

# Speedo Illinois Swimming Age Group State Championships

Long Course 2010

July 30-Aug 1 at Stevenson High School



## Warm-up Schedule

	Fri Prelims	Sat Prelims	Sun Prelims	Teams
First warm-up	6:45 -7:20 am	6:45 7:20 am	7:15-7:50 am	Assigned Team ONLY
Break	7:20-7:25 am	7:20-7:25 am	7:50-7:55 am	POOL CLOSED
Second Warm-up	7:25-8:00 am	7:25-8:00 am	7:55-8:30 am	Assigned Team ONLY
Specific Warm up	8:00-8:20 am	8:00-8:20 am	8:30-8:50 am	All Teams
Closed Pool	8:20-8:30 am	8:20-8:30 am	8:50-9:00 am	POOL CLOSED
Meet Starts	8:30 am	8:30 am	9:00 am	

### First Warm-up

ACAD	HWSA
BDSC	JETS
BNSC	LEAN
BRRY	LFSC
CATS	MYST
CLSC	PAC
COHO	POSA
DCST	PPD
DOCS	RBSC
EGSC	SUSA
FAST	WDST
GTAC	WHTN
HSC	WSO

### Second Warm-up

AA	KNAC	SCT
BBSC	LHSC	SPY
BEST	LWSA	SSSC
BSC	LYNX	SST
CHMP	LYON	TOPS
CPD	MARL	ULT
CWAC	MAVS	WCS
DDST	MBLM	WEST
DLTA	MDWY	WSCS
DPRC	MMSC	WVA
DUND	NAC	Y2K
ECST	NAPY	YWFF
ELY	NASA	
EMSC	NTSC	
EXPR	OFSA	
FOX	PALA	
GA	PASS	
GILS	PAWW	
HEAT	RASC	
HFSC	RED	
HOSC	RMSC	
HPAC	SBD	
JAXY	SCST	

