

# 2024 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 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	KNCY	HEAT	FV FY	SPY	YRRV	JETS	YDSC	MYST	DCST	DCST
Timer 2	JAXY	HEAT	HEAT	SPY	YRRV	JETS	YDSC	MYST	DCST	KKEE



2024 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	JAXY		HEAT	1
2	YDSC		HEAT	2
3	YDSC		HEAT	3
4	YRRV		HEAT	4
5	YRRV		HEAT	5
6	YRRV		CLY	6
7	SPY		CLY/KNCY	7
8	SPY		KNCY/MCDN	8
9	SPY		DANY	9
10	SPY	DANY/CANY	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	PAV		DCST	1
2	IRVP		DCST	2
3	FVfy/PALA		DCST/SAMY	3
4	FVfy		OTTY	4
5	FVfy		OTTY/DIXN	5
6	JETS		KKEE	6
7	JETS		ILVY/HLYS	7
8	JETS/HHSC		ILVY	8
9	SAGE		MYST	9
10	PEOY/WCY	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	CLY	MYST	MYST	JETS	DCST	YRRV	YRRV	HEAT	HEAT	YDSC
Timer 2	CLY	MYST	JETS	JETS	DCST	DCST	YRRV	HEAT	HEAT	ILVY

# 2024 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	DCST		YRRV	1
2	DCST/DANY/HLYS		YRRV/YDSC	2
3	DIXN/KEWE /PALA		MYST	3
4	CLY		JETS/MYST/TOPS/PAV	4
5	HEAT/CANY		JETS	5
6	KKEE/SAMY		SPY	6
7	KNCY		SPY/SAGE	7
8	WCY/JAXY		FVfy	8
9	HHSC		FVfy/PEOY/ILVY	9
10	IRVP	OTTY	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	HHSC	DIXN	IRVP	JETS	YRRV	DCST	CLY	KNCY	YDSC	SAGE
Timer 2	MYST	HEAT	IRVP	JETS	YRRV	DCST	CLY	KNCY	WCY	DANY



# 2024 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	YRRV	YRRV	SPY	HEAT	HEAT	KNCY	DCST	JETS	JETS	MYST
Timer 2	YRRV	SPY	SPY	HEAT	HEAT	KNCY	DCST	JETS	FVfy	MYST



2024 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	CLY		SPY	1
2	CLY		SPY	2
3	KNCY/MCDN		SPY	3
4	DANY/KNCY		SPY	4
5	DANY		JAXY	5
6	HEAT		YDSC	6
7	HEAT		YDSC	7
8	HEAT		YRRV	8
9	HEAT		YRRV	9
10	HEAT	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	KKEE		JETS	1
2	ILVY/HLYS		JETS	2
3	ILVY		JETS/HHSC	3
4	MYST		SAGE	4
5	MYST		PEOY/WCY	5
6	DCST		PAV	6
7	DCST		IRVP	7
8	DCST/CANY		FVFY/IRVP	8
9	OTTY		FVFY	9
10	OTTY/DIXN/ PALA/MCDN/SAMY	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	KNCY	DCST	JETS	IRVP	HEAT	HEAT	YRRV	YRRV	MYST	YDSC
Timer 2	ILVY	DCST	JETS	JETS	HEAT	HEAT	YRRV	MYST	MYST	CLY

# 2024 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	SPY		KKEE/SAMY	1
2	SPY/PAV		KNCY/CANY	2
3	FVfy		WCY/JAXY	3
4	FVfy/PEOY/ILVY		HHSC	4
5	OTTY		IRVP	5
6	YRRV		DCST	6
7	YRRV/YDSC		DCST/DANY/HLYS	7
8	MYST/HLYS		DIXN/PALA	8
9	JETS/TOPS/SAGE		CLY	9
10	JETS	HEAT	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	SAGE	HEAT	JETS	YRRV	SPY	DCST	CLY	IRVP	DIXN	YDSC
Timer 2	WCY	HHSC	JSET	YRRV	SPY	DCST	CLY	IRVP	MYST	DANY



2024 Illinois YMCA

Short Course State

# 2024 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	DANY	MYST	SPY	DCST	YRRV	YRRV	JETS	HEAT	HEAT	YDSC
Timer 2	MYST	MYST	SPY	DCST	DCST	YRRV	JETS	HEAT	HEAT	FVfy

