

**2008 Y STATES
REVISED TIME SCHEDULE**

Day	Session	Warm-Up	Meet Start
Friday	Sessions 1 & 2	7:00 AM	8:15 AM
	Sessions 3 & 4	11:45 AM	12:30 PM
	Sessions 5 & 6	2:10 PM	3:15 PM
	Session 7 (Time Change)	5:45 PM	6:30 PM
Saturday	Sessions 8A & 9A (500 Freestyle Only)	7:00 AM	7:40 AM
	Session 8 & 9 (Time Changes)	8:40 AM	9:50 AM
	Sessions 10 & 11	12:50 PM	2:00 PM
	Sessions 12 (Time Changes)	5:45 PM	6:30 PM
	Day light saving time begins – Clocks move ahead one hour		
	Sessions 13A & 14A (500 Freestyle Only)	7:00 AM	7:40 AM
Sunday	Sessions 13 & 14 (Time Change)	8:30 AM	9:40 AM
	Sessions 15 & 16 (Time Change)	11:50 AM	12:25 AM
	Sessions 17 & 18 (Time Change)	2:00 PM	3:10 PM
	Sessions 19 (Time Change)	5:45 PM	6:40 PM
	Highlighted Sessions denotes a change in time.		

Event Parking


Franklin and Marshall has very limited parking at the Aquatics Center. Parking on the left side of the complex will be reserved for Coaches and officials. Parking on the right side of the complex is reserved for the retail shops and residential parking. Event participants are requested to **NOT** park in the retail spots. **Violators may be towed.** Cars parking in the yellow residential spots **WILL** be towed.

Offsite parking will be provided in the rear lot of the **Yankee Clipper Stadium** which is approximately a 10 minute walk to the facility. Shuttle busses will be provided to transport parents and swimmers from the parking area to the aquatics center. Shuttles will start at 6:00 AM. Doors will open for swimmers at 6:30 AM.

YMCA States Championship Revised Event and Session Information – Friday

Session: 1 Friday Morning - Boys 13-18 Pool 1 – Warmup 7 A.M.				A	B	Session: 2 Friday Morning - Girls 13-18 Pool 2 Warmup 7 A.M.					
Day of Meet: 1 Starts at 08:15 AM						Day of Meet: 1 Starts at 08:15 AM					
Event						Event					
127	Boys Open 200 Medley Relay	1:45.09				128	Girls Open 200 Medley Relay	1:58.09			
1	Boys 13-14 200 Freestyle	2:04.99	2:06.19			9	Girls 13-14 200 Freestyle	2:08.99	2:10.19		
2	Boys 15-18 200 Freestyle	1:53.59	1:54.79			10	Girls 15-18 200 Freestyle	2:05.59	2:06.79		
3	Boys 13-14 100 Backstroke	1:04.99	1:05.59			11	Girls 13-14 100 Backstroke	1:08.59	1:09.19		
4	Boys 15-18 100 Backstroke	59.99	1:00.59			12	Girls 15-18 100 Backstroke	1:05.49	1:06.09		
5	Boys 13-14 100 Butterfly	1:03.99	1:04.59			13	Girls 13-14 100 Butterfly	1:07.59	1:08.19		
6	Boys 15-18 100 Breaststroke	1:06.49	1:07.09			14	Girls 15-18 100 Breaststroke	1:14.19	1:14.79		
7	Boys 13-14 200 IM	2:19.79	2:20.99			15	Girls 13-14 200 IM	2:26.99	2:28.19		
8	Boys 15-18 400 IM	4:32.99	4:35.39			16	Girls 15-18 400 IM	4:59.99	5:03.39		
122	Boys 13-14 200 Freestyle Relay	1:54.09				121	Girls 13-14 200 Freestyle Relay	1:57.09			
123	Boys 15-18 400 Freestyle Relay	3:40.09				124	Girls 15-18 400 Freestyle Relay	4:10.09			
Session: 3 Friday Noon Distance Boys Pool 1 Warmup 11:45 A.M.				A	B	Session: 4 Friday Noon Distance Girls Pool 2 Warmup 11:45 A.M.					
Day of Meet: 1 Starts at 12:30 PM						Day of Meet: 1 Starts at 12:30 PM					
Event						Event					
17	Boys 13-14 1000 Freestyle	11:09.99	11:15.99			19	Girls 13-14 1000 Freestyle	11:29.99	11:35.99		
18	Boys 15-18 1000 Freestyle	10:29.99	10:35.99			20	Girls 15-18 1000 Freestyle	11:19.99	11:25.99		
Session: 5 Friday Afternoon 11/12 - 10/U Boys Pool 1 Warmup 2:10 P.M.				A	B	Session: 6 Friday Afternoon 11/12 - 10/U Girls Pool 2 Warmup 2:10 P.M.					
Day of Meet: 1 Starts at 03:15 PM						Day of Meet: 1 Starts at 03:15 PM					
Event						Event					
21	Boys 10 & Under 100 Breaststroke	1:39.19	1:39.79			29	Girls 10 & Under 100 Breaststroke	1:34.99	1:35.59		
22	Boys 11-12 200 Freestyle	2:19.99	2:21.19			30	Girls 11-12 200 Freestyle	2:18.99	2:20.19		
23	Boys 10 & Under 100 IM	1:24.99	1:25.59			31	Girls 10 & Under 100 IM	1:22.99	1:23.59		
24	Boys 11-12 100 Butterfly	1:18.99	1:19.49			32	Girls 11-12 100 Butterfly	1:14.09	1:14.69		
25	Boys 10 & Under 50 Backstroke	39.29	39.59			33	Girls 10 & Under 50 Backstroke	38.69	38.99		
26	Boys 11-12 100 Backstroke	1:13.99	1:14.59			34	Girls 11-12 100 Backstroke	1:12.89	1:13.49		
27	Boys 10 & Under 200 Freestyle	2:39.99	2:41.19			35	Girls 10 & Under 200 Freestyle	2:39.99	2:41.19		
28	Boys 11-12 50 Breaststroke	39.19	39.49			36	Girls 11-12 50 Breaststroke	37.99	38.29		
Session 7 – 06:30 pm						NEW					
Friday Night Finals – Warmup 5:45 P.M.						NEW					

