2023 Illinois YMCA Short Course State Meet

Friday Night

WARM-UPS: 3:45-4:15 ALL LANES GENERAL WARM-UP

Lane	Warm-up Pool		Competition Pool	Lane
1	General Warm-up	BULK HEAD OPEN TO ALL TEAMS	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		Competition Pool	Lane
1	General Warm-up	BULK HEAD OPEN TO ALL TEAMS	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	ILVY	HEAT	DCST	DCST	MYST	JETS	YRRV	YRRV	SPY	KNCY
Timer 2	YDSC	HEAT	HEAT	DCST	MYST	JETS	YRRV	FVFY	SPY	SPY

2023 Illinois YMCA Short Course State Meet-   Saturday AM Prelims

Session A: 7:00-7:30 AM

Lane	Warm-up Pool		Competition Pool	Lane
1	KNCY	BULK HEAD OPEN TO ALL TEAMS IN SESSION A	SPY	1
2	KNCY		SPY	2
3	DCST		SPY	3
4	DCST		SPY	4
5	CLY		CANY	5
6	HEAT		YDSC	6
7	HEAT		YDSC/MCDN	7
8	HEAT		YRRV/WCY	8
9	HEAT		YRRV	9
10	DANY/HEAT		YRRV	10

Session B: 7:30-8:00 AM

Lane	Warm-up Pool		Competition Pool	Lane
1	ILVY	BULK HEAD OPEN TO ALL TEAMS IN SESSION B	JETS	1
2	SAGE		JETS	2
3	IRVP/PALA		JETS	3
4	KKEE		JAXY	4
5	OTTY		PEOY	5
6	OTTY/HLYS		PAV	6
7	HHSC/TOPS		SAMY/DANY	7
8	MYST		FVFY	8
9	MYST		FVFY	9
10	MYST		FVFY	10

Session C: Specific Warm-ups 8:00-8:10 PM

Lane	Warm-up Pool		Competition Pool	Lane
1	General Warm-up	BULK HEAD OPEN TO ALL TEAMS	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	HEAT	HEAT	HEAT	JETS	YRRV	MYST	DCST	KNCY	YDSC	SPY
Timer 2	HEAT	HEAT	HEAT	JETS	YRRV	MYST	DCST	KNCY	YDSC	SPY

2023 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		Competition Pool	Lane
1	SPY	BULK HEAD OPEN TO ALL TEAMS	YDSC	1
2	SPY/PAV		KNCY/JAXY/SAMY	2
3	FVFY		CANY/DCST	3
4	FVFY/PEOY/SAGE		DCST	4
5	OTTY/FA/DIXN		ILVY/WCY	5
6	YRRV		CLY/HLYS	6
7	YRRV/PALA		HEAT	7
8	MYST		IRVP	8
9	JETS/MYST		IRVP/DANY/TOPS	9
10	JETS		KKEE/HHSC	10

Warm-ups: 1:25-1:35 SPECIFIC WARM-UPS

Lane	Warm-up Pool		Competition Pool	Lane
1	General Warm-up	BULK HEAD OPEN TO ALL TEAMS	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	FVFY	SPY	YRRV	IRVP	JETS	MYST	DCST	YDSC	CLY	HEAT
Timer 2	FVFY	SPY	YRRV	IRVP	JETS	MYST	DCST	YDSC	CLY	HEAT

2023 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		Competition Pool	Lane
1	General Warm-up	BULK HEAD OPEN TO ALL TEAMS	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		Competition Pool	Lane
1	General Warm-up	BULK HEAD OPEN TO ALL TEAMS	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	JETS	HEAT	HEAT	YRRV	DCST	KNCY	FVFY	MYST	SPY	ILVY
Timer 2	JETS	HEAT	HEAT	YRRV	DCST	KNCY	FVFY	MYST	SPY	SPY

2023 Illinois YMCA Short Course State Meet-   SUNDAY AM Prelims

Session A: 7:00-7:30 AM

Lane	Warm-up Pool		Competition Pool	Lane
1	SPY	BULK HEAD OPEN TO ALL TEAMS IN SESSION A	KNCY	1
2	SPY		KNCY/KKEE	2
3	SPY		KKEE	3
4	SPY		DCST	4
5	YDSC		DCST	5
6	CLY/YDSC		HEAT	6
7	CLY		HEAT	7
8	CANY		HEAT	8
9	YRRV		HEAT	9
10	YRRV		HEAT/DANY	10

Session B: 7:30-8:00 AM

Lane	Warm-up Pool		Competition Pool	Lane
1	JETS	BULK HEAD OPEN TO ALL TEAMS IN SESSION B	HHSC/WCY	1
2	JETS		SAGE	2
3	JETS		SAGE/SAMY	3
4	IRVP		OTTY	4
5	JAXY		OTTY	5
6	PAV		ILVY	6
7	PEOY/HLYS		ILVY/PALA/TOPS	7
8	FVFY/MCDN		MYST	8
9	FVFY		MYST	9
10	FVFY		MYST	10

Session C: Specific Warm-ups 8:00-8:10 PM

Lane	Warm-up Pool		Competition Pool	Lane
1	General Warm-up	BULK HEAD OPEN TO ALL TEAMS	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	SAGE	HEAT	HEAT	HEAT	YRRV	DCST	JETS	MYST	YDSC	KNCY
Timer 2	CLY	HEAT	HEAT	HEAT	YRRV	DCST	JETS	MYST	KKEE	ILVY

2023 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		Competition Pool	Lane
1	KKEE/CANY		SPY	1
2	KNCY	BULK HEAD	SPY	2
3	ILVY/DCST	OPEN TO ALL	FVFY	3
4	DCST	TEAMS	FVFY	4
5	WCY/DANY/JAXY		OTTY/DIXN	5
6	CLY/PAV		SAGE/PEOY/TOPS/HLYS	6
7	HEAT		YRRV	7
8	IRVP		MYST	8
9	YDSC		FA/MYST/PALA	9
10	HHSC/SAMY		JETS	10

Warm-ups: 1:25-1:35 SPECIFIC WARM-UPS

Lane	Warm-up Pool		Competition Pool	Lane
1	General Warm-up		Push Pace	1
2	General Warm-up	BULK HEAD	One way sprint	2
3	General Warm-up	OPEN TO ALL	One way sprint	3
4	General Warm-up	TEAMS	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	IRVP	JETS	MYST	YRRV	DCST	YDSC	CLY	HHSC	HEAT	KNCY
Timer 2	IRVP	JETS	MYST	YRRV	DCST	YDSC	CLY	HHSC	HEAT	ILVY

2023 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		Competition Pool	Lane
1	General Warm-up	BULK HEAD OPEN TO ALL TEAMS	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		Competition Pool	Lane
1	General Warm-up	BULK HEAD OPEN TO ALL TEAMS	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	DCST	DCST	MYST	SPY	HEAT	HEAT	YRRV	YRRV	JETS	KNCY
Timer 2	DCST	MYST	MYST	SPY	HEAT	HEAT	YRRV	JETS	JETS	KNCY