

2021 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	SPY
2	SPY
3	DCST
4	DCST/HEAT/HHSC
5	FVfy/OTTY
6	FVfy/KNCY/CCY
7	MYST/PAV/IRVP
8	JETS/PALA/KENO
9	YDSC/DANY/BNY
10	Sage/ILVY/JAXY

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	JETS	MYST	DCST	DCST	SPY	SPY	FVfy	FVfy	HEAT	
Timer 2	DANY	MYST	ILVY	DCST	SPY	SPY	FVfy	YDSC	KNCY	

Session A: 7:00-7:30 AM

Lane	
1	KNCY/DANY
2	HEAT/YDSC
3	HEAT
4	SPY
5	SPY
6	SPY/JAXY
7	PALA
8	PALA
9	ILVY/HHSC
10	BNY/IRVP

Session B: 7:30-8:00 AM

Lane	
1	DCST
2	DCST
3	DCST
4	MYST
5	MYST
6	MYST/PAV/KENO
7	FVfy/CCY
8	JETS/OTTY/SAGE
9	JETS
10	JETS

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	KNCY	MYST	SPY	DCST	DCST	JETS	PALA	HEAT	FVfy	
Timer 2	PAV	MYST	SPY	BNY	DCST	JEST	PALA	HEAT	ILVY	

2021 Illinois YMCA Long Course State Meet

Saturday 10 & Under Timed Finals

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

Lane	
1	JETS
2	JETS/SPY
3	SPY
4	KNCY
5	DCST
6	FV FY
7	YDSC
8	ILVY/HEAT/PAV
9	KENO/OTTY
10	PALA/BNY/CCY/CLY

Warm-ups: 1:25-1:35 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: 1:10

	1	2	3	4	5	6	7	8	9	10
Timer 1	YDSC	KNCY	KNCY	JETS	JETS	SPY	SPY	DCST	DCST	FV FY
Timer 2	YDSC	KENO	KNCY	JETS	OTTY	SPY	PALA	DCST	ILVY	FV FY



2021 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	ILVY	SPY	JETS	PALA	PALA	HEAT	HEAT	MYST	DCST	DCST
Timer 2	ILVY	SPY	JETS	JETS	PALA	HEAT	MYST	MYST	DCST	FVYF



2021 Illinois YMCA LONG Course State Meet-

SUNDAY AM Prelims

Session A: 7:00-7:30 AM

Lane	
1	MYST
2	MYST
3	DCST
4	DCST
5	DCST/SAGE
6	FVfy
7	FVfy
8	SPY/KENO
9	SPY
10	SPY

Session B: 7:30-8:00 AM

Lane	
1	PAV/IRVP/CCY
2	KNCY/DANY
3	BNY/YDSC
4	JETS
5	JETS
6	JETS/HEAT/HHSC
7	HEAT
8	ILVY/JAXY
9	PALA/OTTY
10	PALA

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	BNY	FVfy	MYST	JETS	PALA	HEAT	SPY	DCST	ILVY	
Timer 2	KNCY	FVfy	MYST	JETS	PALA	HEAT	SPY	DCST	DCST	

2021 Illinois YMCA Long Course State Meet

SUNDAY 10 & Under Timed Finals

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

Lane	
1	FV FY/CLY
2	FV FY/KENO/OTTY
3	KNCY/SAGE
4	JETS/HEAT/PAV
5	JETS
6	SPY
7	SPY/PALA/CCY
8	YDSC/BNY
9	DCST/ILVY/MYST
10	DCST

Warm-ups: 1:25-1:35 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: 1:10

	1	2	3	4	5	6	7	8	9	10
Timer 1	KENO	KNCY	DCST	DCST	JETS	JETS	SPY	FV FY	FV FY	HEAT
Timer 2	PALA	KNCY	KNCY	DCST	JETS	SPY	SPY	FV FY	YDSC	ILVY



2021 Illinois YMCA Long Course State Meet

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	FV FY	MYST	DCST	DCST	PALA	JETS	SPY	SPY	HEAT	DANY
Timer 2	FV FY	MYST	ILVY	DCST	PALA	JETS	JETS	SPY	HEAT	KNCY

