

## 2024 Boys D2 State Meet Warm-up Schedule

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

Lane 1	Ashwaubenon (7)	Elkhorn Area (1)	
Lane 2	Whitefish Bay (7)	Mount Horeb (2)	
Lane 3	Chilton Co-op (5)	Ft. Atkinson (4)	
Lane 4	Edgewood (6)	Cedarburg (1)	
Lane 5	Shorewood (6)	Two Rivers/Roncalli (2)	
Lane 6	Stoughton (5)	Sturgeon Bay Co-op (4)	
Lane 7	Baraboo (7)	Brown Deer/Univ School (1)	
Lane 8	Nicolet (6)	Tomahawk (2)	
Lane 9 (Behind Bulkhead)	General warm-up		
	Total # in the pool:	66	

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

Lane 1	McFarland (8)	Port Washington (1)	
Lane 2	Rhineland (7)	Platteville/Lancaster (1)	
Lane 3	Kiel/Elkhart/Lake-Glenbeulah (5)	DeForest (4)	
Lane 4	Monona Grove (5)	Menomonie (4)	
Lane 5	River Falls (5)	Pulaski (4)	
Lane 6	Sauk Prairie/Wis Heights (6)	Grafton (1)	
Lane 7	Whitnall (4)	The Prairie School/St. Catherines (4)	
Lane 8	Rice Lake (6)	Brookfield Academy (1)	
Lane 9 (Behind Bulkhead)	General warm-up		
	Total # in the pool:	66	

### Warm-up Session #3 (5:00-5:15 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:		