

2022 D2 State Meet Warm-up Schedule

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

Lane 1	Whitefish Bay (8)		
Lane 2	Sauk Prairie/Wis. Heights (6)	Menomonie (2)	
Lane 3	Edgewood (8)		
Lane 4	Cedarburg (6)	Tomahawk (1)	
Lane 5	Sturgeon Bay Co-op (7)		
Lane 6	Rhineland (10)		
Lane 7	Nicolet (8)		
Lane 8	Chilton Co-op (5)	Two Rivers/Roncalli (1)	
Lane 9 (Behind Bulkhead)	General warm-up		
	Total # in the pool:	62	

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

Lane 1	Shorewood (8)		
Lane 2	McFarland (7)		
Lane 3	Jefferson/Cambridge (4)	Baraboo (4)	
Lane 4	Ashwaubenon (6)	DeForest (1)	
Lane 5	River Falls (6)	Brookfield Academy (1)	
Lane 6	Stoughton (6)	Grafton (1)	
Lane 7	Berlin/Green Lake (4)	Whitnall (5)	
Lane 8	Plymouth (5)	Brown Deer/Univ. School (4)	
Lane 9 (Behind Bulkhead)	General warm-up		
	Total # in the pool:	62	

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		
	Total # in the pool:		