

# 2024 District I Championships – York YMCA

Friday, February 23, 2024

## Session 1: AA Boys and AAA Boys

- 8:30 – 8:55 Swimmers in the 1<sup>st</sup> warm-up check-in – Relays will be declared
- 9:00 – 9:25 1<sup>st</sup> warm-up
- 9:00 – 9:25 Swimmers in the 2<sup>nd</sup> warm-up check-in – Relays will be declared
- 9:30 – 9:55 2<sup>nd</sup> warm-up
- 9:30 – 9:55 Swimmers in the 3<sup>rd</sup> warm-up check-in – Relays will be declared
- 10:00 – 10:25 3<sup>rd</sup> warm-up
- 10:25 – 10:30 Announcements and National Anthem
- 10:30 – 11:27 Events 1 – 8 (medley relay, 200 free, IM, 50 free) 5 min break after med rly
- 11:27 – 11:57 Break for awards (medley relay, 200 free, IM) – No warm-ups in Competition pool
- 11:57 – 12:07 Events 11 – 12 (fly)
- 12:07 – 12:17 Break – All pools open for warm-ups
- 12:17 – 12:25 Events 13 – 14 (200 free relay)
- 12:25 – 12:55 Awards for events 7, 8, 11,12, 13, 14 (50 free, fly, 200 free relay)
- 12:55 – 1:10 AA and AAA Boys and Coaches exit the building

## Session 2: AA Girls and AAA Girls

- 1:45 – 2:10 Swimmers in the 1<sup>st</sup> warm-up check-in – Relays will be declared
- 2:15 – 2:40 1<sup>st</sup> warm-up
- 2:15 – 2:40 Swimmers in the 2<sup>nd</sup> warm-up check-in – Relays will be declared
- 2:45 – 3:10 2<sup>nd</sup> warm-up
- 2:45 – 3:10 Swimmers in the 3<sup>rd</sup> warm-up check-in – Relays will be declared
- 3:15 – 3:40 3<sup>rd</sup> warm-up
- 3:40 – 3:45 Announcements and National Anthem
- 3:45 – 4:45 Events 1 – 8 (medley relay, 200 free, IM, 50 free) 5 min break after med rly
- 4:45 – 5:15 Break for awards (medley relay, 200 free, IM) – No warm-ups in Competition pool
- 5:15 – 5:25 Events 11 – 12 (fly)
- 5:25 – 5:35 Break – All pools open for warm-ups
- 5:35 – 5:44 Events 13 – 14 (200 free relay)
- 5:44 – 6:14 Awards for events 7, 8, 11,12, 13, 14 (50 free, 100 fly, 200 free relay)
- Swimmers and coaches exit the building

# Saturday, February 24, 2024

## Session 3: AA Boys and AAA Boys

- 8:30 – 8:55 Swimmers in the 1<sup>st</sup> warm-up check-in – Relay will be declared
- 9:00 – 9:25 1<sup>st</sup> warm-up
- 9:00 – 9:25 Swimmers in the 2<sup>nd</sup> warm-up check-in – Relay will be declared
- 9:30 – 9:55 2<sup>nd</sup> warm-up
- 9:30 – 9:55 Swimmers in the 3<sup>rd</sup> warm-up check-in – Relay will be declared
- 10:00 – 10:25 3<sup>rd</sup> warm-up
- 10:25 – 10:30 Announcements and National Anthem
- 10:30 – 11:33 Events 15 – 22 (100 free, 500 free, backstroke, breaststroke)
- 11:33 – 11:48 Break for awards (100 free, 500 free, backstroke) – No warm-ups in Competition pool
- 11:48 – 11:58 Warm-up for relays in all pools
- 11:58 – 12:12 Events 23 – 24 (400 free relay)
- 12:12 – 12:42 Awards for events 21 – 24 (breaststroke, 400 free relay)
- 12:42 – 12:57 Team awards and Swimmer of the meet awards
- 12:57 – 1:12 AA and AAA Boys and Coaches exit the building

## Session 4: AA Girls and AAA Girls

- 1:45 – 2:10 Swimmers in the 1<sup>st</sup> warm-up check-in – Relay will be declared
- 2:15 – 2:40 1<sup>st</sup> warm-up
- 2:15 – 2:40 Swimmers in the 2<sup>nd</sup> warm-up check-in – Relay will be declared
- 2:45 – 3:10 2<sup>nd</sup> warm-up
- 2:45 – 3:10 Swimmers in the 3<sup>rd</sup> warm-up check-in – Relay will be declared
- 3:15 – 3:40 3<sup>rd</sup> warm-up
- 3:40 – 3:45 Announcements and National Anthem
- 3:45 – 4:54 Events 15 – 22 (100 free, 500 free, backstroke, breaststroke)
- 4:54 – 5:04 Break for awards (100 free, 500 free, backstroke) – No warm-ups in Competition pool
- 5:04 – 5:14 Warm-ups for relays in all pools
- 5:14 – 5:35 Events 23 – 24 (400 free relay)
- 5:35 – 6:05 Awards for events 21 – 24 (breaststroke, 400 free relay)
- 6:05 – 6:20 Team awards and Swimmer of the meet awards
- AA and AAA Girls and Coaches exit the building