

2025 Boys D2 State Meet Warm-up Schedule

Warm-up Session #1 (4:00 - 4:30 p.m.)

Lane 1	Ashwaubenon (9)		
Lane 2	Chilton (5)	Prairie School (4)	
Lane 3	Elkhorn Area (4)	Kiel (5)	
Lane 4	McFarland (8)		
Lane 5	Rhineland (7)	Grafton (1)	
Lane 6	Sauk Prairie (6)	Stoughton (4)	
Lane 7	Whitnall (7)	Brookfield Academy (1)	
Lane 8	Edgewood (6)	Notre Dame (1)	
Lane 9 (Behind Bulkhead)	General warm-up		
	Total # in the pool:	67	

Warm-up Session #2 (4:30-5:00 p.m.)

Lane 1	Baraboo (7)		
Lane 2	Whitefish Bay (11)		
Lane 3	Cedarburg (8)		
Lane 4	Port Washington (4)	River Falls (6)	
Lane 5	Whitewater (5)	Tomahawk (4)	
Lane 6	Nicolet (6)	St. Augustine Prep (1)	
Lane 7	Pulaski (6)	Plymouth (2)	
Lane 8	Shorewood (6)	Rice Lake (2)	
Lane 9 (Behind Bulkhead)	General warm-up		
	Total # in the pool:	68	

Warm-up Session #3 (5:00-5:15 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:		