

## 2025 YMCA LONG COURSE NATIONALS SCHEDULE OF ACTIVITIES

### PRE-MEET ACTIVITIES

#### MONDAY, JULY 21, 2025

**9:00 PM** COACHES **Championship Meet Entry Submission Deadline**

#### TUESDAY, JULY 22, 2025

11:59 PM COACHES Deadline for submitting Travel Assistance application

#### WEDNESDAY, JULY 23, 2025

8:00 PM COACHES Coaches Meeting via Zoom  
11:59 PM ALL Deadline for purchasing All Session Spectator Admission pass at Early-bird price

#### THURSDAY, JULY 24, 2025

**9:00 PM** COACHES **Time Trials Online Entries Deadline**  
COACHES Notifications to teams for proof of time

#### FRIDAY, JULY 25, 2025

**11:59 PM** ALL **Deadline for electronically submitting all Attestation Documents**

#### SUNDAY, JULY 27, 2025

12:00 PM 7:00 PM COACHES Pools open for swimmers (fee of \$5.00/swimmer)  
1:00 PM 6:00 PM OFFICIALS Trainer Facilitation Class - Room C  
1:00 PM 4:00 PM STAFF Advance team setup for check-in - Room A-B  
1:00 PM 4:00 PM STAFF Advance team setup for meet operations - Pool Deck  
**11:59 PM** COACHES **Deadline for Extended Period Entry Submissions**

#### MONDAY, JULY 28, 2025

8:00 AM 8:00 PM COACHES Pools open for meet participants only  
8:00 AM 12:00 PM STAFF Advance team setup for check-in - Room A-B  
8:00 AM 12:00 PM STAFF Advance team setup for meet operations - Pool Deck  
8:00 AM 12:00 PM OFFICIALS Trainer Education Class  
8:00 AM 12:00 PM OFFICIALS Level I Officials Training - Room C  
8:00 AM 12:00 PM OFFICIALS Level II Officials Training - Upstairs Conference Room  
8:00 AM 12:00 PM OFFICIALS Administrative Officials Training  
12:00 PM 6:00 PM SPECTATORS Tickets / Admissions pick up - Lobby  
12:00 PM 7:00 PM COACHES Team and Coaches Check In - Room A-B  
12:00 PM 5:00 PM COACHES Scratch Table Open - Room A-B  
1:00 PM 3:00 PM OFFICIALS Officials Check In - Room C  
3:00 PM 3:30 PM COACHES New Coaches Meeting - Upstairs Conference Room  
3:15 PM 3:45 PM OFFICIALS New Officials Meeting - Room C  
3:45 PM 4:45 PM OFFICIALS Mandatory Officials Briefing - Room C

**NOTE:** Times are Eastern Daylight Time (EDT)

## 2025 YMCA LONG COURSE NATIONALS SCHEDULE OF ACTIVITIES

### TUESDAY, JULY 29, 2025 (DAY 1 OF COMPETITION)

|         |          |                                                            |
|---------|----------|------------------------------------------------------------|
| 101     |          | Women 200 Meter Butterfly                                  |
| 102     |          | Men 200 Meter Butterfly                                    |
| 103     |          | Women 50 Meter Breaststroke                                |
| 104     |          | Men 50 Meter Breaststroke                                  |
| 105     |          | Women 100 Meter Freestyle                                  |
| 106     |          | Men 100 Meter Freestyle                                    |
|         |          | 5 Minute Break (AM), Para-athlete Final (PM)               |
| 107     |          | Women 200 Meter Medley Relay                               |
| 108     |          | Men 200 Meter Medley Relay                                 |
| 109     |          | Women 800 Meter Freestyle                                  |
| 110     |          | Men 800 Meter Freestyle                                    |
|         |          | 800 Meter Freestyle first event in the evening             |
| 7:00 AM |          | COACHES Pool Opens for Preliminaries Warm-up               |
| 7:00 AM | 11:00 AM | COACHES Team and Coaches Check-in - Lobby                  |
| 7:00 AM | 11:00 AM | SPECTATORS Tickets / Admissions Pick Up - Lobby            |
| 7:00 AM |          | SPECTATORS Stands Open                                     |
| 7:00 AM | 10:00 AM | STAFF Breakfast Snack - Room A-B                           |
| 7:45 AM |          | OFFICIALS Officials / Timers Meeting and Check-in - Room C |
| 8:00 AM | 10:30 AM | COACHES Scratch and Relay Table - Pool Deck Scratch Table  |
| 8:00 AM | 10:30 AM | COACHES Time Trial Table Open - Pool Deck                  |
| 8:45 AM |          | ALL Competition Pool Closes                                |
| 8:45 AM |          | ALL Reflections and National Anthem                        |

