

# 2025 YMCA Short Course National Championships

## Greensboro, NC

### Projected Timeline for Finals

| Tuesday Finals |                                |               |         |
|----------------|--------------------------------|---------------|---------|
| Event          |                                | Heats         | Start   |
| 201            | W 200 Backstroke               | B,A,C,D Final | 5:15 PM |
| 202            | M 200 Backstroke               | B,A,C,D Final | 5:44 PM |
| 203            | W 100 Butterfly                | B,A,C,D Final | 6:13 PM |
| 204            | M 100 Butterfly                | B,A,C,D Final | 6:28 PM |
| 205            | W 200 Breaststroke             | B,A,C,D Final | 6:42 PM |
| 206            | M 200 Breaststroke             | B,A,C,D Final | 7:03 PM |
|                | <b>Relay Break - 5 Minutes</b> |               | 7:23 PM |
| 101            | W 200 Medley Relay             | B, A Final    | 7:28 PM |
| 102            | M 200 Medley Relay             | B, A Final    | 7:35 PM |
|                | <b>End of Session</b>          |               | 8:01 PM |

| Wednesday Finals |                                |               |         |
|------------------|--------------------------------|---------------|---------|
| Event            |                                | Heats         | Start   |
| 301              | W 100 Backstroke               | B,A,C,D Final | 5:15 PM |
| 302              | M 100 Backstroke               | B,A,C,D Final | 5:29 PM |
| 303              | W 400 Individual Medley        | B,A,C,D Final | 5:44 PM |
| 304              | M 400 Individual Medley        | B,A,C,D Final | 6:14 PM |
| 305              | W 200 Freestyle                | B,A,C,D Final | 6:42 PM |
| 306              | M 200 Freestyle                | B,A,C,D Final | 7:00 PM |
|                  | <b>Relay Break - 5 Minutes</b> |               | 7:18 PM |
| 307              | W 200 Freestyle Relay          | B, A Final    | 7:23 PM |
| 308              | M 200 Freestyle Relay          | B, A Final    | 7:30 PM |
|                  | <b>End of Session</b>          |               | 7:56 PM |

### Projected Timeline for Finals

| Thursday Finals |                                |               |         |
|-----------------|--------------------------------|---------------|---------|
| Event           |                                | Heats         | Start   |
| 401             | W 200 Individual Medley        | B,A,C,D Final | 5:15 PM |
| 402             | M 200 Individual Medley        | B,A,C,D Final | 5:35 PM |
| 403             | W 50 Freestyle                 | B,A,C,D Final | 5:54 PM |
| 404             | M 50 Freestyle                 | B,A,C,D Final | 6:07 PM |
| 405             | W 500 Freestyle                | B,A,C,D Final | 6:19 PM |
| 406             | M 500 Freestyle                | B,A,C,D Final | 6:51 PM |
|                 | <b>Relay Break - 5 Minutes</b> |               | 7:21 PM |
| 407             | W 400 Medley Relay             | B, A Final    | 7:26 PM |
| 408             | M 400 Medley Relay             | B, A Final    | 7:37 PM |
|                 | <b>End of Session</b>          |               | 8:07 PM |

| Friday Finals |                                |               |         |
|---------------|--------------------------------|---------------|---------|
| Event         |                                | Heats         | Start   |
| 509           | <b>W 1650 Freestyle</b>        | Fastest       | 5:15 PM |
| 510           | <b>M 1650 Freestyle</b>        | Fastest       | 5:35 PM |
| 501           | W 100 Freestyle                | B,A,C,D Final | 6:07 PM |
| 502           | M 100 Freestyle                | B,A,C,D Final | 6:22 PM |
| 503           | W 200 Butterfly                | B,A,C,D Final | 6:36 PM |
| 504           | M 200 Butterfly                | B,A,C,D Final | 6:56 PM |
| 505           | W 100 Breaststroke             | B,A,C,D Final | 7:15 PM |
| 506           | M 100 Breaststroke             | B,A,C,D Final | 7:30 PM |
|               | <b>Relay Break - 5 Minutes</b> |               | 7:45 PM |
| 507           | W 400 Freestyle Relay          | B, A Final    | 7:50 PM |
| 508           | M 400 Freestyle Relay          | B, A Final    | 8:01 PM |
|               | <b>End of Session</b>          |               | 8:30 PM |
|               | Team Awards Follow             |               |         |