

2019 Illinois YMCA Short Course State Meet

Friday Night

WARM-UPS: 3:45-4:15 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: 4:15-4:25 SPECIFIC WARM-UPS & AT CONCLUSION OF 1650's AWARDS COMPETION POOL WILL BE OPEN FOR 15 MINITUES

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 Timer's meeting 4:15 Swimmers to provide their own timers

Second Timer's Meeting at conclusion of 1650's Assignments Below

	1	2	3	4	5	6	7	8	9	10
Timer 1	BVDY	RAYS	SAGE	SAGE	BRRY	HEAT	DCST	SPY	SPY	JETS
Timer 2	LATT	SAGE	SAGE	SAGE	BRRY	HEAT	DCST	SPY	SPY	ILVY



2019 Illinois YMCA Short Course State Meet-

Saturday AM Prelims

Session A: 7:00-7:30 AM

Lane	Warm-up Pool	BULK HEAD OPEN TO ALL TEAMS IN SESSION A	Competition Pool	Lane
1	CLY (15)		SAGE (15)	1
2	DCST (4)/DIXN (4)/JAXY (1)		SAGE (15)	2
3	DCST (15)		SAGE (15)	3
4	DCST (15)		SAGE(15)	4
5	HEAT (15)		SAGE (5)/YDSC (8)	5
6	HEAT (15)		SPY (15)	6
7	HEAT (16)		SPY (15)	7
8	MCDN (4)/QFY (4)/KEWE (2)		SPY (15)	8
9	RAYS (16)		SPY (6)/KNCY (10)	9
10	WCY (5)/CANY (5)/BNY (5)	KNCY (15)	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	LATT (15)		HIGH (15)	1
2	LATT (15)		HIGH (4)/FY (7)/STRY (4)	2
3	LATT (5)/PALA (4)		FVfy (15)	3
4	PALA (15)		FVfy (2)/DANY (6)/KENO (6)	4
5	OTTY (16)		JETS (15)	5
6	HLYS (12)/DOCS (3)		BVDY (13)/JETS (2)	6
7	ILVY (14)		ELY (5)/PAV (5)/BLFN(4)	7
8	MYST (3)/TOPS (12)		BRRY (12)/SAMy (3)	8
9	MYST (15)		BRRY (15)	9
10	MYST (15)	BRRY (15)	10	

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

Each lane needs 2 timers

Timer's meeting: 7:45

	1	2	3	4	5	6	7	8	9	10
Timer 1	PALA	SAGE	SAGE	HEAT	LATT	DCST	BRRY	SPY	RAYS	KNCY
Timer 2	HIGH	SAGE	SAGE	HEAT	LATT	DCST	BRRY	SPY	SPY	JETS

2019 Illinois YMCA Short Course State Meet

Saturday 10 & Under timed finals

WARM-UPS: 1:00-1:25 ALL LANES GENERAL WARM-UP

Lane	Warm-up Pool	BULK HEAD OPEN TO ALL TEAMS	Competition Pool	Lane
1	BRRY (15)		ILVY (15)	1
2	BRRY (3)/FV FY (12)		ILVY (2)/HEAT (13)	2
3	YDSC (16)		OTTY (16)	3
4	SPY (13)/BVDY (1)		MYST (12)/PAV	4
5	KNCY (12)/HIGH (3)		WCY (10)/ELY (5)	5
6	STRY (5)/ TOPS (5)/BNY (4)		JAXY (8)/JETS (6)	6
7	CCY (4)/RAYS(4)/SAM Y(4)		CLY (8)/FY (5)/QFY	7
8	IRVP/CANY/DANY/DIXN/DOCS		LATT (15)	8
9	SAGE (9)/HLYS (5)/WAHOO		DCST (2)/PALA (13)	9
10	SAGE (15)	DCST (15)	10	

Warm-ups: 1:25-1:35 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

Timer's meeting: 1:10

	1	2	3	4	5	6	7	8	9	10
Timer 1	SAGE	CLY	ILVY	HEAT	LATT	DCST	SPY	BRRY	JAXY	KNCY
Timer 2	SAGE	SAGE	ILVY	HEAT	LATT	DCST	SPY	BRRY	PALA	JETS



