

## 2025 YMCA LONG COURSE NATIONALS

### TIME TRIAL ORDER OF EVENTS

#### Day 1

| W   | M   |                                   |
|-----|-----|-----------------------------------|
| 141 | 142 | 50 Meter Freestyle Time Trial     |
| 143 | 144 | 200 Meter Butterfly Time Trial    |
| 145 | 146 | 100 Meter Freestyle Time Trial    |
| 147 | 148 | 800 Meter Freestyle Time Trial    |
| 149 | 150 | 200 Meter Freestyle Time Trial    |
| 151 | 152 | 200 Meter Breaststroke Time Trial |
| 153 | 154 | 200 Meter Backstroke Time Trial   |

#### Day 2

| W   | M   |                                        |
|-----|-----|----------------------------------------|
| 241 | 242 | 200 Meter Freestyle Time Trial         |
| 243 | 244 | 200 Meter Breaststroke Time Trial      |
| 245 | 246 | 200 Meter Backstroke Time Trial        |
| 247 | 248 | 400 Meter Individual Medley Time Trial |
| 249 | 250 | 100 Meter Butterfly Time Trial         |
| 251 | 252 | 50 Meter Breaststroke Time Trial       |

#### Day 3

| W   | M   |                                        |
|-----|-----|----------------------------------------|
| 341 | 342 | 400 Meter Individual Medley Time Trial |
| 343 | 344 | 100 Meter Butterfly Time Trial         |
| 345 | 346 | 50 Meter Backstroke Time Trial         |
| 347 | 348 | 50 Meter Butterfly Time Trial          |
| 349 | 350 | 100 Meter Breaststroke Time Trial      |
| 351 | 352 | 100 Meter Backstroke Time Trial        |
| 353 | 354 | 400 Meter Freestyle Time Trial         |

#### Day 4

| W   | M   |                                        |
|-----|-----|----------------------------------------|
| 441 | 442 | 400 Meter Freestyle Time Trial         |
| 443 | 444 | 100 Meter Breaststroke Time Trial      |
| 445 | 446 | 100 Meter Backstroke Time Trial        |
| 447 | 448 | 50 Meter Butterfly Time Trial          |
| 449 | 450 | 50 Meter Freestyle Time Trial          |
| 451 | 452 | 200 Meter Individual Medley Time Trial |
| 453 | 454 | 1500 Meter Freestyle Time Trial        |

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### TIME TRIAL ORDER OF EVENTS

Day 5

| W   | M   |                                        |
|-----|-----|----------------------------------------|
| 541 | 542 | 50 Meter Freestyle Time Trial          |
| 543 | 544 | 50 Meter Backstroke Time Trial         |
| 545 | 546 | 50 Meter Butterfly Time Trial          |
| 547 | 548 | 50 Meter Breaststroke Time Trial       |
| 549 | 550 | 200 Meter Individual Medley Time Trial |
| 551 | 552 | 100 Meter Freestyle Time Trial         |
| 553 | 554 | 100 Meter Backstroke Time Trial        |
| 555 | 556 | 100 Meter Butterfly Time Trial         |
| 557 | 558 | 100 Meter Breaststroke Time Trial      |
| 559 | 560 | 400 Meter Individual Medley Time Trial |
| 561 | 562 | 200 Meter Freestyle Time Trial         |
| 563 | 564 | 200 Meter Backstroke Time Trial        |
| 565 | 566 | 200 Meter Butterfly Time Trial         |
| 567 | 568 | 200 Meter Breaststroke Time Trial      |
| 569 | 570 | 400 Meter Freestyle Time Trial         |