

2020 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	HHSC	HEAT	HEAT	BRRY	BRRY	SAGE	SAGE	SPY	DCST	DCST
Timer 2	LATT	MYST	HEAT	BRRY	BRRY	SAGE	SPY	SPY	DCST	RAYS



2020 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	KNCY(17)		SAGE (17)	1
2	KKEE (4)/DOCS (6)/KNCY (7)		SAGE (17)	2
3	DCST (16)		SAGE (17)	3
4	DCST (16)		SAGE (17)	4
5	HEAT (11)/DCST (4)		SAGE (11)	5
6	HEAT (16)		YDSC (12)/BVDY (5)	6
7	HEAT (16)		SPY (17)	7
8	CLY (5)/ SAMY (4)/DANY (8)		SPY (17)	8
9	CLY (16)/ QFY (1)		SPY (17)	9
10	WCY (13)/CANY (4)	RAYS (15)/ SPY(1)	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 (16)		HIGH (17)	1
2	LATT (13)/HLYS (4)		HIGH (3)/KENO (11)	2
3	ILVY (11)/PALA (3)		FVfy (17)	3
4	PALA (17)		FVfy (8)/BNY (5)	4
5	OTTY (17)		JETS (16)	5
6	OTTY (4)/JAXY (9)/KEWE (3)		JETS (3)/PAV (13)	6
7	HHSC (14)/STRY (2)		TOPS (16)	7
8	DIXN (4)/IRVP (13)		BRRY (9)/MCDN (5)/TOPS (2)	8
9	MYST (16)		BRRY (17)	9
10	MYST (16)	BRRY (16)	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	CLY	LATT	HEAT	HEAT	BRRY	BRRY	DCST	MYST	KNCY	HIGH
Timer 2	RAYS	PALA	HEAT	HEAT	BRRY	BRRY	DCST	MYST	JETS	TOPS

2020 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	SPY (16)		TOPS (10)/KENO (3)/HLYS (2)/KKEE (1)	1
2	SPY (8)/HIGH (8)		KNCY (14)/FY (2)	2
3	FVfy (16)		CLY (9)/IRVP (8)	3
4	FVfy (2)/JETS (13)/NAPY (1)		DCST (17)	4
5	SAGE (8)/OTTY (9)		LATT (16)	5
6	SAGE (16)		LATT (2)/PALA (13)/DOCS (1)	6
7	RAYS (10)/WCY (5)/MCDN (1)		HEAT (14)/PAV (2)	7
8	MYST (16)		ILVY (14)/BVDY (2)/STRY (2)	8
9	BRRY (5)/HHSC (6)/MYST (5)		YDSC (10)/CCY (5)/WAHOO (2)	9
10	BRRY (16)	BNY (9)/CANY (3)/DANY (3)/JAXY (1)	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	RAYS	HEAT	DCST	MYST	BRRY	LATT	ILVY	KNCY	JETS	PALA
Timer 2	TOPS	YDSC	DCST	MYST	BRRY	LATT	BNY	CLY	HIGH	IRVP



2020 Illinois YMCA Short Course State Meet

Saturday 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	PROVIDED BY LAKE CENTRAL SWIM CLUB									
Timer 2										



2020 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 (16)		KNCY(16)	1
2	SAGE (16)		DCST (4)/KNCY (8)	2
3	SAGE (16)		DCST (16)	3
4	SAGE (16)		DCST (16)	4
5	SAGE (12)		HEAT (6)/ DOCS (9)	5
6	YDSC (12)/ SPY(1)		HEAT (16)	6
7	SPY (16)		HEAT (16)	7
8	SPY (16)		CLY (4)/ SAMY (4)/DANY (8)	8
9	SPY (16)		CLY (16)	9
10	RAYS (16)	WCY (13)/DIXN (4)	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 (16)		LATT (16)	1
2	HIGH (3)/BVDY (8)/KENO (5)		LATT (10)/HLYS (4)/ STRY (2)	2
3	FVfy (16)		ILVY (11)/PALA (1)/QFY (5)	3
4	FVfy (9)/BNY (6)		PALA (16)	4
5	JETS (16)		OTTY (16)	5
6	JETS (5)/PAV (10)		OTTY (8)/IRVP (8)	6
7	TOPS (16)		HHSC (12)/KKEE (4)	7
8	BRRY (7)/MCDN (5)/TOPS (2)		CANY (5)/JAXY (10)	8
9	BRRY (16)		MYST (13)/KEWE (3)	9
10	BRRY (16)	MYST (16)	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	LATT	CLY	DCST	BRRY	BRRY	HEAT	HEAT	MYST	JETS	RAYS
Timer 2	PALA	KNCY	DCST	DCST	BRRY	HEAT	MYST	MYST	TOPS	HIGH

2020 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	TOPS (8)/KENO (7)/HLYS (1)/KKEE (1)		SPY (17)	1
2	KNCY (14)/FY (1) WAHOO (2)		SPY (7)/HIGH (8)/ NAPY (2)	2
3	CLY (9)/IRVP (7)/ SAMY (1)		FVfy (17)	3
4	DCST (16)		FVfy (2)/JETS (12)/ WCY (3)	4
5	LATT (14)/ DCST (3)		SAGE (9)/ RAYS (7)	5
6	PALA (13)/ STRY (4)		SAGE (16)	6
7	HEAT (14)/ DANY (2)		OTTY (12)/MCDN (4)	7
8	ILVY (14)/BVDY (1)		MYST (16)	8
9	YDSC (9)/ PAV (7)JAXY (1)		BRRY (5)/HHSC (6)/MYST (4)	9
10	BNY (7)/CANY (4)/ CCY (5)	BRRY (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	PALA	JETS	HEAT	DCST	BRRY	MYST	CLY	TOPS	BNY	PAV
Timer 2	LATT	KNCY	ILVY	DCST	BRRY	MYST	YDSC	HIGH	IRVP	KENO



2019 Illinois YMCA Short Course State Meet

Sunday 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	PROVIDED BY LAKE CENTRAL SWIM CLUB									
Timer 2										

