



2025 Champion Meet

Event Timeline

www.oshychampionmeet.com



FRIDAY

1650 session – Open

3:00 PM	Warm-ups
3:45 PM	Competition
4:57 PM	Conclusion of competition

Evening session – Open

5:00 PM	Warm-ups (3 x 25 minutes)
6:20 PM	Competition
6:30 PM	NKB Dinner in gym – free Sign up at www.oshychampionmeet.com DEADLINE: Noon on Friday
9:00 PM	Conclusion of competition

SATURDAY

Morning session – 9 to 12 year olds

7:00 AM	Warm-ups (4 x 15 minutes)
8:05 AM	Competition
9:00 AM	Autograph session with Katharine in the front lobby
11:16 AM	Champion Races – before the start of Event 21 Girls 50 Back
12:19 PM	Conclusion of competition and DUCK RAFFLE (must be present to win) on deck
12:30 PM	Katharine talk for 12&U in Training Studio

Mid-Day session – 8 & Under

12:30 PM	Warm-ups (2 x 10 minutes)
12:55 PM	Competition Autographs with Katharine on deck throughout the session
1:32 PM	Champion Races – w/Event 26 Mixed 25 back
2:16 PM	Conclusion of competition and DUCK RAFFLE (must be present to win) on deck
2:20-2:50 PM	Autograph session with Katharine for 8&U in the front lobby

Afternoon session – Open

2:20 PM	Warm-ups (4 x 20 minutes)
3:45 PM	Champion Race – 100 back – Katharine will swim one 100 back race
3:50 PM	Competition
4:15 PM	Autograph session with Katharine in the front lobby
6:56 PM	Conclusion of competition and DUCK RAFFLE (must be present to win) on deck
7:00 PM	Dinner w/ Katharine. Sign-up at www.oshychampionmeet.com DEADLINE: Noon on Friday

CONTINUED ON BACK

SUNDAY

Morning session – 9 to 12 year olds

7:00 AM	Warm-ups (4 x 15 minutes)
8:05 AM	Competition
11:37 AM	Conclusion of competition DUCK RAFFLE (must be present to win) and awarding of HIGH POINT AWARDS on the pool deck

Katharine Clinic – 13 & Over

10:00-11:30 AM	Downtown YMCA (324 Washington St) Sign-up at www.oshychampionmeet.com DEADLINE: Saturday at 7:00 PM (end of session)
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Mid-Day session – 8 & Under

11:45 AM	Warm-ups (2 x 10 minutes)
12:10 PM	Competition
1:15 PM	Conclusion of competition DUCK RAFFLE (must be present to win) and awarding of HIGH POINT AWARDS on the pool deck

Afternoon session – Open

1:30 PM	Warm-ups (3 x 20 minutes)
2:35 PM	Competition
5:33 PM	Conclusion of competition DUCK RAFFLE (must be present to win) and awarding of HIGH POINT AWARDS on the pool deck