

2025 D2 State Meet Warm-up Schedule

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

Lane 1	Rhineland (7)	Antigo/Wabeno (1)	
Lane 2	Wauwatosa West (4)	Greendale (4)	
Lane 3	Edgewood (10)		
Lane 4	Merrill (4)	Port Washington (4)	
Lane 5	Sauk Prairie (5)	Mt. Horeb (2)	
Lane 6	Ashwaubenon (5)	Berlin/Green Lake (4)	
Lane 7	Lakeland (5)	Portage/Poynette (4)	
Lane 8	Baraboo (6)	Grafton (1)	
Lane 9 (Behind Bulkhead)	General warm-up (RELAY ALTERNATES -- SESSION 1 TEAMS ONLY)		
	Total # in the pool:	66	

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

Lane 1	Shorewood (7)		
Lane 2	Kohler Co-op (5)	Clintonville (1)	Black River Falls (1)
Lane 3	McFarland (8)		
Lane 4	Plymouth (4)	Medford (5)	
Lane 5	Rice Lake (5)	Platteville/Lancaster (1)	Whitnall (1)
Lane 6	Seymour (4)	Stoughton (5)	
Lane 7	Sturgeon Bay Co-op (4)	Wittenberg-Birnamwood (4)	
Lane 8	Whitefish Bay (11)		
Lane 9 (Behind Bulkhead)	General warm-up (RELAY ALTERNATES -- SESSION 2 TEAMS ONLY)		
	Total # in the pool:	66	

Warm-up Session #3 (5:00-5:20 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:		