2023 Pennsylvania YMCA States - Meet Format

The 11-12 + 13-14 + Sr Prelim session will be swum together

Friday Events	**Saturday Events**	**Sunday Events**
13-21 Prelims	**13-21 Prelims**	**13-21 Prelims**
200 Fly	200 Free Relay	100 Free
100 Breast	200 Free	100 Back
50 Free	200 Back	200 Breast
400 IM	100 Fly	500 Free
400 Free Relay	200 IM	
1650 Free *++Swum seperate session++*	200 Medley Relay	
	1000 Free *++Swum During 10U session++*	

11-12 Prelims	**11-12 Prelims**	**11-12 Prelims**
11-12 200 Fly	11-12 200 Free Relay	11-12 100 Free
11-12 50 Back	11-12 200 Free	11-12 50 Fly
11-12 100 Breast	11-12 50 Breast	11-12 100 Back
11-12 50 Free	11-12 200 Back	11-12 200 Breast
11-12 100 IM	11-12 100 Fly	11-12 500 Free
11-12 400 Free Relay	11-12 200 IM	
	11-12 200 Medley Relay	

	10 and U Timed Finals	**10 and U Timed Finals**
	10 and U 50 Free	10 and U 100 IM
	10 and U 100 Breast	10 and U 200 Free
	10 and U 50 Back	10 and U 100 Back
	10 and U 50 Fly	10 and U 50 Breast
	10 and U 200 IM	10 and U 100 Fly
	10 and U 100 Free	10 and U 200 Free Relay
	10 and U 200 Medley Relay	

Going to YMCA State Championship Meet

*Top 6 swimmers in each individual event from each of the 3 districts + next 6 from at large for a total of 24 swimmers in each individual event with several exceptions listed below:

^13 and over (13-14 + 15-21 separate age groups) 1000, 1650 will have Top 2 from each District + 2 from at large which is 8 total swimmers racing at the state meet in these events in a timed final format

^11-12 500 Free will have Top 2 from each District + 2 from at large which is 8 total swimmers racing at the state meet in these events in a timed final format

* All Relays at the State meet will be swum at the beginning of the finals session each evening in a timed finals format (relays only swim once) – We will have 2 heats of each relay at the State Meet

Relays– Top 4 from each District + next 4 from "at large" for a total of 16 relays