

# 2022 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	SPY	SPY	DCST	DCST	HEAT	HEAT	FVfy	MYST	KNCY	YRRV
Timer 2	SPY	SPY	ILVY	DCST	HEAT	YDSC	FVfy	MYST	HHSC	YRRV



2022 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		SPY	1
2	KNCY		SPY	2
3	DCST		SPY	3
4	DCST		SPY	4
5	DCST		SPY	5
6	HEAT		YDSC	6
7	HEAT		CLY	7
8	HEAT		CANY/WCY	8
9	HEAT		YRRV	9
10	DANY	YRRV	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	ILVY		JETS	1
2	SAGE		JETS	2
3	PALA		IRVP	3
4	PALA		JAXY/BNY	4
5	OTTY		DOCS	5
6	OTTY		PAV	6
7	HHSC/SAMY		MCDN	7
8	MYST/KKEE		FVfy/HLYS	8
9	MYST		FVfy	9
10	MYST	FVfy	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	DOCS	CLY	SPY	DCST	HEAT	SAGE	YRRV	FVfy	OTTY
Timer 2	PAV	IRVP	YDSC	SPY	DCST	HEAT	ILVY	KNCY	MYST	JETS

# 2022 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		KKEE/CANY	1
2	SPY		KNCY	2
3	FV FY		KNCY/DCST	3
4	FV FY		DCST	4
5	OTTY		WCY/ DANY	5
6	HHSC/ MCDN		CLY/ PAV	6
7	YRRV		HEAT	7
8	MYST		ILVY/ IRVP	8
9	JETS/ MYST		YDSC	9
10	JETS	BNY/ JAXY/PALA/ DOCS/HLYS/ SAMY/ SAGE	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	FV FY	SPY	JETS	KNCY	DCST	MYST	HEAT	YRRV	YDSC	HHSC
Timer 2	FV FY	SPY	JETS	KNCY	DCST	MYST	HEAT	YRRV	CLY	OTTY



# 2022 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	KNCY	HEAT	HEAT	SPY	DCST	DCST	FV FY	MYST	YRRV	ILVY
Timer 2	KNCY	HEAT	SPY	SPY	DCST	FV FY	FV FY	MYST	YRRV	MCDN



2022 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	SPY		KNCY	1
2	SPY		KNCY/WCY/KEWE	2
3	SPY		KKEE	3
4	SPY		DCST	4
5	YDSC		DCST	5
6	CLY/YDSC		DCST/HEAT	6
7	CLY		HEAT	7
8	CANY		HEAT	8
9	YRRV		HEAT	9
10	YRRV	DANY	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	JETS		HHSC/SAMY	1
2	JETS		SAGE	2
3	IRVP		PALA	3
4	JAXY/BNY		PALA	4
5	DOCS		OTTY	5
6	PAV		OTTY	6
7	MCDN		ILVY	7
8	FVfy/HLYS		MYST/ILVY	8
9	FVfy		MYST	9
10	FVfy	MYST	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	ILVY	SPY	HEAT	MYST	DCST	FVfy	KNCY	CANY	OTTY
Timer 2	YRRV	CLY	SPY	HEAT	MYST	DCST	IRVP	YDSC	PAV	JETS

# 2022 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	KKEE/CANY		SPY	1
2	KNCY		SPY	2
3	KNCY/DCST		FV FY	3
4	DCST		FV FY	4
5	WCY/DANY/JAXY		OTTY	5
6	CLY/ PAV		OTTY/ MCDN	6
7	HEAT		YRRV	7
8	ILVY/ IRVP		YRRV/HHSC	8
9	YDSC		JETS/ MYST	9
10	BNY/PALA/DOCS /HLYS/ SAMY/ SAGE	JETS	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	MYST	HEAT	YRRV	FV FY	SPY	KNCY	DCST	JETS	YDSC	OTTY
Timer 2	HHSC	HEAT	YRRV	FV FY	SPY	KNCY	DCST	JETS	YDSC	CLY



# 2022 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	ILVY	DOCS	MYST	SPY	SPY	HEAT	DCST	FVfy	KNCY	FVfy
Timer 2	YRRV	DOCS	MYST	SPY	HEAT	HEAT	DCST	FVfy	KNCY	FVfy

