

## 2026 Boys D2 State Meet Warm-up Schedule

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

Lane 1	Ashwaubenon (6)	St. Augustine Prep (1)	
Lane 2	Cedarburg (7)		
Lane 3	Edgewood (5)	Notre Dame/Southern Door (4)	
Lane 4	Nicolet (5)	Tomahawk (2)	
Lane 5	Sauk Prairie/Wis Heights (8)		
Lane 6	Rhineland (7)		
Lane 7	Stoughton (4)	The Prairie School (5)	
Lane 8	Wayland Academy (4)	Whitewater (5)	
Lane 9 (Behind Bulkhead)	General warm-up (RELAY ALTERNATES - SESSION 1 SWIMMERS ONLY)		
	Total # in the pool:	64	

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

Lane 1	Chilton Co-op (7)		
Lane 2	DeForest (4)	Grafton (4)	
Lane 3	McFarland (6)	Fort Atkinson (1)	
Lane 4	Port Washington (4)	Rice Lake (5)	
Lane 5	Shorewood (6)	Brookfield Academy (1)	
Lane 6	Watertown (4)	Kiel/Elkhart/Lake Glenbeulah (3)	
Lane 7	Whitnall (5)	Milton (1)	Mt. Horeb (1)
Lane 8	Whitefish Bay (11)		
Lane 9 (Behind Bulkhead)	General warm-up (RELAY ALTERNATES - SESSION 2 SWIMMERS ONLY)		
	Total # in the pool:	63	

### 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:		