

2023 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	DCST
2	ILVY\OTTY
3	PALA\YDSC\IRVP
4	FVFX
5	SPY
6	HEAT
7	SAGE\TOPS\CLY
8	PAV\DANY\HLYS
9	KKEE\JAXY
10	JETS

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	PALA	HEAT	HEAT	FVFX	DCST	SPY	KKEE	PAV	TOPS	
Timer 2	SAGE	HEAT	HEAT	FVFX	DCST	SPY	MYST	ILVY	YDSC	

Session A: 7:00-7:30 AM

Lane	
1	PAV\PALA
2	HEAT
3	HEAT
4	HEAT
5	JAXY\HLYS
6	YDSC\DANY
7	SPY
8	SPY
9	SPY
10	TOPS\CLY\OTTY

Session B: 7:30-8:00 AM

Lane	
1	DCST
2	DCST
3	JETS
4	JETS
5	MYST
6	MYST\ILVY
7	FVfy
8	FVfy
9	IRVP\SAGE
10	KKEE

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	ILVY	MYST	DCST	HEAT	HEAT	SPY	HLYS	FVfy	IRVP	
Timer 2	YDSC	MYST	DCST	HEAT	HEAT	HEAT	FVfy	FVfy	KKEE	

2023 Illinois YMCA Long Course State Meet

Saturday 10 & Under Timed Finals

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

Lane	
1	FV FY
2	DC ST
3	JE TS
4	YD SC
5	IR VP
6	KKEE
7	SPY
8	CLY\ DANY\ HEAT
9	ILVY\ TOPS\ MYST
10	JAXY\ PAV\ SAGE

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	KKEE	FV FY	FV FY	YD SC	JAXY	JE TS				
Timer 2	SPY	ILVY	FV FY	IR VP	CLY	DC ST				



2023 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	JAXY	JETS	YDSC	MST	HEAT	HEAT	FVFY	FVFY	DCST	KKEE
Timer 2	PAV	SPY	YDSC	MYST	HEAT	HEAT	FVFY	FVFY	DCST	HLYS



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SUNDAY AM Prelims

Session A: 7:00-7:30 AM

Lane	
1	MYST
2	MYST\ILVY
3	JETS
4	JETS
5	DCST
6	DCST
7	IRVP\SAGE
8	KKEE
9	FV FY
10	FV FY

Session B: 7:30-8:00 AM

Lane	
1	SPY
2	SPY
3	SPY
4	YDSC/DANY
5	PAV\PALA
6	TOPS\CLY\OTTY
7	JAXY\HLYS
8	HEAT
9	HEAT
10	HEAT

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	HLYS	IRVP	FV FY	FV FY	HEAT	HEAT	HEAT	MYST	JAXY	
Timer 2	ILVY	YDSC	KKEE	FV FY	HEAT	HEAT	SPY	MYST	PAV	

2023 Illinois YMCA Long Course State Meet

SUNDAY 10 & Under Timed Finals

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

Lane	
1	IRVP
2	KKEE
3	JETS
4	JAXY\PAV\SAGE
5	FV FY
6	DCST
7	ILVY\TOPS\MYST
8	CLY\DANY\HEAT
9	SPY
10	YDSC

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	JETS	FV FY	FV FY	YDSC	ILVY	KKEE				
Timer 2	JAXY	SPY	FV FY	IRVP	CLY	DCST				

2023 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	JAXY	SPY	YDSC	MST	HEAT	HEAT	FV FY	FV FY	DCST	IRVP
Timer 2	JETS	SPY	YDSC	MYST	HEAT	HEAT	FV FY	KKEE	DCST	IRVP