YMCA States Championship Event and Session Information - Saturday

Session: 8A Saturday Morning - Girls 13-18 Pool 1 Warmup 7 A.M.		A	B	New	Session: 9A Saturday Morning - Boys 13-18 Pool 2 Warmup 7 A.M.		A	B
Day of Meet: 2 Starts at 07:40 AM				NEW	Day of Meet: 2 Starts at 07:40 AM			
Event					Event			
37	Girls 15-18 500 Freestyle	5:37.99	5:40.99		45	Boys 15-18 500 Freestyle	5:09.99	5:12.99
Session: 8 Saturday Morning - Girls 13-18 Pool 1 Warmup 8:40 A.M. Session start 9:50 A.M.		A	B	New	Session: 9 Saturday Morning - Boys 13-18 Pool 2 Warmup 8:40 A.M. Session start 9:50 A.M.		A	B
126	Girls Open 200 Freestyle Relay	1:44.99			125	Boys Open 200 Freestyle Relay	1:33.99	
38	Girls 13-14 50 Freestyle	27.09	27.39		46	Boys 13-14 50 Freestyle	25.59	25.89
39	Girls 15-18 100 Butterfly	1:04.59	1:05.09		47	Boys 15-18 100 Butterfly	57.49	58.09
40	Girls 13-14 200 Butterfly	2:38.99	2:40.19		48	Boys 13-14 200 Butterfly	2:29.99	2:31.19
41	Girls 15-18 100 Freestyle	57.49	58.09		49	Boys 15-18 100 Freestyle	50.99	51.59
42	Girls 13-14 200 Breaststroke	2:47.99	2:49.49		50	Boys 13-14 200 Breaststroke	2:39.99	2:41.49
43	Girls 15-18 200 IM	2:23.99	2:25.19		51	Boys 15-18 200 IM	2:08.99	2:10.19
44	Girls 13-14 400 IM	5:04.99	5:07.39		52	Boys 13-14 400 IM	4:59.99	5:02.39
118	Girls 15-18 400 Medley Relay	4:40.09			117	Boys 15-18 400 Medley Relay	4:10.09	
120	Girls 13-14 200 Medley Relay	2:15.09			119	Boys 13-14 200 Medley Relay	1:58.09	
Session: 10 Saturday Afternoon 11/12 - 10/U Boys Pool 1 Warmup 12:50 P.M.		A	B	New	Session: 11 Saturday Afternoon -11/12 - 10/U Girls Pool 2 Warmup 12:50 P.M.		A	B
Day of Meet: 2 Starts at 02:00 PM				NEW	Day of Meet: 2 Starts at 02:00 PM			
Event					Event			
53	Boys 11-12 200 IM	2:39.99	2:41.19		63	Girls 11-12 200 IM	2:35.99	2:37.19
54	Boys 10 & Under 50 Freestyle	32.99	33.29		64	Girls 10 & Under 50 Freestyle	32.59	32.89
55	Boys 11-12 50 Backstroke	34.19	34.49		65	Girls 11-12 50 Backstroke	34.09	34.39
56	Boys 10 & Under 50 Breaststroke	44.79	45.09		66	Girls 10 & Under 50 Breaststroke	42.89	43.19
57	Boys 11-12 100 Freestyle	1:03.29	1:03.89		67	Girls 11-12 100 Freestyle	1:03.29	1:03.89
58	Boys 10 & Under 50 Butterfly	38.99	39.29		68	Girls 10 & Under 50 Butterfly	37.99	38.29
59	Boys 11-12 200 Breaststroke	2:51.99	2:53.49		69	Girls 11-12 200 Breaststroke	2:51.59	2:53.09
60	Boys 10 & Under 200 Freestyle Relay	2:15.09			70	Girls 10 & Under 200 Freestyle Relay	2:18.09	
61	Boys 11-12 200 Butterfly	2:39.99	2:41.19		71	Girls 11-12 200 Butterfly	2:43.99	2:45.19
62	Boys 11-12 200 Freestyle Relay	2:05.09			72	Girls 11-12 200 Freestyle Relay	2:05.09	
Session 12 – 06:30 PM				NEW				
Saturday Night Finals Warmup 5:45 P.M.					Day Light savings time begins – Move clock ahead 1 hour			

