



PA YMCA STATE CHAMPIONSHIPS SESSION SCHEDULES



Friday March 20, 2026

FACILITY DOORS OPEN 5:30 AM
COACH REGISTRATION 6:15 AM

SPECTATOR ENTRANCE 7:00 AM
VOLUNTEER CHECK-IN 6:15 AM

Day 1	Session 1 Prelims	Session 2 Distance (1650)	Session 3 Time Trials	Session 4 Finals
Age Groups	11-12, 13-14, 15-21	13-14, 15-21		11-12, 13-14, 15-21
Warm-Up Start	7:00 AM	open	12:30 PM	2:45 PM
Officials Meeting	7:30 AM	n/a		3:00 PM
Timers Meeting	7:45 AM	n/a		3:15 PM
Competition Start	8:30 AM	11:30 AM	12:45 PM	4:00 PM

Saturday March 21, 2026

FACILITY DOORS OPEN 5:45 AM
COACH REGISTRATION 6:00 AM

SPECTATOR ENTRANCE 6:45 AM
VOLUNTEER CHECK-IN 6:00 AM

Day 2	Session 5 Prelims	Session 6 Distance (1000/500)	Session 7 Timed Finals	Session 8 Finals
Age Groups	11-12, 13-14, 15-21	11-12, 13-14, 15-21	10u	11-12, 13-14, 15-21
Warm-Up Start	6:45 AM	open	11:30 AM	3:00 PM
Officials Meeting	7:00 AM	n/a	11:30 AM	3:30 PM
Timers Meeting	7:15 AM	n/a	11:45 AM	3:45 PM
Competition Start	8:00 AM	10:35 AM	12:30 PM	4:30 PM

Sunday March 22, 2026

FACILITY DOORS OPEN 5:45 AM
COACH REGISTRATION 6:15 AM

SPECTATOR ENTRANCE 6:45 AM
VOLUNTEER CHECK-IN 6:15 AM

Day 3	Session 9 Prelims	Session 10 Timed Finals	Session 11 Finals	Session 12 Time Trials
Age Groups	11-12, 13-14, 15-21	10u	11-12, 13-14, 15-21	TBD Sat or Sun following Finals
Warm-Up Start	6:45 AM	11:30 AM	3:00 PM	
Officials Meeting	7:00 AM	11:30 AM	3:00 PM	
Timers Meeting	7:15 AM	11:45 AM	3:15 PM	
Competition Start	8:00 AM	12:30 PM	4:00 PM	