

2019 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/ILVY/MCDN/FVIFY
4	HEAT/YDSC
5	BRRY
6	TOPS/JETS/BRRY
7	LATT/DANY/ELY/JAXY/KENO/HIGH/KNCY
8	DCST
9	SPY
10	SPY/PALA/MYST

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	TOPS	SAGE	SAGE	SAGE	BRRY	SPY	DCST	HEAT	MYST	
Timer 2	JETS	SAGE	SAGE	BRRY	BRRY	SPY	DCST	HEAT	LATT	

Session A: 7:00-7:30 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: 7:30-8:00 AM

Lane	
1	BRRY
2	BRRY
3	JETS
4	JETS/MCDN
5	MYST
6	LATT
7	PALA/YDSC/KNCY/KENO
8	TOPS/ILVY/JAXY
9	HIGH/FV FY
10	ELY/PAV

Session C: Specific Warm-ups 8:00-8:10 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: 7:45

	1	2	3	4	5	6	7	8	9	10
Timer 1	TOPS	SAGE	SAGE	BRRY	JETS	LATT	DCST	MYST	PAV	
Timer 2	FV FY	SAGE	SAGE	BRRY	JETS	LATT	DCST	MYST	ELY	

2019 Illinois YMCA Long Course State Meet

Saturday 10 & Under Timed Finals

WARM-UPS: 1:20-1:45 ALL LANES GENERAL WARM-UP

Lane	
1	YDSC/JAXY/DANY
2	FVFY/HEAT/NAPY
3	JETS/ILVY
4	SAGE/RAYS
5	BRRY
6	DCST/STRY
7	SPY/KNCY
8	LATT/ELY
9	PALA/MYST/PAV
10	TOPS/HIGH/KENO

Warm-ups: 1:45-1:55 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: 1:30

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



2019 Illinois YMCA Long Course State Meet

Saturday Timed Finals

WARM-UPS: 4:30-5:00 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: 5:00-5:10 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: 4:45

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



2019 Illinois YMCA LONG Course State Meet-

SUNDAY AM Prelims

Session A: 7:00-7:30 AM

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

Session B: 7:30-8:00 AM

Lane	
1	JETS
2	JETS/ELY
3	HIGH/PAV
4	BRRY
5	BRRY
6	PALA/YDSC/MCDN
7	TOPS/JAXY
8	FVfy/ILVY
9	MYST
10	LATT

Session C: Specific Warm-ups 8:00-8:10 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: 7:45

	1	2	3	4	5	6	7	8	9	10
Timer 1	HIGH	MYST	JETS	BRRY	SAGE	SAGE	DCST	ELY	TOPS	
Timer 2	LATT	PAV	JETS	BRRY	SAGE	SAGE	DCST	DCST	FVfy	

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SUNDAY 10 & Under Timed Finals

WARM-UPS: 1:20-1:45 ALL LANES GENERAL WARM-UP

Lane	
1	SAGE
2	DCST/RAYS
3	SPY/DANY
4	FVFY/ELY/STRY
5	TOPS/JAXY/KNCY
6	YDSC/HEAT/PAV
7	PALA/MYST/KENO
8	LATT/ILVY
9	JETS/HIGH/NAPY
10	BRRY

Warm-ups: 1:45-1:55 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: 1:30

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



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Sunday Timed Finals

WARM-UPS: 4:30-5:00 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: 5:00-5:10 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: 4:45

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