**9:00 AM ALL Start of Preliminaries Competition**

11:00 AM 2:00 PM STAFF Lunch - Room A-B

### Time Trials start no sooner than 40 minutes after the completion of prelims and not before Noon

|         |         |                                                                         |
|---------|---------|-------------------------------------------------------------------------|
| 4:00 PM |         | COACHES Pool Opens for Finals Warm-up                                   |
| 4:00 PM | 7:00 PM | SPECTATORS Tickets / Admissions Pick Up                                 |
| 4:00 PM |         | SPECTATORS Stands Open                                                  |
| 4:00 PM |         | OFFICIALS Officials / Timers Meeting and Check-in - Room C              |
| 4:00 PM | 6:00 PM | COACHES Team and Coaches Check-in - Lobby                               |
| 4:00 PM | 5:00 PM | COACHES Scratch Table Open for Day 2-5 Events - Pool Deck Scratch Table |
| 4:00 PM |         | COACHES Relay Table Open - Pool Deck Scratch Table                      |
| 4:35 PM |         | COACHES Assembly of Athletes for Opening Ceremonies                     |
| 4:50 PM |         | ALL Competition Pool Closes                                             |

**4:50 PM ALL Opening Ceremonies - Parade of Athletes**

5:00 PM ALL Reflections and National Anthem

**5:15 PM ALL Start of Competition**

**8:10 PM ALL Estimated End of Competition**

## 2025 YMCA LONG COURSE NATIONALS SCHEDULE OF ACTIVITIES

### WEDNESDAY, JULY 30, 2025 (DAY 2 OF COMPETITION)

|         |          |                                                            |
|---------|----------|------------------------------------------------------------|
| 201     |          | Women 200 Meter Freestyle                                  |
| 202     |          | Men 200 Meter Freestyle                                    |
| 203     |          | Women 200 Meter Breaststroke                               |
| 204     |          | Men 200 Meter Breaststroke                                 |
| 205     |          | Women 200 Meter Backstroke                                 |
| 206     |          | Men 200 Meter Backstroke                                   |
|         |          | 5 Minute Break (AM), Para-athlete Final (PM)               |
| 207     |          | Women 200 Meter Freestyle Relay                            |
| 208     |          | Men 200 Meter Freestyle Relay                              |
| 7:00 AM |          | COACHES Pool Opens for Preliminaries Warm-up               |
| 7:00 AM | 11:00 AM | COACHES Team and Coaches Check-in - Lobby                  |
| 7:00 AM | 10:00 AM | STAFF Breakfast Snack - Room A-B                           |
| 7:30 AM | 11:00 AM | SPECTATORS Tickets / Admissions Pick Up - Lobby            |
| 7:30 AM |          | SPECTATORS Stands Open                                     |
| 7:45 AM |          | OFFICIALS Officials / Timers Meeting and Check-in - Room C |
| 8:00 AM | 10:30 AM | COACHES Scratch and Relay Table - Pool Deck Scratch Table  |
| 8:00 AM | 10:30 AM | COACHES Time Trial Table Open - Pool Deck                  |
| 8:45 AM |          | ALL Competition Pool Closes                                |
| 8:45 AM |          | ALL Reflections and National Anthem                        |

**9:00 AM ALL Start of Preliminaries Competition**

11:00 AM 2:00 PM STAFF Lunch - Room A-B

### Time Trials start no sooner than 40 minutes after the completion of prelims and not before Noon

|         |         |                                                                         |
|---------|---------|-------------------------------------------------------------------------|
| 4:00 PM |         | COACHES Pool Opens for Finals Warm-up                                   |
| 4:00 PM | 7:00 PM | SPECTATORS Tickets / Admissions Pick Up                                 |
| 4:00 PM |         | SPECTATORS Stands Open                                                  |
| 4:00 PM |         | OFFICIALS Officials / Timers Meeting and Check-in - Room C              |
| 4:00 PM | 6:00 PM | COACHES Team and Coaches Check-in - Lobby                               |
| 4:00 PM | 5:00 PM | COACHES Scratch Table Open for Day 3-5 Events - Pool Deck Scratch Table |
| 4:00 PM |         | COACHES Relay Table Open - Pool Deck Scratch Table                      |
| 5:00 PM |         | ALL Competition Pool Closes                                             |
| 5:00 PM |         | ALL Reflections and National Anthem                                     |

