

**2015 YMCA Long Course National Championships
Indianapolis, IN**

Projected Timeline

Monday Evening - Session 1

Event		Heats	Start
	Start of Session		5:00 PM
101	W 200 Medley Relay	6	5:00 PM
102	M 200 Medley Relay	6	5:14 PM
	Break		5:28 PM
103	W 1500 Freestyle (Heat 1)	1	5:43 PM
104	M 1500 Freestyle (Heat 1)	1	6:02 PM
103	W 1500 Freestyle (Heat 2)	1	6:21 PM
104	M 1500 Freestyle (Heat 2)	1	6:40 PM
103	W 1500 Freestyle (Heat 3)	1	6:59 PM
104	M 1500 Freestyle (Heat 3)	1	7:18 PM
103	W 1500 Freestyle (Heat 4)	1	7:37 PM
104	M 1500 Freestyle (Heat 4)	1	7:56 PM
103	W 1500 Freestyle (Heat 5)	Not required	8:15 PM
104	M 1500 Freestyle (Heat 5)	1	8:15 PM
	End of Session		8:34 PM

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Pre-Scratch Projected Timeline

Tuesday Morning - Session 2

Event		Heats	Start
201	W 200 Backstroke	14	8:30 AM
202	M 200 Backstroke	13	9:01 AM
203	W 100 Butterfly	19	9:28 AM
204	M 100 Butterfly	14	9:45 AM
205	W 200 Breaststroke	14	9:56 AM
206	M 200 Breaststroke	11	10:33 AM
207	W 200 Freestyle Relay	6	10:59 AM
208	M 200 Freestyle Relay	6	11:14 AM
	End of Session		11:27 AM

Wednesday Morning - Session 4

Event		Heats	Start
301	W 100 Backstroke	17	8:30 AM
302	M 100 Backstroke	17	8:45 AM
303	W 50 Breaststroke	15	8:59 AM
304	M 50 Breaststroke	14	9:13 AM
305	W 400 Individual Medley	9	9:26 AM
306	M 400 Individual Medley	9	10:12 AM
307	W 200 Freestyle	18	10:55 AM
308	M 200 Freestyle	16	11:30 AM
309	W 400 Medley Relay	7	11:59 AM
310	M 400 Medley Relay	6	12:31 PM
	End of Session		12:54 PM

Thursday Morning - Session 6

Event		Heats	Start
401	W 400 Freestyle	10	8:30 AM
402	M 400 Freestyle	9	9:14 AM
403	W 50 Butterfly	14	9:51 AM
404	M 50 Butterfly	12	10:04 AM
405	W 100 Breaststroke	18	10:15 AM
406	M 100 Breaststroke	16	10:35 AM
407	W 50 Freestyle	21	10:50 AM
408	M 50 Freestyle	19	11:08 AM
409	W 800 Freestyle Relay	3	11:24 AM
410	M 800 Freestyle Relay	2	11:53 AM
	End of Session		12:11 PM

Friday Morning - Session 8

Event		Heats	Start
501	W 200 Butterfly	12	8:30 AM
502	M 200 Butterfly	11	8:57 AM
503	W 100 Freestyle	21	9:20 AM
504	M 100 Freestyle	19	9:36 AM
505	W 200 Individual Medley	13	9:49 AM
506	M 200 Individual Medley	11	10:19 AM
507	W 50 Backstroke	14	10:42 AM
508	M 50 Backstroke	13	10:55 AM
509	W 400 Freestyle Relay	6	11:07 AM
510	M 400 Freestyle Relay	5	11:31 AM
511	W 800 Freestyle	4	11:50 AM
512	M 800 Freestyle	4	12:30 PM
	End of Session		1:08 PM

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Tuesday Evening - Session 3

Event		Start
101	W 200 Medley Relay	5:30 PM
102	M 200 Medley Relay	5:43 PM
201	W 200 Backstroke	5:56 PM
202	M 200 Backstroke	6:15 PM
203	W 100 Butterfly	6:33 PM
204	M 100 Butterfly	6:48 PM
205	W 200 Breaststroke	7:03 PM
206	M 200 Breaststroke	7:23 PM
207	W 200 Freestyle Relay	7:42 PM
208	M 200 Freestyle Relay	7:47 PM
	End of Session	7:52 PM

Wednesday Evening - Session 5

Event		Start
301	W 100 Backstroke	5:30 PM
302	M 100 Backstroke	5:44 PM
303	W 50 Breaststroke	5:59 PM
304	M 50 Breaststroke	6:11 PM
305	W 400 Individual Medley	6:24 PM
306	M 400 Individual Medley	6:51 PM
307	W 200 Freestyle	7:17 PM
308	M 200 Freestyle	7:35 PM
309	W 400 Medley Relay	7:53 PM
310	M 400 Medley Relay	8:03 PM
	End of Session	8:13 PM

Thursday Evening - Session 7

Event		Start
401	W 400 Freestyle	5:30 PM
402	M 400 Freestyle	5:51 PM
403	W 50 Butterfly	6:12 PM
404	M 50 Butterfly	6:25 PM
405	W 100 Breaststroke	6:38 PM
406	M 100 Breaststroke	6:53 PM
407	W 50 Freestyle	7:08 PM
408	M 50 Freestyle	7:21 PM
409	W 800 Freestyle Relay	7:34 PM
410	M 800 Freestyle Relay	7:53 PM
	End of Session	8:11 PM

Friday Evening - Session 9

Event		Start
511	W 800 Freestyle	5:30 PM
512	M 800 Freestyle	5:48 PM
501	W 200 Butterfly	6:05 PM
502	M 200 Butterfly	6:24 PM
503	W 100 Freestyle	6:42 PM
504	M 100 Freestyle	6:57 PM
505	W 200 Individual Medley	7:11 PM
506	M 200 Individual Medley	7:30 PM
507	W 50 Backstroke	7:48 PM
508	M 50 Backstroke	8:00 PM
509	W 400 Freestyle Relay	8:13 PM
510	M 400 Freestyle Relay	8:30 PM
	End of Session	8:46 PM