

## 2024 Boys D1 State Meet Warm-up Schedule

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

Lane 1	Wauk South/CMH (10)	Burlington Co-op (2)	
Lane 2	Bay Port (8)	Badger Co-op (4)	Milwaukee Reagan Co-op (1)
Lane 3	Sun Prairie East (7)	Sheboygan North/Kohler (6)	
Lane 4	Wauwatosa West/East (6)	Waukesha West/Muk (4)	Kenosha Indian Trail (2)
Lane 5	Middleton (7)	West Bend East/West (4)	Chippewa Falls/McDonell (1)
Lane 6	D.C. Everest (5)	Green Bay Southwest Co-op (4)	Racine Case Co-op (4)
Lane 7	Neenah (6)	Muskego (5)	New Berlin Co-op (1)
Lane 8	Madison West (8)	Marquette Univ. (4)	Oregon (1)
Lane 9 (Behind Bulkhead)	General warm-up		
	Total # in the pool:	100	

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

Lane 1	Madison Memorial (9)	Greenfield Co-op (4)	
Lane 2	Franklin (7)	Hartford Union/Slinger (5)	
Lane 3	Sun Prairie West (7)	Homestead (4)	LaCrosse Logan Co-op (1)
Lane 4	Brookfield Central/East (9)	Eau Claire Memorial/North (4)	
Lane 5	Verona Area (8)	Stevens Point (4)	Watertown (1)
Lane 6	Beloit Memorial (6)	Menomonee Falls/Hamilton (6)	
Lane 7	Hudson (7)	Waunakee (4)	Milwaukee King Co-op (2)
Lane 8	Arrowhead (7)	Appleton West Co-op (5)	
Lane 9 (Behind Bulkhead)	General warm-up		
	Total # in the pool:	100	

### Warm-up Session #3 (2:00-2:15 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:		