



2026 PA YMCA State Championships

March 20-22, 2026

APPENDIX 1: ORDER OF EVENTS

FRIDAY MARCH 20

Session 1 Friday AM Prelims

Age Groups: 11-12, 13-14, 15-21

Warm-Ups: 7:00 AM

Session Start: 8:30 AM

*400 IM 2 heats only (fastest heat swims during finals)

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
107	11-12 50 Back	108
109	15-21 200 Fly	110
111	13-14 200 Fly	112
113	11-12 200 Fly	114
115	15-21 100 Breast	116
117	13-14 100 Breast	118
119	11-12 100 Breast	120
121	15-21 100 Free	122
123	13-14 100 Free	124
125	11-12 100 Free	126
127	15-21 400 IM*	128
129	13-14 400 IM*	130
131	11-12 100 IM	132

Session 2 Friday Distance

Age Groups: 13-14, 15-21

Warm-Ups: Open

Session Start: 11:30 AM

- SESSION WILL RUN UTILIZING BOTH POOLS CONCURRENTLY
- DIVING WELL OPEN FOR SESSION PARTICIPANTS ONLY

<u>Competition Pool</u>		<u>Scoreboard Pool</u>
<u>Girls</u>	<u>Event</u>	<u>Boys</u>
201	15-21 1650 Freestyle	202
203	13-14 1650 Freestyle	204
AWARDS Events 202-201-204-203		

Session 3 Friday Time Trials

Warm-Ups: conclusion of distance competitontba

Session Start: approx 12:45 PM

- Entries close at the start of Session 2 (approximately 11:30 AM)



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Session 4 Friday PM Finals

Age Groups: 11-12, 13-14, 15-21

Warm-Ups: 2:45 PM

Session Start: 4:00 PM

<u>Girls</u>	<u>Event</u>	<u>Boys</u>	<u>Girls</u>	<u>Event</u>	<u>Boys</u>
101	11-12 400 Free Relay	102	117	13-14 100 Breast	118
<i>No Awards break</i>					
103	15-21 400 Free Relay	104	AWARDS Events 115-116		
AWARDS Events 101-102			119	11-12 100 Breast	120
105	13-14 400 Free Relay	106	AWARDS Events 117-118		
AWARDS Events 103-104			121	15-21 100 Free	122
107	11-12 50 Back	108	AWARDS Events 119-120		
AWARDS Events 105-106			123	13-14 100 Free	124
109	15-21 200 Fly	110	AWARDS Events 121-122		
AWARDS Events 107-108			125	11-12 100 Free	126
111	13-14 200 Fly	112	AWARDS Events 123-124		
AWARDS Events 109-110			127	15-21 400 IM	128
113	11-12 200 Fly	114	AWARDS Events 125-126		
AWARDS Events 111-112			129	13-14 400 IM	130
115	15-21 100 Breast	116	AWARDS Events 127-128		
AWARDS Events 113-114			131	11-12 100 IM	132
			AWARDS Events 129-130-131-132		

SATURDAY MARCH 21

Session 5 Saturday AM Prelims

Age Groups: 11-12, 13-14, 15-21

Warm-Ups: 6:45 AM

Session Start: 8:00 AM

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
307	11-12 50 Breast	308
309	15-21 200 Free	310
311	13-14 200 Free	312
313	11-12 200 Free	314
315	15-21 200 Back	316
317	13-14 200 Back	318
319	11-12 200 Back	320
321	15-21 100 Fly	322
323	13-14 100 Fly	324
325	11-12 100 Fly	326



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Session 6 Saturday Distance

Age Groups: 11-12, 13-14, 15-21

Warm-Ups: Open

Session Start: 10:35 AM

- SESSION WILL RUN IN BOTH POOLS CONCURRENTLY
- DIVING WELL OPEN FOR SESSION PARTICIPANTS ONLY

<u>Scoreboard Pool</u>		<u>Competition Pool</u>
<u>Girls</u>	<u>Event</u>	<u>Boys</u>
401	13-14 1000 Freestyle	402
403	15-21 1000 Freestyle	404
405	11-12 500 Freestyle	406
AWARDS Events 402-401-404-403-406-405		

Session 7 Saturday 10u Timed Finals

Warm-Ups: 11:30 AM

Session Start: 12:30 PM

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
501	10 & under 50 Free	502
	<i>No Awards short break for seeding</i>	
503	10 & under 100 Breast	504
	AWARDS Events 501-502	
505	10 & under 50 Back	506
	AWARDS Events 503-504	
507	10 & under 100 Fly	508
	AWARDS Events 505-506	
509	10 & under 100 IM	510
	AWARDS Events 507-508	
511	10 & under 200 Free	512
	AWARDS Events 509-510	
513	10 & under 200 Medley Relay	514
	AWARDS Events 511-512-513-514	



