

2018 Illinois YMCA Short Course State Meet

Friday Night

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

Lane	Warm-up Pool	BULK HEAD OPEN TO ALL TEAMS	Competition Pool	Lane
1	MYST		SPY	1
2	JETS/OTTY		SPY	2
3	RAYS/JAXY		SPY	3
4	LATT/HIGH		SAGE	4
5	ILVY/ELY		SAGE	5
6	MCDN/ FVFY		SAGE	6
7	TOPS/YDSC		BRRY	7
8	BVDY/ KENO		BRRY	8
9	FAST/KEWE/SAMY		DCST	9
10	OPEN	HEAT	10	

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

Lane	Warm-up Pool	BULK HEAD OPEN TO ALL TEAMS	Competition Pool	Lane
1	General Warm-up		Push Pace	1
2	General Warm-up		One way sprint	2
3	General Warm-up		One way sprint	3
4	General Warm-up		One way sprint	4
5	General Warm-up		General Warm-up	5
6	General Warm-up		General Warm-up	6
7	General Warm-up		One way sprint	7
8	General Warm-up		One way sprint	8
9	General Warm-up		One way sprint	9
10	General Warm-up	Push Pace	10	

TIMERS

1650 Timers meeting 4:40

Swimmers to provide their own timers

Timers meeting: During Final Heat of 1650

	1	2	3	4	5	6	7	8	9	10
Timer 1	SAGE	SAGE	BRRY	BRRY	DCST	LATT	MCDN	RAYS	ELY	OTTY
Timer 2	SAGE	SAGE	BRRY	RAYS	DCST	ILVY	TOPS	MYST	HIGH	JETS



2018 Illinois YMCA Short Course State Meet-

Saturday AM Prelims

Session A: 6:30-7:00 AM

Lane	Warm-up Pool	BULK HEAD OPEN TO ALL TEAMS IN SESSION A	Competition Pool	Lane
1	DCST		SAGE	1
2	DCST		SAGE	2
3	DCST/MCDN		SAGE	3
4	CLY/HEAT		SAGE	4
5	HEAT		SPY	5
6	HEAT		SPY	6
7	YDSC		SPY	7
8	KNCY		SPY	8
9	KNCY/QFY		BVDY/KENO	9
10	WCY/ KEWE	DANY/SAMY	10	

Session B: 7:00-7:30 AM

Lane	Warm-up Pool	BULK HEAD OPEN TO ALL TEAMS IN SESSION B	Competition Pool	Lane
1	LATT		BRRY	1
2	LATT/ KKEE		BBRY	2
3	FV FY		BBRY/ JETS	3
4	FV FY/ FAST		JETS	4
5	HIGH		JETS	5
6	HIGH/CANY/ BLFN		OTTY/STRY/IRVP	6
7	PALA/PAV		MYST	7
8	RAYS/ DOCS		MYST	8
9	TOPS		ILVY	9
10	TOPS/ HLYS	ELY	10	

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

Lane	Warm-up Pool	BULK HEAD OPEN TO ALL TEAMS	Competition Pool	Lane
1	General Warm-up		Push Pace	1
2	General Warm-up		One way sprint	2
3	General Warm-up		One way sprint	3
4	General Warm-up		One way sprint	4
5	General Warm-up		General Warm-up	5
6	General Warm-up		General Warm-up	6
7	General Warm-up		One way sprint	7
8	General Warm-up		One way sprint	8
9	General Warm-up		One way sprint	9
10	General Warm-up	Push Pace	10	

TIMERS

Timers meeting: 7:40

	1	2	3	4	5	6	7	8	9	10
Timer 1	SAGE	SAGE	SAGE	JETS	MYST	BRRY	RAYS	DCST	HIGH	LATT
Timer 2	SAGE	SAGE	ILVY	JETS	HEAT	BRRY	OTTY	DCST	TOPS	ELY

2018 Illinois YMCA Short Course State Meet

Saturday 10 & Under timed finals

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

Lane	Warm-up Pool	BULK HEAD OPEN TO ALL TEAMS	Competition Pool	Lane
1	SPY		TOPS	1
2	SPY/ FVFY		YDSC	2
3	SAGE		HEAT	3
4	SAGE/ELY		LATT	4
5	DCST		PALA/ PAV	5
6	DCST/DANY/ HIGH		JETS/ IRVP	6
7	ILVY		OTTY/ CCY	7
8	ILVY/ FAST/ JAXY		CLY/WCY	8
9	BRRY		KNCY/ DIXN	9
10	MYST	BVDY/CANY/HLYS KENO/KKEE/MCDN/RAYS	10	

