

2024 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	DANY/ILVY/KNCY
2	YRRV/JAXY
3	SPY
4	JETS/KKEE
5	JETS
6	DCST
7	HEAT
8	YDSC/HLYS/PALA
9	MYST/PAV/SAGE
10	FVfy/CLY

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	YRRV	FVfy	DANY	HEAT	DCST	DCST	KKEE	MYST	YDSC	
Timer 2	SPY	FVfy	HEAT	HEAT	DCST	SAGE	KKEE	MYST	YDSC	

Session A: 7:00-7:30 AM

Lane	
1	SPY
2	SPY
3	IRVP/HLYS
4	ILVY
5	DANY/PAV
6	SAGE/JAXY
7	HEAT
8	HEAT
9	HEAT
10	YDSC

Session B: 7:30-8:00 AM

Lane	
1	JETS
2	JETS
3	JETS
4	FV FY
5	KKEE/CLY/HHSC/KNCY
6	YRRV
7	DCST
8	DCST
9	DCST
10	MYST

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	DAVY	FV FY	MYST	HEAT	HEAT	DCST	DCST	YDSC	KKEE	
Timer 2	SAGE	FV FY	MYST	HEAT	HEAT	DCST	DCST	YDSC	IRVP	

2024 Illinois YMCA Long Course State Meet

Saturday 10 & Under Timed Finals

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

Lane	MYST/DANY
1	KKEE/JAXY
2	JETS/HLYS
3	SPY
4	FV FY
5	DCST
6	CLY/PALA
7	YDSC/ILVY
8	YRRV/SAGE
9	IRVP/HHSC
10	KNCY/PAV

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	PAV	YDSC	FV FY	DCST	DCST	CLY	SPY	DANY	IRVP	YRRV
Timer 2	MYST	YDSC	FV FY	FV FY	DCST	CLY	SPY	HHSC	KKEE	KNCY



2024 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	JETS	FVFY	DCST	DCST	HEAT	HEAT	MYST	SPY	SPY	YRRV
Timer 2	JETS	FVFY	FVFY	DCST	HEAT	MYST	MYST	SPY	KKEE	YRRV



2024 Illinois YMCA LONG Course State Meet-

SUNDAY AM Prelims

Session A: 7:00-7:30 AM

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

Session B: 7:30-8:00 AM

Lane	
1	HLYS/PAV
2	SAGE
3	YDSC
4	HEAT
5	HEAT
6	HEAT/SPY
7	SPY
8	SPY
9	DANY/KNCY
10	IRVP/JAXY/CLY/HHSC

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	KKEE	FV FY	HEAT	HEAT	DCST	DCST	MYST	YDSC	
Timer 2	SAGE	IRVP	FV FY	HEAT	HEAT	DCST	DCST	MYST	YDSC	

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SUNDAY 10 & Under Timed Finals

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

Lane	
1	DCST
2	CLY/SAGE
3	YRRV/HEAT/PALA
4	KKEE/PAV/HLYS
5	SPY
6	YDSC/JAXY
7	IRVP/HHSC
8	KNCY/MYST
9	JETS/DANY
10	FV FY

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	PAV	KNCY	CLY	KKEE	DCST	FV FY	FV FY	YDSC	SPY	JAXY
Timer 2	HHSC	MYST	CLY	DCST	DCST	FV FY	IRVP	YDSC	SPY	YRRV

2024 Illinois YMCA Long Course State Meet

Sunday 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	
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	JETS	FV FY	MYST	MYST	HEAT	DCST	DCST	YDSC	SPY	YRRV
Timer 2	JSTS	FV FY	FV FY	MYST	HEAT	HEAT	DCST	YDSC	SPY	YRRV

