



Pennsylvania YMCA Districts – Central 2023

March 10-12, 2023



	Session 1	Session 2	Session 3
Age Groups	11-12 Timed Finals	13-14 Timed Finals	15-21 Timed Finals
Warm-up Start	8:20am	12:00pm	4:00pm
Timers Meeting	8:50am	12:30pm	4:30pm
Start of Session	9:30am	1:10pm	5:10pm

Saturday, March 11 – Graham Aquatic Center

	Session 4	Session 5	Session 6
Age Groups	11-12 & 10 & U Timed Finals	13-14 Timed Finals	15-21 Timed Finals
Warm-up Start	7:00am	12:00pm	4:00pm
Timers Meeting	7:30am	12:30pm	4:30pm
Start of Session	8:10am	1:10pm	5:10pm

Sunday, March 12 – Graham Aquatic Center

	Session 7	Session 8	Session 9
Age Groups	11-12 & 10 & U Timed Finals	13-14 Timed Finals	15-21 Timed Finals
Warm-up Start	7:00am	12:00pm	4:00pm
Timers Meeting	7:30am	12:30pm	4:30pm
Start of Session	8:10am	1:10pm	5:10pm

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DISTRICT
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