

## 2025 D1 State Meet Warm-up Schedule

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

|                          |                                                         |                            |                              |
|--------------------------|---------------------------------------------------------|----------------------------|------------------------------|
| Lane 1                   | Wauk South/Muk (6)                                      | Wauk North/KM (4)          | Kenosha Tremper (2)          |
| Lane 2                   | Appleton North (6)                                      | Wauk West/CMH (5)          | Chippewa Falls/McDonnell (1) |
| Lane 3                   | Badger Co-op (7)                                        | Hudson (6)                 |                              |
| Lane 4                   | Bay Port (8)                                            | Kenosha Indian Trail (4)   |                              |
| Lane 5                   | Madison Memorial (6)                                    | Nicolet (5)                | Janesville Parker (1)        |
| Lane 6                   | Divine Savior (7)                                       | Hartford Union/Slinger (6) |                              |
| Lane 7                   | Brookfield Central (5)                                  | Madison West (7)           |                              |
| Lane 8                   | Germantown (5)                                          | Waunakee (4)               | Neenah (4)                   |
| Lane 9 (Behind Bulkhead) | General warm-up (RELAY ALTERNATES SESSION 1 TEAMS ONLY) |                            |                              |
|                          | Total # in the pool:                                    | 99                         |                              |

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

|                          |                                                         |                              |                           |
|--------------------------|---------------------------------------------------------|------------------------------|---------------------------|
| Lane 1                   | Menomonee Falls/Ham (8)                                 | Sun Prairie East (5)         |                           |
| Lane 2                   | Oregon (7)                                              | Wausau West (6)              |                           |
| Lane 3                   | Arrowhead (8)                                           | Holmen Co-op (4)             | Appleton East Co-op (1)   |
| Lane 4                   | Brookfield East (6)                                     | Pewaukee/Oconomowoc (6)      |                           |
| Lane 5                   | Stevens Point Area (5)                                  | Sun Prairie West (5)         | Sheboygan North/South (2) |
| Lane 6                   | Middleton (9)                                           | Burlington Co-op (4)         |                           |
| Lane 7                   | Verona (11)                                             | Oshkosh West (1)             |                           |
| Lane 8                   | Muskego (10)                                            | Milwaukee Lutheran Co-op (1) | Monroe/New Glarus (1)     |
| Lane 9 (Behind Bulkhead) | General warm-up (RELAY ALTERNATES SESSION 2 TEAMS ONLY) |                              |                           |
|                          | Total # in the pool:                                    | 100                          |                           |

### Warm-up Session #3 (2:00-2:20 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 (OPEN TO ANYONE) |  |  |
|                          | Total # in the pool:             |  |  |