



2023 PA YMCA STATE CHAMPIONSHIPS

SESSION TIMELINE*

MARCH 24-26, 2023



SESSION INFO		WARM-UPS	SESSION START	SESSION FINISH (Swim)	SESSION FINISH (Awards)
1	Friday Prelims 11+	7:30-8:45 am	9:00 AM	11:50 AM	--
2	Friday Distance (1650) 2 competition pools	*Diving well open	12:00 PM	12:51 PM	1:00 PM
3	Friday Finals 11+	3:00-4:00 pm	4:15 PM	7:32 PM	7:38 PM
4	Saturday Prelims 11+	6:30-7:45 am	8:00 AM	10:58 AM	--
5	Saturday Distance (1000) 2 competition pools	*Diving well open	11:10 AM	11:37 AM	11:50 AM
6	Saturday 10 & under Timed Finals	12:00-12:50 pm	1:10 PM	3:00 PM	3:16 PM
7	Saturday Finals 11+	3:30-4:30 pm	4:45 PM	8:29 PM	8:36 PM
8	Sunday Prelims 11+	6:30-7:45 am	8:00 AM	11:17 AM	11:24 AM
9	Sunday 10 & under Timed Finals	11:30-12:20 pm	12:40 PM	2:43 PM	3:08 PM
10	Sunday Finals 11+	3:00-4:00 pm	4:15 PM	6:19 PM	7:00 PM

*APPROXIMATE & SUBJECT TO CHANGE