**5:15 PM ALL Start of Competition**

**8:00 PM ALL Estimated End of Competition**

## 2025 YMCA LONG COURSE NATIONALS SCHEDULE OF ACTIVITIES

### THURSDAY, JULY 31, 2025 (DAY 3 OF COMPETITION)

|         |          |                                                            |
|---------|----------|------------------------------------------------------------|
| 301     |          | Women 100 Meter Butterfly                                  |
| 302     |          | Men 100 Meter Butterfly                                    |
| 303     |          | Women 50 Meter Backstroke                                  |
| 304     |          | Men 50 Meter Backstroke                                    |
| 305     |          | Women 400 Meter Individual Medley                          |
| 306     |          | Men 400 Meter Individual Medley                            |
|         |          | 5 Minute Break (AM), Para-athlete Final (PM)               |
| 307     |          | Women 400 Meter Freestyle Relay                            |
| 308     |          | Men 400 Meter Freestyle Relay                              |
| 7:00 AM |          | COACHES Pool Opens for Preliminaries Warm-up               |
| 7:00 AM | 11:00 AM | COACHES Team and Coaches Check-in - Lobby                  |
| 7:00 AM | 10:00 AM | STAFF Breakfast Snack - Room A-B                           |
| 7:30 AM | 11:00 AM | SPECTATORS Tickets / Admissions Pick Up - Lobby            |
| 7:30 AM |          | SPECTATORS Stands Open                                     |
| 7:30 AM |          | OFFICIALS Picture                                          |
| 7:45 AM |          | OFFICIALS Officials / Timers Meeting and Check-in - Room C |
| 8:00 AM | 10:30 AM | COACHES Scratch and Relay Table - Pool Deck Scratch Table  |
| 8:00 AM | 10:30 AM | COACHES Time Trial Table Open - Pool Deck                  |
| 8:45 AM |          | ALL Competition Pool Closes                                |
| 8:45 AM |          | ALL Reflections and National Anthem                        |

**9:00 AM ALL Start of Preliminaries Competition**

11:00 AM 2:00 PM STAFF Lunch - Room A-B

### **Time Trials start no sooner than 40 minutes after the completion of prelims and not before Noon**

|         |         |                                                                         |
|---------|---------|-------------------------------------------------------------------------|
| 4:00 PM |         | COACHES Pool Opens for Finals Warm-up                                   |
| 4:00 PM | 7:00 PM | SPECTATORS Tickets / Admissions Pick Up                                 |
| 4:00 PM |         | SPECTATORS Stands Open                                                  |
| 4:00 PM |         | OFFICIALS Officials / Timers Meeting and Check-in - Room C              |
| 4:00 PM | 6:00 PM | COACHES Team and Coaches Check-in - Lobby                               |
| 4:00 PM | 5:00 PM | COACHES Scratch Table Open for Day 4-5 Events - Pool Deck Scratch Table |
| 4:00 PM |         | COACHES Relay Table Open - Pool Deck Scratch Table                      |
| 5:00 PM |         | ALL Competition Pool Closes                                             |
| 5:00 PM |         | ALL Reflections and National Anthem                                     |

**5:15 PM ALL Start of Competition**

**8:05 PM ALL Estimated End of Competition**

## 2025 YMCA LONG COURSE NATIONALS SCHEDULE OF ACTIVITIES

### FRIDAY, AUGUST 1, 2025 (DAY 4 OF COMPETITION)

|         |          |                                                            |
|---------|----------|------------------------------------------------------------|
| 401     |          | Women 400 Meter Freestyle                                  |
| 402     |          | Men 400 Meter Freestyle                                    |
| 403     |          | Women 50 Meter Butterfly                                   |
| 404     |          | Men 50 Meter Butterfly                                     |
| 405     |          | Women 100 Meter Breaststroke                               |
| 406     |          | Men 100 Meter Breaststroke                                 |
| 407     |          | Women 100 Meter Backstroke                                 |
| 408     |          | Men 100 Meter Backstroke                                   |
|         |          | 5 Minute Break (AM), Para-athlete Final (PM)               |
| 409     |          | Men 800 Meter Freestyle Relay                              |
| 410     |          | Women 800 Meter Freestyle Relay                            |
| 7:00 AM |          | COACHES Pool Opens for Preliminaries Warm-up               |
| 7:00 AM | 11:00 AM | COACHES Team and Coaches Check-in - Lobby                  |
| 7:00 AM | 10:00 AM | STAFF Breakfast Snack - Room A-B                           |
| 7:30 AM | 11:00 AM | SPECTATORS Tickets / Admissions Pick Up - Lobby            |
| 7:30 AM |          | SPECTATORS Stands Open                                     |
| 7:45 AM |          | OFFICIALS Officials / Timers Meeting and Check-in - Room C |
| 8:00 AM | 10:30 AM | COACHES Scratch and Relay Table - Pool Deck Scratch Table  |
| 8:00 AM | 10:30 AM | COACHES Time Trial Table Open - Pool Deck                  |
| 8:45 AM |          | ALL Competition Pool Closes                                |
| 8:45 AM |          | ALL Reflections and National Anthem                        |

