

2022 D1 State Meet Warm-up Schedule

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

Lane 1	Waukesha South/Muk (8)	Waukesha North/KM (1)	Sun Prairie East (4)
Lane 2	Waunakee (6)	Stevens Point (6)	West Bend West/East (1)
Lane 3	Germantown (8)	Burlington Co-op (4)	DeForest (1)
Lane 4	Monona Grove (7)	Greenfield/Pius (5)	Eau Claire Memorial (1)
Lane 5	Madison West (9)	LaCross Logan Co-op (4)	De Pere/West De Pere (1)
Lane 6	Badger Co-op (7)	Green Bay Southwest Co-op (5)	Nicolet (1)
Lane 7	Middleton (10)	Janesville Craig (2)	Racine Co-op (1)
Lane 8	Waukesha West/CMH (8)	Divine Savior (4)	Homestead (1)
Lane 9 (Behind Bulkhead)	General warm-up		
	Total # in the pool:	105	

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

Lane 1	Muskego (8)	Oshkosh West (5)	River Falls (1)
Lane 2	Neenah (6)	Madison Memorial (6)	Sturgeon Bay Co-op (1)
Lane 3	Arrowhead (10)	Appleton North (4)	
Lane 4	Brookfield Central (7)	Marshfield (4)	Bay Port (1)
Lane 5	Chippewa Falls Co-op (4)	Menomonee Falls/Hamilton (4)	Sun Prairie West (5)
Lane 6	D.C. Everest (4)	Pewaukee/Oconomowoc (4)	Milw. Ronald Regan/South (4)
Lane 7	Verona Area (9)	Edgerton/Evansville (2)	Hartford Union/Slinger (1)
Lane 8	Brookfield East (6)	Oregon (6)	Franklin (1)
Lane 9 (Behind Bulkhead)	General warm-up		
	Total # in the pool:	103	

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		
	Total # in the pool:		