



YORK YMCA - PA YMCA Central Districts
Mar 10-12 2023
York YMCA - Graham Aquatic Center



YORK YMCA - PA YMCA Central Districts Warm-up Session and Lane Assignments
11-12 Friday Morning

Competition Pool: Lanes 1-8

Session 1: 8:20-8:40AM

- Lane 1:** YORK
- Lane 2:** PAY
- Lane 3:** PAY
- Lane 4:** SCAY
- Lane 5:** BYST/NDCY
- Lane 6:** SKY/FAY
- Lane 7:** CARY/WAY
- Lane 8:** CC

Competition Pool: Lanes 1-8

Session 2: 8:40-9:00AM

- Lane 1:** RY
- Lane 2:** RY
- Lane 3:** WSY
- Lane 4:** WSY/NEYS
- Lane 5:** NEYS
- Lane 6:** UPY
- Lane 7:** BAY
- Lane 8:** RVY

Competition Pool: Lanes 1-8

Session 3: 9:00-9:20AM

- Lane 1:** BEFY
- Lane 2:** LEBY
- Lane 3:** ELY
- Lane 4:** PFY
- Lane 5:** LANY
- Lane 6:** GVSY
- Lane 7:** FSY
- Lane 8:** WBY

Warm-Up Pool: Lanes 1-6

Session 1: 8:20-8:40AM

- Lane 1:** YORK
- Lane 2:** YORK
- Lane 3:** YORK
- Lane 4:** PAY
- Lane 5:** PAY
- Lane 6:** PAY

Warm-Up Pool: Lanes 1-6

Session 2: 8:40-9:00AM

- Lane 1:** RY
- Lane 2:** RY
- Lane 3:** WSY
- Lane 4:** NEYS
- Lane 5:** UPY
- Lane 6:** BAY/RVY

Warm-Up Pool: Lanes 1-6

Session 3: 9:00-9:20AM

- Lane 1:** BEFY
- Lane 2:** LEBY
- Lane 3:** ELY/PFY
- Lane 4:** LANY
- Lane 5:** GVSY
- Lane 6:** FSY/WBY



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YORK YMCA - PA YMCA Central Districts Warm-up Session and Lane Assignments

10&Unders + 11-12 Saturday & Sunday Morning

Competition Pool: Lanes 1-8

Session 1: 7:00-7:20AM

Lane 1: YORK
Lane 2: NDCY/WAY
Lane 3: FAY/SKY
Lane 4: LANY
Lane 5: ELY
Lane 6: ELY
Lane 7: UPY
Lane 8: PFY

Competition Pool: Lanes 1-8

Session 2: 7:20-7:40AM

Lane 1: WSY
Lane 2: FSJ
Lane 3: RY
Lane 4: RY
Lane 5: GSVY
Lane 6: NEYS
Lane 7: BAY
Lane 8: RVY

Competition Pool: Lanes 1-8

Session 3: 7:40-8:00AM

Lane 1: BEFY
Lane 2: PAY
Lane 3: PAY
Lane 4: BYST
Lane 5: LEBY
Lane 6: SCAY/CARY
Lane 7: WBY
Lane 8: CC

Warm-Up Pool: Lanes 1-6

Session 1: 7:00-7:20AM

Lane 1: YORK
Lane 2: YORK
Lane 3: YORK
Lane 4: YORK
Lane 5: UPY
Lane 6: LANY

Warm-Up Pool: Lanes 1-6

Session 2: 7:20-7:40AM

Lane 1: WSY
Lane 2: FSJ
Lane 3: RY
Lane 4: GSVY
Lane 5: NEYS
Lane 6: BAY

Warm-Up Pool: Lanes 1-6

Session 3: 7:40-8:00AM

Lane 1: BEFY
Lane 2: PAY
Lane 3: PAY
Lane 4: BYST/LEBY
Lane 5: SCAY
Lane 6: WBY/CC



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YORK YMCA - PA YMCA Central Districts Warm-up Session and Lane Assignments
13-14 Mid-Day

Competition Pool: Lanes 1-8

Session 1: 12:00-12:20PM

Lane 1: YORK
Lane 2: PAY
Lane 3: PAY
Lane 4: PAY
Lane 5: CC
Lane 6: WAY
Lane 7: BYST
Lane 8: BEFY

Competition Pool: Lanes 1-8

Session 2: 12:20-12:40PM

Lane 1: RY
Lane 2: RY
Lane 3: BAY
Lane 4: LANY
Lane 5: SCAY
Lane 6: NDCY/LEBY/JVY
Lane 7: FAY/WBY
Lane 8: SKY/GVSY

Competition Pool: Lanes 1-8

Session 3: 12:40-1:00PM

Lane 1: ELY
Lane 2: FSY
Lane 3: WSY
Lane 4: CARY
Lane 5: UPY
Lane 6: NEYS
Lane 7: PFY
Lane 8: RVY

Warm-Up Pool: Lanes 1-6

Session 1: 12:00-12:20PM

Lane 1: YORK
Lane 2: YORK
Lane 3: YORK
Lane 4: YORK
Lane 5: PAY
Lane 6: PAY

Warm-Up Pool: Lanes 1-6

Session 2: 12:20-12:40PM

Lane 1: RY
Lane 2: RY
Lane 3: BAY
Lane 4: BAY
Lane 5: LANY
Lane 6: SCAY

Warm-Up Pool: Lanes 1-6

Session 3: 12:40-1:00PM

Lane 1: ELY
Lane 2: FSY
Lane 3: WSY/CARY
Lane 4: UPY/NEYS
Lane 5: PFY/RVY
Lane 6: YORK



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YORK YMCA - PA YMCA Central Districts Warm-up Session and Lane Assignments
15-21 Evening

Competition Pool: Lanes 1-8

Session 1: 4:00-4:20PM

Lane 1: WSY
Lane 2: LEBY/BEFY
Lane 3: ELY/BYST
Lane 4: CC
Lane 5: SCAY
Lane 6: SKY
Lane 7: LANY
Lane 8: LANY

Competition Pool: Lanes 1-8

Session 2: 4:20-4:40PM

Lane 1: PAY
Lane 2: PAY
Lane 3: PFY
Lane 4: NEYS
Lane 5: NEYS
Lane 6: WBY
Lane 7: FAY/RVY
Lane 8: NDCY

Competition Pool: Lanes 1-8

Session 3: 4:40-5:00PM

Lane 1: RY
Lane 2: RY
Lane 3: UPY
Lane 4: BAY
Lane 5: BAY
Lane 6: FSY
Lane 7: GVSY
Lane 8: WAY

Warm-Up Pool: Lanes 1-6

Session 1: 4:00-4:20PM

Lane 1: YORK
Lane 2: YORK
Lane 3: YORK
Lane 4: YORK
Lane 5: YORK
Lane 6: YORK

Warm-Up Pool: Lanes 1-6

Session 2: 4:20-4:40PM

Lane 1: PAY
Lane 2: PAY
Lane 3: PFY
Lane 4: PFY
Lane 5: NEYS
Lane 6: WBY

Warm-Up Pool: Lanes 1-6

Session 3: 4:40-5:00PM

Lane 1: RY
Lane 2: RY
Lane 3: RY
Lane 4: UPY
Lane 5: WAY
Lane 6: GVSY/FSY