

2023 PA YMCA STATES WARMUP SCHEDULES

FRIDAY MARCH 24, 2023

SESSION 1 - PRELIMS

WarmUp Start 7:30 AM Clear Pools at 8:45 AM Opening Ceremony 8:50 AM Competition Begins 9:00 AM

COMPETITION POOL

LANE	1	2	3	4	5	6	7	8
7:30 - 7:50	BAY / BYST	BRY / BRAD	CARY / BYNS	1 WAY STARTS		CBR / BRK	BCY / CC	CLAR / LYM
7:50 - 8:10	COR / COUNT	FLY	DUBO / LWCY			ESY / NEYS	GSVY / PFY	UPY
8:10 - 8:30	AVY / BEFY	MVY / LVY	SPY / GYST			RGS	BYAC	BYAC / ELY
8:30 - 8:45	1 WAY STARTS ALL LANES							



WARMUP POOL (SCOREBOARD END)

LANE	1	2	3	4	5	6	7	8	9	10	11	12
7:30 - 7:50	KJAY	KJAY / FSJ	SCAY / WAY	WCAY	WCAY	WCAY / OCY	WBY	CLFD / UNTY	UNTY	PAY	PAY	PAY
7:50 - 8:10	WGY / WSY	RAYS	RAYS	RAYS/RKRY	UMLY	UMLY	UMLY	UMLY	YY	YY	YY	YY
8:10 - 8:30	RY	RY	RY	RY / GJY	RESY	INDY	INDY	INDY	LANY/LEBY	GCY / SEWY	YJET/LCY/NPY	RDGY/SKY/RVY
8:30 - 8:45	OPEN (FEET FIRST ENTRY ONLY / NO DIVING DURING THIS TIME BLOCK)											

SESSION 2 - DISTANCE (1650) Competition Begins 12:00 PM

WARMUP POOL (SCOREBOARD END)

LANE	1	2	3	4	5	6	7	8	9	10	11	12
11:00 - 11:45	OPEN WARMUPS (FEET FIRST ENTRY ONLY / NO DIVING DURING SESSION 1 COMPETITION)											

SESSION 3 - FINALS

WarmUp Start 3:00 PM Clear Pool at 4:00 PM Opening Ceremony 4:05 PM Competition Begins 4:15 PM

COMPETITION POOL

LANE	1	2	3	4	5	6	7	8
3:00 - 3:45	OPEN WARMUPS							
3:45 - 4:00	1 WAY STARTS ALL LANES							




WARMUP POOL (SCOREBOARD END)

LANE	1	2	3	4	5	6	7	8	9	10	11	12
3:00 - 4:00	OPEN (FEET FIRST ENTRY ONLY / NO DIVING UNLESS LANE IS DESIGNATED FOR ONE WAY STARTS)											

2023 PA YMCA STATES SATURDAY WARMUP SCHEDULE

SESSION 4 - PRELIMS												
WarmUp Start 6:30 AM Clear Pool at 7:45 AM Opening Ceremony 7:50 AM Competition Begins 8:00 AM												


COMPETITION POOL												
LANE	1	2	3	4	5	6	7	8				
6:30 - 6:50	BYAC	BYAC / GYST	SPY / MVY	1 WAY STARTS		AVY / BEFY	RGS	RGS / ELY / LVY				
6:50 - 7:10	BAY	CBR	CLAR / LYM			BRY / BYNS	CC / BRK	PFY / BRAD				
7:10 - 7:30	COUNT	NEYS/BCY/ESY	FLY / COR			TYST / LWCY	WAY / FSY	UPY				
7:30 - 7:45	1 WAY STARTS ALL LANES											

WARMUP POOL (SCOREBOARD END)												
LANE	1	2	3	4	5	6	7	8	9	10	11	12
6:30 - 6:50	RY	RY	RY	RESY	INDY	INDY	INDY	LANY / GJY	GCY/NPY/SKY	CARY/RDGY/RVY	YJET/LEBY/LCY	GSVY/SEWY
6:50 - 7:10	KJAY	KJAY	WCAY	WCAY	WCAY	CLFD / OCY	WBV	UNTY	UNTY / PAY	PAY	PAY	PAY
7:10 - 7:30	SCAY	WGY / WSY	RAVS	RAVS	UMLY	UMLY	UMLY	UMLY	YY	YY	YY	YY
7:30 - 7:45	OPEN (FEET FIRST ENTRY ONLY / NO DIVING DURING THIS TIME BLOCK)											

SESSION 5 -DISTANCE (1000)												
COMPETITION BEGINS 11:10 AM												

WARMUP POOL (SCOREBOARD END)												
LANE	1	2	3	4	5	6	7	8	9	10	11	12
10:15 - 10:50	OPEN (FEET FIRST ENTRY ONLY / NO DIVING DURING SESSION 4 COMPETITION)											

SESSION 6 - 10 & UNDER TIMED FINALS												
WarmUp Start 12:00 PM Clear Pool at 12:50 PM Opening Ceremony 1:00 PM Competition Begins 1:10 PM												

COMPETITION POOL												
LANE	1	2	3	4	5	6	7	8				
12:00 - 12:20	RY	FSY	BEFY	1 WAY STARTS		BYAC	FLY	PAY				
12:20 - 12:40	RAVS	LCY	CBR			BYNS	CC	SPY				
12:40 - 12:50	1 WAY STARTS ALL LANES											

