

2022 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/KNCY/DANY
3	DCST
4	DCST/ILVY
5	HEAT/BNY
6	JETS/JAXY/PAV
7	PALA/KKEE
8	YDSC/MYST
9	FVFY/SAGE/HLYS/OTTY
10	FVFY

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	HEAT	HEAT	DCST	DCST	SPY	SPY	FVFY	FVFY	PALA	
Timer 2	HEAT	YDSC	DCST	DCST	SPY	SPY	FVFY	FVFY	PALA	

2022 Illinois YMCA Long Course State Meet-

Saturday AM Prelims

Session A: 7:00-7:30 AM

Lane	
1	HEAT
2	HEAT
3	HEAT
4	PALA
5	YDSC
6	ILVY
7	SPY
8	SPY
9	SPY
10	DANY/SAGE

Session B: 7:30-8:00 AM

Lane	
1	DCST
2	DCST
3	JETS
4	JETS
5	MYST
6	KNCY/CLY
7	FVfy
8	BNY/PAV
9	HLYS/KKEE
10	OTTY/JAXY/IRVP

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	PALA	DCST	DCST	SPY	HEAT	YDSC	MYST	FVfy	
Timer 2	BNY	PALA	ILVY	DCST	SPY	HEAT	HEAT	MYST	FVfy	

2022 Illinois YMCA Long Course State Meet

Saturday 10 & Under Timed Finals

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

Lane	
1	WCY/KNCY/KKEE/OTTY
2	FVfy/PAV
3	YDSC/JAXY
4	HEAT
5	DCST
6	JETS
7	PALA/HLYS
8	SPY/SAGE
9	ILVY/MYST/DANY
10	BNY/CLY/IRVP

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	BNY	YDSC	ILVY	JETS	PALA	SPY	HEAT	DCST	ILVY	CLY
Timer 2	WCY	YDSC	ILVY	JETS	PALA	SPY	HEAT	DCST	FVfy	IRVP



2022 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	MYST	PALA	PALA	SPY	HEAT	DCST	DCST	FVFY	KNCY
Timer 2	ILVY	MYST	PALA	SPY	SPY	HEAT	HEAT	DCST	FVFY	KNCY



2022 Illinois YMCA LONG Course State Meet-

SUNDAY AM Prelims

Session A: 7:00-7:30 AM

Lane	
1	MYST
2	PAV/OTTY
3	DCST
4	DCST/
5	CLY/JAXY/IRVP
6	FV FY
7	FV FY/
8	SAGE
9	SPY
10	SPY

Session B: 7:30-8:00 AM

Lane	
1	DANY/KKEE
2	KNCY
3	YDSC
4	JETS
5	JETS/
6	HEAT
7	HEAT/
8	ILVY
9	BNY/HLYS
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	DANY	MYST	DCST	SPY	PALA	FV FY	HEAT	ILVY	BNY	
Timer 2	SAGE	MYST	DCST	SPY	PALA	FV FY	HEAT	YDSC	KNCY	

2022 Illinois YMCA Long Course State Meet

SUNDAY 10 & Under Timed Finals

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

Lane	
1	DCST
2	FVFY
3	PALA
4	ILVY/HLYS
5	IRVP/BNY/CLY/JAXY
6	KKEE/KNCY/MYST/WCY
7	SPY/DANY
8	HEAT/OTTY
9	YDSC
10	JETS

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	ILVY	SPY	PALA	JETS	FVFY	DCST	DCST	YDSC	YDSC	HEAT
Timer 2	ILVY	SPY	PALA	JETS	FVFY	FVFY	DCST	YDSC	IRVP	HEAT



2022 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	KNCY	ILVY	HEAT	PALA	PALA	SPY	SPY	FVFY	MYST	DANY
Timer 2	KNCY	ILVY	HEAT	HEAT	PALA	SPY	FVFY	FVFY	MYST	DANY

