

2025 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	YDSC	DCST	DCST	HEAT	HEAT	YRRV	MYST	FVfy	JAXY
Timer 2	YDSC	YDSC	DCST	DCST	HEAT	HEAT	YRRV	YRRV	FVfy	HHSC



2025 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	PEOY		YRRV	1
2	JAXY		YRRV	2
3	CLY		YRRV/DANY	3
4	KNCY		SPY/WCY	4
5	HEAT/KNCY		SPY	5
6	HEAT		SPY	6
7	HEAT		SPY	7
8	HEAT		YDSC	8
9	HEAT		YDSC	9
10	HEAT		HHSC	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	OTTY		FV FY	1
2	OTTY/KEWE		FV FY	2
3	HLYS		FV FY	3
4	HLYS/CANY/ILMCC		ILVY	4
5	DCST		ILVY/IRVP	5
6	DCST		KKEE	6
7	DCST/SAMY		SAGE	7
8	MYST		JETS/PAV	8
9	MYST		JETS	9
10	MYST/TOPS		JETS	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	HLYS	CLY	YDSC	YRRV	FV FY	HEAT	DCST	MYST	JAXY	KKEE
Timer 2	PEOY	SAGE	YDSC	YRRV	FV FY	HEAT	DCST	MYST	HHSC	KNCY

2025 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	SPY		KNCY	1
2	SPY/YRRV/PAV		KNCY/DANY/TOPS	2
3	YRRV		OTTY/SAMY	3
4	JETS		KKEE/ PALA	4
5	SAGE		WCY/DIXN	5
6	MYST/HLYS		DCST	6
7	ILVY/JAXY		DCST/KEWE	7
8	YDSC/CANY		HEAT	8
9	FVFY/PEOY/FY/ILMCC		CLY/HHSC/IRVP	9
10	FVFY		CLY	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	DANY	MYST	HEAT	YRRV	DCST	FVFY	KNCY	CLY	SAGE	KKEE
Timer 2	YDSC	WCY	HEAT	YRRV	DCST	FVFY	KNCY	CLY	SAGE	HHSC



2025 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	MYST	YRRV	HEAT	DCST	DCST	FV FY	FV FY	KNCY	YDSC	HLYS
Timer 2	MYST	YRRV	HEAT	DCST	DCST	FV FY	FV FY	KNCY	YDSC	SAGE



2025 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	YDSC		HEAT	1
2	YDSC		HEAT	2
3	YRRV/WCY		HEAT	3
4	YRRV		HEAT	4
5	YRRV		HEAT	5
6	SPY		CLY	6
7	SPY		PEOY	7
8	SPY		DANY	8
9	SPY/SAMY		KNCY/IRVP	9
10	JAXY		KNCY	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	SAGE		DCST	1
2	HLYS		DCST	2
3	FVfy/HLYS		DCST/KEWE	3
4	FVfy		OTTY	4
5	FVfy		OTTY/ILVY	5
6	JETS		ILVY	6
7	JETS		KKEE	7
8	JETS/TOPS/ILMCC		MYST/CANY	8
9	HHSC		MYST	9
10	PAV		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	PEOY	CLY	YDSC	YRRV	MYST	FVfy	DCST	HEAT	KNCY	KKEE
Timer 2	SAGE	HLYS	YDSC	YRRV	MYST	FVfy	DCST	HEAT	HEAT	JAXY

2025 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	DCST		MYST	1
2	DCST/KEWE/PAV		MYST/SAGE	2
3	HEAT		YRRV/ILVY	3
4	KNCY/WCY		YRRV	4
5	KNCY		JETS	5
6	CLY		SPY	6
7	CLY/DANY/JAXY		SPY/CANY	7
8	HHSC/IRVP		PEOY/SAMY	8
9	OTTY/TOPS/FY/MCDN		FVfy/KKEE	9
10	YDSC/PALA/HLYS		FVfy	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	WCY	DCST	YRRV	KNCY	FVfy	MYST	CLY	SAGE	DANY
Timer 2	YDSC	KKEE	DCST	YRRN	KNCY	FVfy	MYST	CLY	HEAT	KEWE



2025 Illinois YMCA Short Course State

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	SAGE	DCST	KNCY	YRRV	YDSC	SPY	HEAT	HEAT	FVfy	MYST
Timer 2	DCST	DCST	KNCY	YRRV	YDSC	SPY	HEAT	FVfy	FVfy	MYST

