AM-11:00AM	COACHES: Team, Coaches, College Coaches Check-in..... Special Events Center - Rm 4
7:30AM-11:00AM	SPECTATORS: Ticket SalesSpectator Entrance
7:30AM	SPECTATORS: Stands Open for SpectatorsSpectator Entrance
7:45AM	OFFICIALS: Officials & Timers Meeting & Officials Check-in.....Special Events Center – Rm 1
8:00AM-10:30AM	COACHES: Time Trial Table Open Pool Deck @Diving Well End
8:00AM	COACHES: Relay & Scratch Table Open Pool Deck @Diving Well End
8:45AM	ALL: Clear Pool & Devotion and National AnthemCompetition Pool
9:00AM	ALL: PRELIMS START
11:00AM-2:00 PM	COACHES, OFFICIALS, VOLUNTEERS: Lunch..... Special Events Center - Rm 3

➤ **TIME TRIALS START – Approx. 30 Minutes After Prelims but not before Noon**

Scheduled Time Trial Events: 200 Meter Freestyle; 200 Meter Breaststroke; 200 Meter Backstroke; 400 Meter IM; 100 Meter Butterfly; 50 Meter Backstroke

FINALS

4:00PM	COACHES: Pools Open for Finals Warm-up Warm-up & Competition Pools
5:00PM-6:00PM	COACHES: Team, Coaches, College Coaches Check-in..... Special Events Center - Rm 4
4:00PM	COACHES: Relay Table Open Pool Deck @Diving Well End
4:00PM-5:00PM	COACHES: Scratch Table Open..... Pool Deck @Diving Well End
4:00PM-7:00PM	SPECTATORS: Ticket SalesSpectator Entrance
4:00PM	SPECTATORS: Stands Open for SpectatorsSpectator Entrance
4:15PM	OFFICIALS: Officials/Timers Meeting & Officials Check-in.....Special Events Center – Rm 1
5:00PM	SWIMMERS: Clear Competition Pool.....Competition Pool
5:00PM	ALL: Devotion and National Anthem
5:15PM	ALL: FINALS START WITH B, A, C, D HEATS
7:50PM	ALL: Estimated Session End Time



SCHEDULE OF ACTIVITIES

2023 YMCA National Long Course Championship

DAY 3 - THURSDAY, July 27

Day's Events:

- 400 Meter IM
- 50 Meter Backstroke
- 100 Meter Butterfly
- 400 Meter Medley Relay

PRELIMINARIES

7:00AM-8:45AM	COACHES: Pools Open Prelims Warm-up Warm-up & Competition Pools
7:00AM-11:00AM	COACHES: Team, Coaches, College Coaches Check-in..... Special Events Center - Rm 4
7:30AM-11:00AM	SPECTATORS: Ticket SalesSpectator Entrance
7:30AM	SPECTATORS: Stands Open for SpectatorsSpectator Entrance
7:30AM	OFFICIALS: Picture..... Front Steps-Special Events Center
7:45AM	OFFICIALS: Officials/Timers Meeting & Officials Check-in.....Special Events Center – Rm 1
8:00AM-10:30AM	COACHES: Time Trial Table Open Pool Deck @Diving Well End
8:00AM	COACHES: Relay & Scratch Table Open Pool Deck @Diving Well End
8:45AM	ALL: Clear Pool & Devotion and National Anthem.....Competition Pool
8:55AM	ALL: SENIOR RECOGNITION
9:00AM	ALL: PRELIMS START
11:00AM-2:00 PM	COACHES, OFFICIALS, VOLUNTEERS: Lunch..... Special Events Center - Rm 3

➤ **TIME TRIALS START – Approx. 30 Minutes After Prelims but not before Noon**

Scheduled Time Trial Events: 400 Meter IM; 100 Meter Butterfly; 50 Meter Backstroke; 50 Meter Butterfly; 100 Meter Breaststroke; 100 Meter Backstroke; 400 Meter Freestyle

FINALS

4:00PM	COACHES: Pools Open for Finals Warm-up Warm-up & Competition Pools
5:00PM-6:00PM	COACHES: Team, Coaches, College Coaches Check-in..... Special Events Center - Rm 4
4:00PM	COACHES: Relay Table Open Pool Deck @Diving Well End
4:00PM-5:00PM	COACHES: Scratch Table Open..... Pool Deck @Diving Well End
4:00PM-7:00PM	SPECTATORS: Ticket SalesSpectator Entrance
4:00PM	SPECTATORS: Stands Open for SpectatorsSpectator Entrance
4:15PM	OFFICIALS: Officials/Timers Meeting & Officials Check-in.....Special Events Center – Rm 1
5:00PM	SWIMMERS: Clear Competition Pool.....Competition Pool
5:00PM	ALL: Devotion and National Anthem
5:15PM	ALL: FINALS START WITH B, A, C, D HEATS
7:55PM	ALL: Estimated Session End Time



SCHEDULE OF ACTIVITIES

2023 YMCA National Long Course Championship

DAY 4 - FRIDAY, July 28

Day's Events:

- 400 Meter Freestyle
- 50 Meter Butterfly
- 100 Meter Breaststroke
- 100 Meter Backstroke
- 800 Meter Freestyle Relay