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

Lane	Warm-up Pool	BULK HEAD OPEN TO ALL TEAMS	Competition Pool	Lane
1	General Warm-up		Push Pace	1
2	General Warm-up		One way sprint	2
3	General Warm-up		One way sprint	3
4	General Warm-up		One way sprint	4
5	General Warm-up		General Warm-up	5
6	General Warm-up		General Warm-up	6
7	General Warm-up		One way sprint	7
8	General Warm-up		One way sprint	8
9	General Warm-up		One way sprint	9
10	General Warm-up	Push Pace	10	

TIMERS

Timers meeting: 1:40

	1	2	3	4	5	6	7	8	9	10
Timer 1	SAGE	WCY	ILVY	MYST	TOPS	CANY	BRRY	LATT	DCST	FAST
Timer 2	SAGE	DIXN	ILVY	CLY	TOPS	OTTY	BRRY	PALA	DCST	JSTS



2018 Illinois YMCA Short Course State Meet

Saturday timed finals

WARM-UPS: 5:00-5:30 ALL LANES GENERAL WARM-UP

Lane	Warm-up Pool	BULK HEAD OPEN TO ALL TEAMS	Competition Pool	Lane
1	General Warm-up		General Warm-up	1
2	General Warm-up		General Warm-up	2
3	General Warm-up		General Warm-up	3
4	General Warm-up		General Warm-up	4
5	General Warm-up		General Warm-up	5
6	General Warm-up		General Warm-up	6
7	General Warm-up		General Warm-up	7
8	General Warm-up		General Warm-up	8
9	General Warm-up		General Warm-up	9
10	General Warm-up	General Warm-up	10	

Warm-ups: 5:30-5:45 Specific warm-ups

Lane	Warm-up Pool	BULK HEAD OPEN TO ALL TEAMS	Competition Pool	Lane
1	General Warm-up		Push Pace	1
2	General Warm-up		One way sprint	2
3	General Warm-up		One way sprint	3
4	General Warm-up		One way sprint	4
5	General Warm-up		General Warm-up	5
6	General Warm-up		General Warm-up	6
7	General Warm-up		One way sprint	7
8	General Warm-up		One way sprint	8
9	General Warm-up		One way sprint	9
10	General Warm-up	Push Pace	10	

TIMERS

Each lane needs 2 timers

Timers meeting: 5:40

	1	2	3	4	5	6	7	8	9	10
Timer 1	SAGE	SAGE	LATT	MYST	OTTY	TOPS	BRRY	ILVY	DCST	JETS
Timer 2	SAGE	SAGE	LATT	MYST	RAYS	TOPS	BRRY	HIGH	DCST	JETS



2018 Illinois YMCA Short Course State Meet-

SUNDAY AM Prelims

Session A: 7-7:30 AM

Lane	Warm-up Pool	BULK HEAD OPEN TO ALL TEAMS IN SESSION A	Competition Pool	Lane
1	SAGE		DCST	1
2	SAGE		DCST	2
3	SAGE		DCST/MCDN	3
4	SAGE		CLY/KEWE	4
5	SPY		HEAT	5
6	SPY		HEAT	6
7	SPY		YDSC	7
8	SPY		KNCY	8
9	BVDY/KENO		QFY	9
10	DANY/SAMY	WCY	10	

Session B: 7:30-8:00 AM

Lane	Warm-up Pool	BULK HEAD OPEN TO ALL TEAMS IN SESSION B	Competition Pool	Lane
1	BRRY		LATT	1
2	BBRY		LATT/CANY	2
3	BBRY/FAST/KKEE		FVfy	3
4	JETS		FVfy/TOPS	4
5	JETS		TOPS	5
6	OTTY/STRY		HIGH/BLFN	6
7	MYST		HIGH	7
8	MYST		RAYS	8
9	ILVY		PALA	9
10	ELY/NAPY	HLYS	10	