**9:00 AM ALL Start of Preliminaries Competition**

11:00 AM 2:00 PM STAFF Lunch - Room A-B

### Time Trials start no sooner than 40 minutes after the completion of prelims and not before Noon

|         |         |                                                                       |
|---------|---------|-----------------------------------------------------------------------|
| 4:00 PM |         | COACHES Pool Opens for Finals Warm-up                                 |
| 4:00 PM | 7:00 PM | SPECTATORS Tickets / Admissions Pick Up                               |
| 4:00 PM |         | SPECTATORS Stands Open                                                |
| 4:00 PM |         | OFFICIALS Officials / Timers Meeting and Check-in - Room C            |
| 4:00 PM | 6:00 PM | COACHES Team and Coaches Check-in - Lobby                             |
| 4:00 PM | 5:00 PM | COACHES Scratch Table Open for Day 5 Events - Pool Deck Scratch Table |
| 4:00 PM |         | COACHES Relay Table Open - Pool Deck Scratch Table                    |
| 5:00 PM |         | ALL Competition Pool Closes                                           |
| 5:00 PM |         | ALL Reflections and National Anthem                                   |

**5:15 PM ALL Start of Competition**

**8:30 PM ALL Estimated End of Competition**

## 2025 YMCA LONG COURSE NATIONALS SCHEDULE OF ACTIVITIES

### SATURDAY, AUGUST 2, 2025 (DAY 5 OF COMPETITION)

|         |          |                                                            |
|---------|----------|------------------------------------------------------------|
| 501     |          | Women 50 Meter Freestyle                                   |
| 502     |          | Men 50 Meter Freestyle                                     |
| 503     |          | Women 200 Meter Individual Medley                          |
| 504     |          | Men 200 Meter Individual Medley                            |
|         |          | 5 Minute Break (AM), Para-athlete Final (PM)               |
| 505     |          | Women 400 Meter Medley Relay                               |
| 506     |          | Men 400 Meter Medley Relay                                 |
| 507     |          | Women 1500 Meter Freestyle                                 |
| 508     |          | Men 1500 Meter Freestyle                                   |
|         |          | 1500 Meter Freestyle first event in the evening            |
| 7:00 AM |          | COACHES Pool Opens for Preliminaries Warm-up               |
| 7:00 AM | 11:00 AM | COACHES Team and Coaches Check-in - Lobby                  |
| 7:00 AM | 10:00 AM | STAFF Breakfast Snack - Room A-B                           |
| 7:30 AM | 11:00 AM | SPECTATORS Tickets / Admissions Pick Up - Lobby            |
| 7:30 AM |          | SPECTATORS Stands Open                                     |
| 7:45 AM |          | OFFICIALS Officials / Timers Meeting and Check-in - Room C |
| 8:00 AM | 10:30 AM | COACHES Scratch and Relay Table - Pool Deck Scratch Table  |
| 8:00 AM | 10:30 AM | COACHES Time Trial Table Open - Pool Deck                  |
| 8:45 AM |          | ALL Competition Pool Closes                                |
| 8:45 AM |          | ALL Reflections and National Anthem                        |

**9:00 AM                      ALL              Start of Preliminaries Competition**

11:00 AM      2:00 PM              STAFF      Lunch - Room A-B

### **Time Trials start no sooner than 40 minutes after the completion of prelims and not before Noon**

|         |         |            |                                                  |
|---------|---------|------------|--------------------------------------------------|
| 4:00 PM |         | COACHES    | Pool Opens for Finals Warm-up                    |
| 4:00 PM | 7:00 PM | SPECTATORS | Tickets / Admissions Pick Up                     |
| 4:00 PM |         | SPECTATORS | Stands Open                                      |
| 4:00 PM |         | OFFICIALS  | Officials / Timers Meeting and Check-in - Room C |
| 4:00 PM | 6:00 PM | COACHES    | Team and Coaches Check-in - Lobby                |
| 4:00 PM |         | COACHES    | Relay Table Open - Pool Deck Scratch Table       |
| 5:00 PM |         | ALL        | Competition Pool Closes                          |
| 5:00 PM |         | ALL        | Reflections and National Anthem                  |

**5:15 PM                      ALL              Start of Competition**

**8:10 PM                      ALL              Estimated End of Competition**

**ALL              Swimmers of the Meet**

**ALL              Team Awards**