

2021 D2 State Meet Warm-up Schedule

Warm up Session #1 (5:00 - 5:30 p.m.)

Lane 1	Madison Edgewood (9)		
Lane 2	Greendale (7)	River Valley/Richland Center (1)	
Lane 3	McFarland (8)		
Lane 4	New Berlin Eisenhower (5)	Wausau East (4)	
Lane 5	Sauk Prairie (7)	The Prairie School/St. Catherines (1)	
Lane 6	Whitefish Bay (5)	Whitnall (3)	
Lane 7	Jefferson/Cambridge (5)	Keil/Elkhart Lake/Glenbeulah (1)	Lodi/Wisconsin Heights (1)
Lane 8	Baraboo (7)	Wauwatosa West (1)	
Lane 9 (Behind Bulkhead)	General warm-up		
	Total # in the pool:	65	

Warm up Session #2 (5:30 - 6:00 p.m.)

Lane 1	Ashwaubenon (6)	Brown Deer/Univ School of Milw. (1)	
Lane 2	Kohler Co-op (6)	Seymour (1)	
Lane 3	Monroe/New Glarus (5)	Lakeland Union (2)	
Lane 4	Merrill (4)	Rice Lake (4)	
Lane 5	Shorewood (5)	Whitewater (1)	
Lane 6	Rhineland (6)	Tomahawk (1)	
Lane 7	Grafton (4)	Stoughton (4)	
Lane 8	DeForest (6)	Ladysmith Co-op (2)	
Lane 9 (Behind Bulkhead)	General warm-up		
	Total # in the pool:	58	

Warm up Session #3 (6:00 - 6:20 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:		