

2025 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	SPY
2	JETS/KNCY/JAXY
3	JETS
4	FV FY
5	DCST
6	DCST/ILVY/PAV
7	HEAT/TOPS
8	YRRV/HLYS
9	MYST/SAGE
10	YDSC/KKEE

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	JETS	KKEE	YRRV	HEAT	DCST	DCST	FV FY	FV FY	SAGE	
Timer 2	SPY	YDSC	YRRV	HEAT	DCST	DCST	FV FY	MYST	KNCY	

2025 Illinois YMCA Long Course State Meet-

Saturday AM Prelims

Session A: 7:00-7:30 AM

Lane	
1	SAGE
2	KKEE
3	YDSC
4	HEAT
5	HEAT
6	SPY
7	SPY
8	KNCY/HLYS
9	YRRV
10	YRRV/JAXY/TOPS

Session B: 7:30-8:00 AM

Lane	
1	DCST
2	DCST
3	DCST/PAV/HLYS
4	JETS
5	JETS
6	JETS
7	MYST
8	MYST/ILVY
9	FV FY
10	FV FY

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: 7:30

	1	2	3	4	5	6	7	8	9	10
Timer 1	YRRV	YDSC	FV FY	FV FY	DCST	DCST	HEAT	JETS	MYST	
Timer 2	YRRV	KKEE	SPY	FV FY	DCST	DCST	HEAT	HEAT	MYST	

2025 Illinois YMCA Long Course State Meet

Saturday 10 & Under Timed Finals

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

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

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: 12:55

	1	2	3	4	5	6	7	8	9	10
Timer 1	SPY	YRRV	KNCY	DCST	DCST	FV FY	JAXY	MYST	PAV	KKEE
Timer 2	JETS	YRRV	KNCY	DCST	FV FY	FV FY	JAXY	YDSC	SAGE	PALA



2025 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: 4:30

	1	2	3	4	5	6	7	8	9	10
Timer 1	SPY	HEAT	MYST	MYST	DCST	DCST	FVFY	FVFY	YDSC	JETS
Timer 2	HEAT	HEAT	MYST	MYST	DCST	DCST	FVFY	FVFY	YRRV	KNCY



2025 Illinois YMCA LONG Course State Meet-

SUNDAY AM Prelims

Session A: 7:00-7:30 AM

Lane	
1	FVFY
2	FVFY
3	FVFY/TOPS/DANY
4	JETS/JAXY
5	JETS
6	JETS
7	DCST
8	DCST
9	DCST/MYST
10	MYST

Session B: 7:30-8:00 AM

Lane	
1	HEAT
2	HEAT
3	YRRV
4	YRRV/ILVY
5	YDSC/HHSC
6	SAGE
7	KKEE/HLYS
8	KNCY/PAV
9	SPY
10	SPY

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: 7:30

	1	2	3	4	5	6	7	8	9	10
Timer 1	SAGE	HEAT	HEAT	FVFY	FVFY	DCST	DCST	MYST	YRRV	
Timer 2	KKEE	YDSC	HEAT	FVFY	FVFY	DCST	DCST	MYST	YRRV	

2025 Illinois YMCA Long Course State Meet

SUNDAY 10 & Under Timed Finals

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

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

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: 12:55

	1	2	3	4	5	6	7	8	9	10
Timer 1	JETS	YDSC	KNCY	DCST	DCST	FV FY	FV FY	YRRV	MYST	KKEE
Timer 2	SPY	HHSC	KNCY	DCST	DCST	FV FY	JAXY	YRRV	PAV	SAGE



2025 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: 4:30

	1	2	3	4	5	6	7	8	9	10
Timer 1	FV FY	FV FY	MY ST	MY ST	HEAT	HEAT	DCST	DCST	YRRV	JETS
Timer 2	FV FY	FV FY	MY ST	MY ST	HEAT	HEAT	DCST	DCST	YRRV	SPY

