

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

Projected Timeline Before Scratches

Tuesday Morning			
Event		Heats	Start
201	W 200 Backstroke	11	9:00 AM
203	W 100 Butterfly	17	9:28 AM
205	W 200 Breaststroke	13	9:50 AM
	Relay Break - 15 Minutes		10:26 AM
207	W 400 Medley Relay	7	10:41 AM
	End of Session		11:12 AM
Event		Heats	Start
202	M 200 Backstroke	10	9:00 AM
204	M 100 Butterfly	23	9:24 AM
206	M 200 Breaststroke	13	9:51 AM
	Relay Break - 15 Minutes		10:24 AM
208	M 400 Medley Relay	8	10:39 AM
	End of Session		11:12 AM
Wednesday Morning			
Event		Heats	Start
301	W 100 Backstroke	17	9:00 AM
303	W 400 Individual Medley	8	9:25 AM
305	W 200 Freestyle	13	10:04 AM
	Relay Break - 15 Minutes		10:33 AM
307	W 200 Medley Relay	9	10:48 AM
	End of Session		11:09 AM
Event		Heats	Start
302	M 100 Backstroke	17	9:00 AM
304	M 400 Individual Medley	10	9:23 AM
306	M 200 Freestyle	15	10:09 AM
	Relay Break - 15 Minutes		10:40 AM
308	M 200 Medley Relay	10	10:55 AM
	End of Session		11:16 AM

Projected Timeline Before Scratches

Thursday Morning			
Event		Heats	Start
401	W 500 Freestyle	9	9:00 AM
403	W 200 Individual Medley	12	9:48 AM
405	W 50 Freestyle	25	10:18 AM
	Relay Break - 15 Minutes		10:36 AM
407	W 800 Freestyle Relay	2	10:51 AM
	End of Session		11:07 AM
Event		Heats	Start
402	M 500 Freestyle	10	9:00 AM
404	M 200 Individual Medley	12	9:50 AM
406	M 50 Freestyle	26	10:17 AM
	Relay Break - 15 Minutes		10:35 AM
408	M 800 Freestyle Relay	2	10:50 AM
	End of Session		11:05 AM
Friday Morning			
Event		Heats	Start
501	W 200 Butterfly	11	9:00 AM
503	W 100 Freestyle	19	9:27 AM
505	W 100 Breaststroke	17	9:49 AM
	Relay Break - 15 Minutes		10:14 AM
507	W 400 Freestyle Relay	5	10:29 AM
	Distance Break - 15 Minutes		10:49 AM
509	W 1650 Freestyle	3	11:04 AM
	End of Session		11:59 AM
Event		Heats	Start
502	M 200 Butterfly	11	9:00 AM
504	M 100 Freestyle	23	9:24 AM
506	M 100 Breaststroke	20	9:50 AM
	Relay Break - 15 Minutes		10:16 AM
508	M 400 Freestyle Relay	6	10:31 AM
	Distance Break - 15 Minutes		10:53 AM
510	M 1650 Freestyle	4	11:08 AM
	End of Session		12:17 PM