2018 Illinois YMCA Short Course State Meet

Saturday timed finals

WARM-UPS: Warm-up Pool 4:00 PM Comp Pool 4:30 PM – 5:00 PM 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: 5:00-5:10 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		One way sprint	5
6	General Warm-up		One way sprint	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

Timer meeting: 4:45

	1	2	3	4	5	6	7	8	9	10
Timer 1	JETS	SAGE	SAGE	HEAT	LATT	DCST	BRRY	SPY	SPY	PALA
Timer 2	KNCY	SAGE	SAGE	HEAT	LATT	DSCT	BRRY	SPY	RAYS	YDSC



2019 Illinois YMCA Short Course State Meet-

SUNDAY AM Prelims

Session A: 7:00-7:30 AM

Lane	Warm-up Pool	BULK HEAD OPEN TO ALL TEAMS IN SESSION A	Competition Pool	Lane
1	SAGE (14)		CLY (14)	1
2	SAGE (14)		DCST (6)/ SAMY (2)	2
3	SAGE (14)		DCST (14)	3
4	SAGE(14)		DCST (14)	4
5	YDSC (9)/ SAGE (2)		HEAT (14)	5
6	SPY (14)		HEAT (14)	6
7	SPY (14)		HEAT (14)	7
8	SPY (14)		MCDN (4)/QFY (4)/BNY (5)	8
9	KNCY (11)/SPY (3)		RAYS (15)	9
10	KNCY (14)	WCY (6)/CANY (8)	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	HIGH (15)		LATT (14)	1
2	DANY (5)/FY (4)/STRY (4)		LATT (14)	2
3	FVfy (15)		LATT (4)/PALA (4)	3
4	FVfy (6)/ KENO (2)/JETS (3)		PALA (15)	4
5	JETS (14)		OTTY (12)	5
6	BVDY (13)/JETS (2)		HLYS (11)/DOCS (1)	6
7	ELY (4)/PAV (4)/BLFN(4)		ILVY (14)	7
8	BRRY (13)		TOPS (10)/JAXY (1)	8
9	BRRY (14)		MYST (13)	9
10	BRRY (14)	MYST (14)	10	

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

Each lane needs 2 timers

Timer's meeting: 7:45

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

2019 Illinois YMCA Short Course State Meet

SUNDAY 10 & Under timed finals

WARM-UPS: 1:00-1:25 ALL LANES GENERAL WARM-UP

Lane	Warm-up Pool	BULK HEAD OPEN TO ALL TEAMS	Competition Pool	Lane
1	ILVY (15)		BRRY (15)	1
2	ILVY (3)/HEAT (13)		BRRY (3)/FVfy (12)	2
3	OTTY (16)		YDSC (16)	3
4	MYST (13)/BVDY (4)		SPY (16)	4
5	STRY (6)/WCY (9)		KNCY (9)/HIGH (6)	5
6	JAXY (8)/JETS (6)/DOCS (1)		BNY (4)/FY (6)/ELY (5)/DANY(1)	6
7	CLY (12)/MCDN(4)		CCY (6)/RAYS(5)/SAMY(4)	7
8	LATT (11)/IRVP(5)		DIXN(4)/HLYS (9)/PAV (2)/ WAHOO (1)	8
9	DCST (2)/ PALA (14)		SAGE (9)/TOPS (7)	9
10	DCST (15)	SAGE (16)	10	

Warm-ups: 1:25-1:35 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

Timer's meeting: 1:10

	1	2	3	4	5	6	7	8	9	10
Timer 1	JAXY	PALA	DCST	HEAT	SPY	BRRY	ILVY	SAGE	SAGE	LATT
Timer 2	KNCY	PALA	DCST	HEAT	SPY	BRRY	ILVY	SAGE	CLY	HLYS



2019 Illinois YMCA Short Course State Meet

Sunday timed finals

WARM-UPS: Warm-up Pool 4:00 PM Comp Pool 4:30 PM – 5:00 PM 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: 5:00-5:10 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

Timer's meeting: 4:45

	1	2	3	4	5	6	7	8	9	10
Timer 1	KNCY	SPY	SPY	JETS	LATT	BRRY	TOPS	HEAT	SAGE	SAGE
Timer 2	RAYS	SPY	SPY	JETS	LATT	BRRY	TOPS	HEAT	SAGE	SAGE

