

2018 Illinois YMCA Long Course State Meet

Friday Night

WARM-UPS: 1500s

Lane	2:45 – 3:40	3:40 – 4:00
1	General Warm-up	One Way Sprints
2	General Warm-up	One Way Sprints
3	General Warm-up	One Way Sprints
4	General Warm-up	One Way Sprints
5	General Warm-up	One Way Sprints
6	General Warm-up	One Way Sprints
7	General Warm-up	One Way Sprints
8	General Warm-up	One Way Sprints
9	General Warm-up	One Way Sprints
10	General Warm-up	One Way Sprints

Warm-ups: At conclusion of 1500's

Lane	
1	SAGE
2	SAGE
3	SAGE
4	MCDN/FV FY/HEAT
5	BRRY
6	DCST
7	TOPS/ILVY
8	MYST/JETS/LATT
9	SPY
10	SPY/PALA/ELY

TIMERS

1500 Timer's meeting 4:00

Swimmers to provide their own timers

Second Timer's Meeting 15 Minutes after second warm-ups start for Assignments Below

	1	2	3	4	5	6	7	8	9	10
Timer 1	BRRY	HEAT	SAGE	SAGE	SAGE	DCST	TOPS	JETS	SPY	
Timer 2	BRRY	SAGE	SAGE	SAGE	SAGE	DCST	TOPS	MYST	SPY	



Session A: 6:30-7:00 AM

Lane	
1	SAGE
2	SAGE
3	SAGE
4	SAGE
5	SPY
6	SPY
7	DCST
8	DCST
9	HEAT
10	HEAT/DANY

Session B: 7:00-7:30 AM

Lane	
1	BRRY
2	BRRY
3	JETS
4	JETS
5	MYST
6	LATT
7	HLYS/ILVY
8	TOPS
9	TOPS/FAST/HIGH/FVIFY
10	PALA/ELY/PAV/STRY

Session C: Specific Warm-ups 7:30-7:45 AM

Lane	
1	Push Pace
2	One way sprint
3	One way sprint
4	One way sprint
5	General Warm-up
6	General Warm-up
7	One way sprint
8	One way sprint
9	One way sprint
10	Push Pace

TIMERS

Timer's meeting: 7:40

	1	2	3	4	5	6	7	8	9	10
Timer 1	SAGE	SAGE	SAGE	MYST	TOPS	DCST	DCST	JETS	LATT	
Timer 2	SAGE	SAGE	SAGE	MYST	TOPS	DCST	HLYS	JETS	JETS	

2018 Illinois YMCA Long Course State Meet

Saturday 10 & Under Timed Finals

WARM-UPS: 1-1:30 ALL LANES GENERAL WARM-UP

Lane	
1	TOPS/HLYS
2	PALA/FAST/IRVP
3	JETS/HIGH/STRY
4	LATT/YDSC
5	SPY
6	BRRY
7	SAGE/NAPY
8	MYST/FV FY
9	ILVY/HEAT
10	DANY/DCST/ELY

Warm-ups: 1:30-1:45 Specific warm-ups

Lane	Competition Pool
1	Push Pace
2	One way sprint
3	One way sprint
4	One way sprint
5	General Warm-up
6	General Warm-up
7	One way sprint
8	One way sprint
9	One way sprint
10	Push Pace

TIMERS

Timer's meeting: 1:40

	1	2	3	4	5	6	7	8	9	10
Timer 1	TOPS	BRRY	LATT	SAGE	MYST	JETS	SPY	ELY	DANY	PALA
Timer 2	HEAT	BRRY	LATT	SAGE	MYST	JETS	SPY	HLYS	DCST	ILVY



2018 Illinois YMCA Long Course State Meet

Saturday Timed Finals

WARM-UPS: 4:00-4:30 ALL LANES GENERAL WARM-UP

Lane	Warm-up Pool
1	General Warm-up
2	General Warm-up
3	General Warm-up
4	General Warm-up
5	General Warm-up
6	General Warm-up
7	General Warm-up
8	General Warm-up
9	General Warm-up
10	General Warm-up

