

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

Projected Timeline

Monday Evening

Event		Heats	Start
	Pool 1		
101	W 200 Freestyle Relay	8	4:00 PM
	Break		4:17 PM
103	W 1000 Freestyle	1	4:32 PM
104	M 1000 Freestyle	1	4:45 PM
103	W 1000 Freestyle	2	4:57 PM
103	W 1000 Freestyle	3	5:08 PM
103	W 1000 Freestyle	4	5:19 PM
103	W 1000 Freestyle	5	5:30 PM
	End of Session		5:41 PM

Event		Heats	Start
	Pool 2		
102	M 200 Freestyle Relay	9	4:00 PM
	Break		4:17 PM
104	M 1000 Freestyle	2	4:57 PM
104	M 1000 Freestyle	3	5:07 PM
104	M 1000 Freestyle	4	5:17 PM
104	M 1000 Freestyle	5	5:28 PM
	End of Session		5:38 PM