Session C: Specific Warm-ups 8:00-8:15 PM

Lane	Warm-up Pool	BULK HEAD OPEN TO ALL TEAMS	Competition Pool	Lane
1	General Warm-up		Push Pace	1
2	General Warm-up		One way sprint	2
3	General Warm-up		One way sprint	3
4	General Warm-up		One way sprint	4
5	General Warm-up		General Warm-up	5
6	General Warm-up		General Warm-up	6
7	General Warm-up		One way sprint	7
8	General Warm-up		One way sprint	8
9	General Warm-up		One way sprint	9
10	General Warm-up	Push Pace	10	

TIMERS

Timers meeting: 8:10

	1	2	3	4	5	6	7	8	9	10
Timer 1	SAGE	SAGE	SAGE	JETS	MYST	BRRY	RAYS	DCST	HIGH	LATT
Timer 2	SAGE	SAGE	ILVY	JETS	MYST	BRRY	WCY	DCST	TOPS	PALA

2018 Illinois YMCA Short Course State Meet

SUNDAY 10 & Under timed finals

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

Lane	Warm-up Pool	BULK HEAD OPEN TO ALL TEAMS	Competition Pool	Lane
1	HEAT		SPY	1
2	HEAT/TOPS/WCY		SPY/ FVFY	2
3	TOPS		SAGE	3
4	LATT		SAGE/ BRRY/HIGH	4
5	YDSC		BRRY	5
6	OTTY/CCY		ILVY	6
7	PALA/HLYS		ILVY/DCST/FAST	7
8	CLY/ BVDY/CANY		DCST	8
9	KNCY/ DIXN/IRVP		MYST	9
10	JETS/ KENO/KKEE/MCDN/RAYS	MYST/ DANY/ELY	10	

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

Lane	Warm-up Pool	BULK HEAD OPEN TO ALL TEAMS	Competition Pool	Lane
1	General Warm-up		Push Pace	1
2	General Warm-up		One way sprint	2
3	General Warm-up		One way sprint	3
4	General Warm-up		One way sprint	4
5	General Warm-up		General Warm-up	5
6	General Warm-up		General Warm-up	6
7	General Warm-up		One way sprint	7
8	General Warm-up		One way sprint	8
9	General Warm-up		One way sprint	9
10	General Warm-up	Push Pace	10	

TIMERS

Timers meeting: 1:40

	1	2	3	4	5	6	7	8	9	10
Timer 1	SAGE	OTTY	MYST	TOPS	ILVY	BRRY	DCST	LATT	PALA	CLY
Timer 2	SAGE	JETS	MYST	TOPS	ILVY	BRRY	DCST	WCY	FAST	DANY



2018 Illinois YMCA Short Course State Meet

Sunday timed finals

WARM-UPS: 5:00-5:30 ALL LANES GENERAL WARM-UP

Lane	Warm-up Pool	BULK HEAD OPEN TO ALL TEAMS	Competition Pool	Lane
1	General Warm-up		General Warm-up	1
2	General Warm-up		General Warm-up	2
3	General Warm-up		General Warm-up	3
4	General Warm-up		General Warm-up	4
5	General Warm-up		General Warm-up	5
6	General Warm-up		General Warm-up	6
7	General Warm-up		General Warm-up	7
8	General Warm-up		General Warm-up	8
9	General Warm-up		General Warm-up	9
10	General Warm-up	General Warm-up	10	

Warm-ups: 5:30-5:45 Specific warm-ups

Lane	Warm-up Pool	BULK HEAD OPEN TO ALL TEAMS	Competition Pool	Lane
1	General Warm-up		Push Pace	1
2	General Warm-up		One way sprint	2
3	General Warm-up		One way sprint	3
4	General Warm-up		One way sprint	4
5	General Warm-up		General Warm-up	5
6	General Warm-up		General Warm-up	6
7	General Warm-up		One way sprint	7
8	General Warm-up		One way sprint	8
9	General Warm-up		One way sprint	9
10	General Warm-up	Push Pace	10	

TIMERS

Timers meeting: 5:40

	1	2	3	4	5	6	7	8	9	10
Timer 1	SAGE	SAGE	RAYS	MYST	OTTY	TOPS	BRRY	ILVY	DCST	JETS
Timer 2	SAGE	SAGE	RAYS	MYST	LATT	TOPS	BRRY	KEWE	DCST	JETS

