

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

Projected Timeline for Finals

Tuesday Finals			
Event		Heats	Start
101	W 200 Freestyle Relay	B, A Final	5:15 PM
102	M 200 Freestyle Relay	B, A Final	5:38 PM
201	W 200 Backstroke	B,A,C,D Final	5:59 PM
202	M 200 Backstroke	B,A,C,D Final	6:18 PM
203	W 100 Butterfly	B,A,C,D Final	6:35 PM
204	M 100 Butterfly	B,A,C,D Final	6:49 PM
205	W 200 Breaststroke	B,A,C,D Final	7:02 PM
206	M 200 Breaststroke	B,A,C,D Final	7:22 PM
	Relay Break - 5 Minutes		7:41 PM
207	W 400 Medley Relay	B, A Final	7:46 PM
208	M 400 Medley Relay	B, A Final	7:56 PM
	End of Session		8:26 PM

Wednesday Finals			
Event		Heats	Start
301	W 100 Backstroke	B,A,C,D Final	5:15 PM
302	M 100 Backstroke	B,A,C,D Final	5:28 PM
303	W 400 Individual Medley	B,A,C,D Final	5:42 PM
304	M 400 Individual Medley	B,A,C,D Final	6:10 PM
305	W 200 Freestyle	B,A,C,D Final	6:37 PM
306	M 200 Freestyle	B,A,C,D Final	6:54 PM
	Relay Break - 5 Minutes		7:11 PM
307	W 200 Medley Relay	B, A Final	7:16 PM
308	M 200 Medley Relay	B, A Final	7:22 PM
	End of Session		7:48 PM

Projected Timeline for Finals

Thursday Finals			
Event		Heats	Start
401	W 500 Freestyle	B,A,C,D Final	5:15 PM
402	M 500 Freestyle	B,A,C,D Final	5:46 PM
403	W 200 Individual Medley	B,A,C,D Final	6:15 PM
404	M 200 Individual Medley	B,A,C,D Final	6:33 PM
405	W 50 Freestyle	B,A,C,D Final	6:51 PM
406	M 50 Freestyle	B,A,C,D Final	7:02 PM
	Relay Break - 5 Minutes		7:14 PM
407	W 800 Freestyle Relay	Fastest Two	7:19 PM
408	M 800 Freestyle Relay	Fastest Two	7:37 PM
	End of Session		8:13 PM

Friday Finals			
Event		Heats	Start
509	W 1650 Freestyle	Fastest	5:15 PM
510	M 1650 Freestyle	Fastest	5:45 PM
501	W 200 Butterfly	B,A,C,D Final	6:13 PM
502	M 200 Butterfly	B,A,C,D Final	6:32 PM
503	W 100 Freestyle	B,A,C,D Final	6:50 PM
504	M 100 Freestyle	B,A,C,D Final	7:03 PM
505	W 100 Breaststroke	B,A,C,D Final	7:16 PM
506	M 100 Breaststroke	B,A,C,D Final	7:30 PM
	Relay Break - 5 Minutes		7:44 PM
507	W 400 Freestyle Relay	B, A Final	7:49 PM
508	M 400 Freestyle Relay	B, A Final	7:59 PM
	End of Session		8:28 PM
	Team Awards Follow		