WARMUP POOL (SCOREBOARD END)												
LANE	1	2	3	4	5	6	7	8	9	10	11	12
12:00 - 12:20	BYST / FAY	ELY / NPY	GSVY / NDCY	KJAY / RKRY	RDGY	UMLY	UMLY	WCAY	RESY / AVY	UNTY	UPY / LEBY	COR / ESY
12:20 - 12:40	LYM	NEYS / WGY	MVY / INDY	BRAD / OCY	TYST	YY	YY	WBV	WSY	BRY / LVY	RGS / SEWY	LWCY / GJY
12:40 - 12:50	OPEN (FEET FIRST ENTRY ONLY / NO DIVING DURING THIS TIME BLOCK)											

SESSION 7 - FINALS (POSSIBLE CHANGE TO ASSIGNED LANES DUE TO # OF ATHLETES)												
WarmUp Start 3:30 PM Clear Pool at 4:30 PM Opening Ceremony 4:35 PM Competition Begins 4:45 PM												

COMPETITION POOL												
LANE	1	2	3	4	5	6	7	8				
3:30 - 4:15	OPEN WARMUPS											
4:15 - 4:30	1 WAY STARTS ALL LANES											

WARMUP POOL (SCOREBOARD END)												
LANE	1	2	3	4	5	6	7	8	9	10	11	12
3:30 - 4:30	OPEN (FEET FIRST ENTRY ONLY / NO DIVING UNLESS LANE IS DESIGNATED FOR ONE WAY STARTS)											

2023 PA YMCA STATES SUNDAY WARMUP SCHEDULE

SESSION 8 - PRELIMS

WarmUp Start 6:30 AM Clear Pool at 7:45 AM Opening Ceremony 7:50 AM Competition Begins 8:00 AM

COMPETITION POOL

LANE	1	2	3	4	5	6	7	8
6:30 - 6:50	COUNT / CLFD	LWCY / ESY	NEYS	1 WAY STARTS		UPY	UPY/FSY	FLY / WAY
6:50 - 7:10	AVY / BEFY	GJY / LVY	BYAC			RGS	RGS / BRAD	SPY / MVY
7:10 - 7:30	LYM / BAY	BAY	CC			CBR	BRY / BYNS	PFY / CLAR
7:30 - 7:45	1 WAY STARTS ALL LANES							



WARMUP POOL (SCOREBOARD END)

LANE	1	2	3	4	5	6	7	8	9	10	11	12
6:30 - 6:50	SCAY / BCY	WGY / WSY	RAYS	RAYS	YY	YY	YY	YY	UMLY	UMLY	UMLY	UMLY
6:50 - 7:10	TYST/GCY/COR	LANY/NPY	RESY	RY	RY	RY	INDY	INDY	INDY / GYST	WBY/YJET	SKY/CARY/BYST	RVY/LCY/RDGY
7:10 - 7:30	KJAY	KJAY	WCAY	WCAY	WCAY	PAY	PAY	PAY/UNTY	UNTY	GSVY/ELY	SEWY/DUBO	BRK/OCY
7:30 - 7:45	OPEN (FEET FIRST ENTRY ONLY / NO DIVING DURING THIS TIME BLOCK)											

SESSION 9 - 10 & UNDER TIMED FINALS

WarmUp Start 11:30 AM Clear Pool at 12:20 PM Opening Ceremony 12:30 PM Competition Begins 12:40 PM

COMPETITION POOL

LANE	1	2	3	4	5	6	7	8
11:30 - 11:50	RY	WCAY	PAY	1 WAY STARTS		RAYS	BYAC	CLFD
11:50 - 12:10	YY	YY	SPY			UMLY	FLY	TYST
12:10 - 12:20	1 WAY STARTS ALL LANES							



WARMUP POOL (SCOREBOARD END)

LANE	1	2	3	4	5	6	7	8	9	10	11	12
11:30 - 11:50	WBY / NEYS	KJAY / FAY	RGS / BRY	BYST	BAY	LEBY	CBR	BEFY	WSY/NDCY	RESY / OCY	INDY	SEWY / ESY
11:50 - 12:10	CC / RKRY	LVY / GJY	BYNS / RDGY	ELY	LCY	FSY	GSVY	LYM	UPY / WGY	BRAD / LWCY	UNTY / MVY	COR
12:10 - 12:20	OPEN (FEET FIRST ENTRY ONLY / NO DIVING DURING THIS TIME BLOCK)											

SESSION 10 - FINALS

WarmUp Start 3:00 PM Clear Pool at 4:00 PM Opening Ceremony 4:05 PM Competition Begins 4:15 PM

COMPETITION POOL

LANE	1	2	3	4	5	6	7	8
3:00 - 3:45	OPEN WARMUPS							
3:45 - 4:00	1 WAY STARTS ALL LANES							

WARMUP POOL (SCOREBOARD END)

LANE	1	2	3	4	5	6	7	8	9	10	11	12
3:00 - 4:00	OPEN (FEET FIRST ENTRY ONLY / NO DIVING UNLESS LANE IS DESIGNATED FOR ONE WAY STARTS)											