

2025 Boys D1 State Meet Warm-up Schedule

Warm-up Session #1 (1:00 - 1:30 p.m.)

Lane 1	Waukesha South/CMH (7)	Waukesha West/Muk (5)	New Berlin West/Eisen (1)
Lane 2	Sun Prairie East (7)	Racine Case Co-Op (5)	Burlington (1)
Lane 3	Madison Memorial (6)	Badger Co-Op (7)	
Lane 4	Homestead (6)	Marquette (4)	Beloit Memorial (2)
Lane 5	Madison West (10)	LaCrosse Logan Co-Op (2)	Fond du Lac Co-Op (1)
Lane 6	Bay Port (7)	Appleton West Co-Op (5)	Watertown (1)
Lane 7	West Bend East/West (7)	Green Bay Southwest (4)	Eau Claire Mem/North (1)
Lane 8	Verona Area (10)	Sheboygan South/Falls (4)	
Lane 9 (Behind Bulkhead)	General warm-up		
	Total # in the pool:	103	

Warm-up Session #2 (1:30-2:00 p.m.)

Lane 1	Hartford Union/Slinger (4)	Marshfield (4)	Milwaukee King Co-Op (4)
Lane 2	D.C. Everest (4)	DeForest (4)	Franklin (5)
Lane 3	Middleton (9)	Neenah (4)	
Lane 4	Hudson (6)	Greenfield Co-Op (4)	Oregon (2)
Lane 5	Brookfield Central/East (12)	Monona Grove (1)	
Lane 6	Sheboygan North/Kohler (5)	Stevens Point (4)	Waunakee (4)
Lane 7	Menomonee Falls/Ham (8)	Muskego (5)	
Lane 8	Arrowhead (7)	Sun Prairie West (6)	Kenosha Indian Trail (1)
Lane 9 (Behind Bulkhead)	General warm-up		
	Total # in the pool:	103	

Warm-up Session #3 (2:00-2:15 p.m.)

Lane 1	Pace		
Lane 2	Pace		
Lane 3	One Way Sprints		
Lane 4	One Way Sprints		
Lane 5	One Way Sprints		
Lane 6	One Way Sprints		
Lane 7	Relay Exchanges		
Lane 8	Relay Exchanges		
Lane 9 (Behind Bulkhead)	General warm-up		
	Total # in the pool:		