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Session 8 Saturday PM Finals

Age Groups: 11-12, 13-14, 15-21

Warm-Ups: 3:15 PM

Session Start: 4:30 PM

<u>Girls</u>	<u>Event</u>	<u>Boys</u>	<u>Girls</u>	<u>Event</u>	<u>Boys</u>
301	11-12 200 Free Relay	302	317	13-14 200 Back	318
<i>No Awards break</i>					
303	15-21 200 Free Relay	304	AWARDS Events 315-316		
AWARDS Events 301-302					
305	13-14 200 Free Relay	306	319	11-12 200 Back	320
AWARDS Events 303-304					
307	11-12 50 Breast	308	AWARDS Events 317-318		
AWARDS Events 305-306					
309	15-21 200 Free	310	321	15-21 100 Fly	322
AWARDS Events 307-308					
311	13-14 200 Free	312	AWARDS Events 319-320		
AWARDS Events 309-310					
313	11-12 200 Free	314	323	13-14 100 Fly	324
AWARDS Events 311-312					
315	15-21 200 Back	316	AWARDS Events 321-322		
AWARDS Events 313-314					
			325	11-12 100 Fly	326
			AWARDS Events 323-324		
			327	15-21 200 Medley Relay	328
			AWARDS Events 325-326		
			329	13-14 200 Medley Relay	330
			AWARDS Events 327-328		
			331	11-12 200 Medley Relay	332
			AWARDS Events 329-330-331-332		

SUNDAY MARCH 22

Session 9 Sunday AM Prelims

Age Groups: 11-12, 13-14, 15-21

Warm-Ups: 6:45 AM

Session Start: 8:00 AM

*500 Free 2 heats only (fastest heat swims during finals)

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
601	11-12 50 Fly	602
603	15-21 200 IM	604
605	13-14 200 IM	606
607	11-12 200 IM	608
609	15-21 50 Free	610
611	13-14 50 Free	612
613	11-12 50 Free	614
615	15-21 200 Breast	616
617	13-14 200 Breast	618
619	11-12 200 Breast	620
621	15-21 100 Back	622
623	13-14 100 Back	624
625	11-12 100 Back	626
627	15-21 500 Free*	628
629	13-14 500 Free*	630



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Session 10 Sunday 10u Timed Finals

Warm-Ups: 11:30 AM

Session Start: 12:30 PM

Girls	Event	Boys	Girls	Event	Boys
701	10 & under 100 Free	702	707	10 & under 50 Fly	708
<i>No Awards break</i>			AWARDS Events 705-706		
703	10 & under 50 Breast	704	709	10 & under 200 IM	710
AWARDS Events 701-702			AWARDS Events 707-708		
705	10 & under 100 Back	706	711	10 & under 200 Free Relay	712
AWARDS Events 703-704			AWARDS Events 709-710-711-712 10u TEAM CHAMPION PRESENTATIONS		

Session 11 Sunday PM Finals

Age Groups: 11-12, 13-14, 15-21

Warm-Ups: 3:00 PM

Session Start: 4:30 PM

Girls	Event	Boys	Girls	Event	Boys
601	11-12 50 Fly	602	617	13-14 200 Breast	618
AWARDS Events 601-602			AWARDS Events 615-616		
603	15-21 200 IM	604	619	11-12 200 Breast	620
AWARDS Events 603-604			AWARDS Events 617-618		
605	13-14 200 IM	606	621	15-21 100 Back	622
AWARDS Events 605-606			AWARDS Events 619-620		
607	11-12 200 IM	608	623	13-14 100 Back	624
AWARDS Events 607-608			AWARDS Events 621-622		
609	15-21 50 Free	610	625	11-12 100 Back	626
AWARDS Events 609-610			AWARDS Events 623-624		
611	13-14 50 Free	612	627	15-21 500 Free	628
AWARDS Events 611-612			AWARDS Events 625-626		
613	11-12 50 Free	614	629	13-14 500 Free	630
AWARDS Events 613-614			AWARDS Events 627-628-629-630		
AGE GROUP & 2026 TEAM CHAMPION PRESENTATIONS					

Session 12 Time Trials TBD (Saturday OR Sunday PM (not both) schedule dependent

Session Start: tbd

- Entries close at the start of Finals