



NYS YMCA SWIM CHAMPIONSHIPS

March 20-22, 2026

	Girls Event # First event	Boys Event # 99	Class Open	Event 200 Mixed Medley Relay (fast to slow)
10 minute break				
Friday, March 20, 2026	1	2	A	200 yd IM
Warm-up 3:30 pm	3	4	B	200 yd IM
Start: 5:00 pm	5	6	C	200 yd IM
	7	8	Open	200 Free Relay (fast to slow)
	9	10	B	500 yd Free
	11	12	A	500 yd Free
Saturday, March 21, 2026	13	14	Open	200 yd Med Rel (fast to slow)
Warm-up: 6:30 am	15	16	C	50 yd Free
Start: 8:00 am	17	18	B	50 yd Free
	19	20	A	50 yd Free
	21	22	C	50 yd Back
	23	24	B	100 yd Back
	25	26	A	100 yd Back
	27	28	C	200 yd Free
	29	30	B	200 yd Free
	31	32	A	200 yd Free
SWIMMING (	33	34	C	200 yd Med Relay
AT (	35	36	B	200 yd Med Relay
NIGHT (	37	38	A	200 yd Med Relay
Saturday, March 21, 2026	39	40	E	100 yd IM
Warm-up: 12:30 pm	41	42	D	100 yd IM
Start : 1:30 pm	43	44	E	50 yd Free
	45	46	D	100 yd Free
	47	48	E	25 yd Back
	49	50	D	50 yd Back
	51	52	E	100 yd Free
	53	54	D	200 yd Medley Relay
	55	56	E	100 yd Medley Relay
Sunday, March 22, 2026	57	58	C	100 yd Free
Warm-up 7:30 am	59	60	B	100 yd Free
Start: 9:00 am	61	62	A	100 yd Free
	63	64	C	50 yd Fly
	65	66	B	100 yd Fly
	67	68	A	100 yd Fly
	69	70	C	50 yd Breast
	71	72	B	100 yd Breast
	73	74	A	100 yd Breast
	75	76	C	200 yd Free Relay
	77	78	B	200 yd Free Relay
	79	80	A	400 yd Free Relay
Sunday, March 22, 2026	81	82	D	50 yd Free
Warm-up: 12:45 pm	83	84	E	25 yd Free
Start: 1:45 pm	85	86	D	50 yd Fly
	87	88	E	25 yd Fly
	89	90	D	50 yd Breast
	91	92	E	25 yd Breast
	93	94	D	200 yd Free
	95	96	E	100 yd Free Relay
	97	98	D	200 yd Free Relay

Note: Events 7-14, 33-56, 75-99 are Timed Finals (Class C,B,A relays - Sat. ALL IN FINALS, Sun - all relays swim in AM session) Events 1-6, 15-38 finals Saturday PM; Events 57-74, finals Sunday PM. Event order Sat finals – Event 5, 6, 3, 4, 1, 2, 15-32, 33-38.