PRELIMINARIES

7:00AM-8:45AM	COACHES: Pools Open Prelims Warm-up Warm-up & Competition Pools
7:00AM-11:00AM	COACHES: Team, Coaches, College Coaches Check-in..... Special Events Center - Rm 4
7:30AM-11:00AM	SPECTATORS: Ticket SalesSpectator Entrance
7:30AM	SPECTATORS: Stands Open for SpectatorsSpectator Entrance
7:45AM	OFFICIALS: Officials/Timers Meeting & Officials Check-in..... Special Events Center - Rm 1
8:00AM-10:30AM	COACHES: Time Trial Table Open Pool Deck @Diving Well End
8:00AM	COACHES: Relay & Scratch Table Open Pool Deck @Diving Well End
8:45AM	ALL: Clear Pool & Devotion and National Anthem..... Competition Pool
9:00AM	ALL: PRELIMS START
11:00AM-2:00 PM	COACHES, OFFICIALS, VOLUNTEERS: Lunch..... Special Events Center - Rm 3

➤ **TIME TRIALS START – Approx. 30 Minutes After Prelims but not before Noon**

Scheduled Time Trial Events: 400 Meter Freestyle; 100 Meter Breaststroke; 100 Meter Backstroke; 50 Meter Butterfly; 50 Meter Freestyle; 200 Meter IM; 1500 Freestyle

FINALS

4:00PM	COACHES: Pools Open for Finals Warm-up Warm-up & Competition Pools
5:00PM-6:00PM	COACHES: Team, Coaches, College Coaches Check-in..... Special Events Center - Rm 4
4:00PM	COACHES: Relay Table Open Pool Deck @Diving Well End
4:00PM-5:00PM	COACHES: Scratch Table Open..... Pool Deck @Diving Well End
4:00PM-7:00PM	SPECTATORS: Ticket SalesSpectator Entrance
4:00PM	SPECTATORS: Stands Open for SpectatorsSpectator Entrance
4:15PM	OFFICIALS: Officials/Timers Meeting & Officials Check-in..... Special Events Center - Rm 1
5:00PM	SWIMMERS: Clear Competition Pool..... Competition Pool
5:00PM	ALL: Devotion and National Anthem
5:15PM	ALL: FINALS START WITH B, A, C, D HEATS
8:20PM	ALL: Estimated Session End Time



SCHEDULE OF ACTIVITIES

2023 YMCA National Long Course Championship

DAY 5 - SATURDAY, July 29

Day's Events:

- 200 Meter IM
- 50 Meter Freestyle
- 400 Meter Freestyle Relay
- 1500 Meter Freestyle

PRELIMINARIES

7:00AM-8:45AM	COACHES: Pools Open Prelims Warm-up Warm-up & Competition Pools
7:00AM-11:00AM	COACHES: Team, Coaches, College Coaches Check-in..... Special Events Center - Rm 4
7:30AM-11:00AM	SPECTATORS: Ticket SalesSpectator Entrance
7:30AM	SPECTATORS: Stands Open for SpectatorsSpectator Entrance
7:45AM	OFFICIALS: Officials/Timers Meeting & Officials Check-in..... Special Events Center - Rm 1
8:00AM-10:30AM	COACHES: Time Trial Table Open Pool Deck @Diving Well End
8:00AM	COACHES: Relay Table Open Pool Deck @Diving Well End
8:45AM	ALL: Clear Pool & Devotion and National Anthem.....Competition Pool
9:00AM	ALL: PRELIMS START
11:00AM-2:00 PM	COACHES, OFFICIALS, VOLUNTEERS: Lunch..... Special Events Center - Rm 3

➤ **TIME TRIALS START – Approx. 30 Minutes After Prelims but not before Noon**

Scheduled Time Trial Events: All National Events except relays and 800 and 1500 Freestyle - 50 Meter Freestyle; 50 Meter Backstroke; 50 Meter Butterfly; 50 Meter Breaststroke; 200 Meter IM; 100 Meter Freestyle; 100 Meter Backstroke; 100 Meter Butterfly; 100 Meter Breaststroke; 400 Meter IM; 200 Meter Freestyle; 200 Meter Backstroke; 200 Meter Butterfly; 200 Meter Breaststroke; 400 Meter Freestyle

FINALS

4:00PM	COACHES: Pools Open for Finals Warm-up Warm-up & Competition Pools
5:00PM-6:00PM	COACHES: College Coaches Check-in Special Events Center - Rm 4
4:00PM	COACHES: Relay Table Open..... Pool Deck @Diving Well End
4:00PM-7:00PM	SPECTATORS: Ticket SalesSpectator Entrance
4:00PM	SPECTATORS: Stands Open for SpectatorsSpectator Entrance
4:15PM	OFFICIALS: Officials/Timers Meeting Special Events Center - Rm 1
5:00PM	SWIMMERS: Clear Competition Pool.....Competition Pool
5:00PM	ALL: Devotion and National Anthem
5:10PM	ALL: COACH OF THE MEET AWARD
5:15PM	ALL: FINALS START WITH B, A, C, D HEATS
7:55PM	ALL: Estimated Session End Time Team Awards Follow