

2021 D1 State Meet Warm-up Schedule

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

Lane 1	Waukesha South/Muk (10)	Oregon (4)		
Lane 2	Appleton North (7)	Germantown (6)	Appleton West/Kimberly (1)	
Lane 3	Badger Co-op (7)	Brookfield Central (7)		
Lane 4	Cedarburg (5)	LaCross Logan Co-op (4)	Marshfield (4)	
Lane 5	Madison West (8)	Pewaukee (4)	River Falls (1)	
Lane 6	Verona (8)	Stevens Point (6)		
Lane 7	Homestead (4)	Oshkosh West (6)	Monona Grove (4)	
Lane 8	Middleton (11)	Franklin (1)	Hudson (2)	
Lane 9 (Behind Bulkead)	General warm-up			
	Total # in the pool:	110		

Warm up Session #2 (2:30 - 3:00 p.m.)

Lane 1	West Bend West/East (4)	Menomonee Falls/Hamilton (5)	Hartford Union/Slinger (4)	
Lane 2	Arrowhead (8)	D.C. Everest (5)	Divine Savior (1)	
Lane 3	Milton (4)	Waunakee (5)	Sun Prairie (4)	Oak Creek (1)
Lane 4	Madison Memorial (11)	Eau Claire Memorial (1)	Sturgeon Bay Co-op (1)	Manitowoc Lincoln (1)
Lane 5	Burlington Co-op (5)	Chippewa Falls/McDonell (4)	Janesville Craig (2)	Edgerton/Evansville (2)
Lane 6	Brookfield East (8)	Green Bay Southwest Co-op (5)	Milwaukee King (1)	
Lane 7	Muskego (5)	Greenfield/Pius (5)	Bay Port (4)	
Lane 8	Waukesha West/CMH (7)	De Pere/West De Pere (2)	Neenah (4)	
Lane 9 (Behind Bulkhead)	General warm-up			
	Total # in the pool:	109		

Warm up Session #3 (3:00 - 3:20 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:			