Warm-ups: 4:30-4:45 Specific warm-ups

Lane	Competition Pool
1	Push Pace
2	One way sprint
3	One way sprint
4	One way sprint
5	General Warm-up
6	General Warm-up
7	One way sprint
8	One way sprint
9	One way sprint
10	Push Pace

TIMERS

Timer's meeting: 4:40

	1	2	3	4	5	6	7	8	9	10
Timer 1	SPY	DCST	JETS	MYST	SAGE	SAGE	LATT	HLYS	ELY	HEAT
Timer 2	PALA	DCST	JETS	MYST	SAGE	SAGE	LATT	HLYS	TOPS	BRRY



2018 Illinois YMCA LONG Course State Meet-

SUNDAY AM Prelims

Session A: 6:30-7:00 AM

Lane	
1	SPY
2	SPY
3	PALA/FAST/STRY
4	DCST
5	DCST
6	General Warm-up
7	SAGE
8	SAGE
9	SAGE
10	SAGE

Session B: 7:00-7:30 AM

Lane	
1	JETS
2	JETS
3	HLYS
4	HEAT
5	BRRY
6	TOPS
7	TOPS/ELY/HIGH
8	FVfy/ILVY/MCDN
9	MYST
10	LATT/DANY

Session C: Specific Warm-ups 7:30-7:45 AM

Lane	
1	Push Pace
2	One way sprint
3	One way sprint
4	One way sprint
5	General Warm-up
6	General Warm-up
7	One way sprint
8	One way sprint
9	One way sprint
10	Push Pace

TIMERS

Timer's meeting: 7:40

	1	2	3	4	5	6	7	8	9	10
Timer 1	SAGE	SAGE	SAGE	TOPS	DCST	DCST	JETS	JETS	MYST	
Timer 2	SAGE	SAGE	SAGE	TOPS	DCST	DCST	JETS	LATT	HLYS	

2018 Illinois YMCA Long Course State Meet

SUNDAY 10 & Under Timed Finals

WARM-UPS: 1-1:30 ALL LANES GENERAL WARM-UP

Lane	
1	SPY
2	SPY/TOPS
3	JETS/DANY
4	PALA/FVIFY/STRY
5	LATT/FAST/IRVP
6	HEAT/HLYS
7	ILVY/ELY
8	MYST/DCST/NAPY
9	SAGE/YDSC
10	BRRY

Warm-ups: 1:30-1:45 Specific warm-ups

Lane	
1	Push Pace
2	One way sprint
3	One way sprint
4	One way sprint
5	General Warm-up
6	General Warm-up
7	One way sprint
8	One way sprint
9	One way sprint
10	Push Pace

TIMERS

Timer's meeting: 1:40

	1	2	3	4	5	6	7	8	9	10
Timer 1	SAGE	JETS	TOPS	LATT	BRRY	PALA	MYST	HEAT	DANY	SPY
Timer 2	SAGE	JETS	HLYS	ELY	BRRY	PALA	DCST	ILVY	FVIFY	SPY



2018 Illinois YMCA Long Course State Meet

Sunday Timed Finals

WARM-UPS: 4:00-4:30 ALL LANES GENERAL WARM-UP

Lane	
1	General Warm-up
2	General Warm-up
3	General Warm-up
4	General Warm-up
5	General Warm-up
6	General Warm-up
7	General Warm-up
8	General Warm-up
9	General Warm-up
10	General Warm-up

Warm-ups: 4:30-4:45 Specific warm-ups

Lane	
1	Push Pace
2	One way sprint
3	One way sprint
4	One way sprint
5	General Warm-up
6	General Warm-up
7	One way sprint
8	One way sprint
9	One way sprint
10	Push Pace

TIMERS

Timer's meeting: 4:40

	1	2	3	4	5	6	7	8	9	10
Timer 1	SAGE	SAGE	MYST	TOPS	DCST	JETS	HLYS	PALA	BRRY	SPY
Timer 2	SAGE	SAGE	MYST	TOPS	DCST	JETS	HLYS	LATT	ELY	SPY