YMCA States Championship Event and Session Information - Sunday

Session: 13A Sunday Morning 13-18 Boys Pool 1 Warmup 7 A.M.		A	B	NEW	Session: 14A Sunday Morning 13-18 Girls Pool 2 Warmup 7 A.M.		A	B
Day of Meet: 3 Starts at 07:40 AM				NEW	Day of Meet: 3 Starts at 07:40 AM			
Event					Event			
73	Boys 13-14 500 Freestyle	5:35.99	5:38.99		81	Girls 13-14 500 Freestyle	5:48.99	5:51.99
Session: 13 Sunday Morning 13-18 Boys Pool 1 Warmup 8:30 A.M. Session Starts 9:40		A	B	NEW	Session: 14 Sunday Morning 13-18 Girls Pool 2 Warmup 8:30 A.M. Session Starts 9:40		A	B
74	Boys 15-18 50 Freestyle	23.69	23.99		82	Girls 15-18 50 Freestyle	26.19	26.49
75	Boys 13-14 100 Breaststroke	1:13.99	1:14.59		83	Girls 13-14 100 Breaststroke	1:17.59	1:18.19
76	Boys 15-18 200 Butterfly	2:10.99	2:12.19		84	Girls 15-18 200 Butterfly	2:26.99	2:28.19
77	Boys 13-14 200 Backstroke	2:21.99	2:23.19		85	Girls 13-14 200 Backstroke	2:24.99	2:26.19
78	Boys 15-18 200 Backstroke	2:08.99	2:10.19		86	Girls 15-18 200 Backstroke	2:21.99	2:23.19
79	Boys 13-14 100 Freestyle	55.59	56.19		87	Girls 13-14 100 Freestyle	59.49	1:00.09
80	Boys 15-18 200 Breaststroke	2:26.59	2:28.09		88	Girls 15-18 200 Breaststroke	2:44.59	2:46.09
Session: 15 Sunday Noon 13-18 Boys Pool 1 Warmup 11:50 A.M.		A	B	NEW	Session: 16 Sunday Noon 13-18 Girls Pool 2 Warmup 11:50 A.M.		A	B
Day of Meet: 3 Starts at 12:25 P.M.				NEW	Day of Meet: 3 Starts at 12:25 P.M.			
Event					Event			
89	Boys 13-14 1650 Freestyle	18:49.99	18:55.89		91	Girls 13-14 1650 Freestyle	19:19.99	19:26.89
90	Boys 15-18 1650 Freestyle	17:52.99	17:59.89		92	Girls 15-18 1650 Freestyle	19:19.99	19:26.89
Session: 17 Sunday Afternoon 11/12 - 10/U Boys Pool 1 Warmup 2:00 P.M.		A	B	NEW	Session: 18 Sunday Afternoon 11/12 - 10/U Girls Pool 2 Warmup 2:00 P.M.		A	B
Day of Meet: 3 Starts at 03:10 PM				NEW	Day of Meet: 3 Starts at 03:10 PM			
Event					Event			
93	Boys 11-12 100 IM	1:13.99	1:14.59		105	Girls 10 & Under 200 IM	2:58.99	3:00.19
94	Boys 10 & Under 200 IM	2:59.99	3:01.19		106	Girls 11-12 100 IM	1:12.99	1:13.59
95	Boys 11-12 50 Freestyle	29.39	29.69		107	Girls 11-12 50 Freestyle	28.79	29.09
96	Boys 10 & Under 100 Freestyle	1:14.99	1:15.59		108	Girls 10 & Under 100 Freestyle	1:13.69	1:14.29
97	Boys 11-12 50 Butterfly	33.99	34.29		109	Girls 11-12 50 Butterfly	32.39	32.69
98	Boys 10 & Under 100 Butterfly	1:32.99	1:33.49		110	Girls 10 & Under 100 Butterfly	1:29.99	1:30.59
99	Boys 11-12 200 Backstroke	2:31.99	2:33.19		111	Girls 11-12 200 Backstroke	2:29.99	2:31.19
100	Boys 10 & Under 100 Backstroke	1:25.99	1:26.59		112	Girls 10 & Under 100 Backstroke	1:23.99	1:24.59
101	Boys 11-12 100 Breaststroke	1:25.59	1:26.19		113	Girls 11-12 100 Breaststroke	1:21.99	1:22.59
102	Boys 10 & Under 200 Medley Relay	2:35.09			114	Girls 10 & Under 200 Medley Relay	2:36.09	
103	Boys 11-12 200 Medley Relay	2:17.09			115	Girls 11-12 200 Medley Relay	2:18.09	
104	Boys 11-12 500 Freestyle	5:51.99	5:54.99		116	Girls 11-12 500 Freestyle	5:54.00	5:57.00
Session 19 – Starts 06:40 PM				NEW				
Sunday Night Finals Warmup 5:45 P.M.								