

2026 Boys D1 State Meet Warm-up Schedule

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

Lane 1	Waukesha South/CMH (6)	Waukesha West/Muk (4)	Milwaukee King Co-op (2)
Lane 2	Badger Co-op (6)	Burlington Co-op (2)	New Berlin United (4)
Lane 3	Menomonee Falls/Ham (6)	Verona Area (6)	Sheboygan South/Falls (1)
Lane 4	Bay Port (8)	Waukegan (4)	
Lane 5	Madison Memorial (5)	West Bend East/West (6)	Kenosha Indian Trail (1)
Lane 6	Stevens Point Area (5)	Sheboygan North/Kohler (4)	Racine Case Co-op (4)
Lane 7	Marquette (5)	Sun Prairie West (4)	Monona Grove (4)
Lane 8	Sun Prairie East (5)	Appleton North/East (4)	Oak Creek (4)
Lane 9 (Behind Bulkhead)	General warm-up (RELAY ALTERNATES - SESSION 1 SWIMMERS ONLY)		
	Total # in the pool:	100	

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

Lane 1	Madison West (10)	Oshkosh West (4)	
Lane 2	Homestead (7)	Green Bay Southwest (4)	Greenfield Co-op (1)
Lane 3	Middleton (11)	Elkhorn Area (1)	Neenah (1)
Lane 4	Hudson (7)	Kenosha Bradford (4)	Janesville Parker (1)
Lane 5	Arrowhead (5)	Appleton West Co-op (4)	Chippewa Falls/McDonnell (4)
Lane 6	Eau Claire Memorial/North (8)	Madison East/LaFollette (4)	
Lane 7	Muskego (6)	Oregon (6)	
Lane 8	Brookfield Central/East (11)	D.C. Everest (1)	Hartford/Slinger (1)
Lane 9 (Behind Bulkhead)	General warm-up (RELAY ALTERNATES - SESSION 2 SWIMMERS ONLY)		
	Total # in the pool:	101	

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:		