

## 2022 D2 State Meet Warm-up Schedule

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

Lane 1	Jefferson/Cambridge (4)	Merrill (4)	
Lane 2	Sauk Prairie (4)	Shorewood (4)	
Lane 3	Wittenberg-Birnamwood (4)	Wauwatosa East (4)	
Lane 4	Edgwood (8)		
Lane 5	Baraboo (7)	Medford (2)	
Lane 6	Whitefish Bay (6)	Colby/Abbotsford (1)	
Lane 7	Rhineland (6)	St Thomas More/St Francis (1)	
Lane 8	Greendale (6)	Lakeland Union (1)	Ladysmith (1)
Lane 9 (Behind Bulkhead)	General warm-up		
	Total # in the pool:	63	

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

Lane 1	Grafton (4)	Monroe/New Glarus (4)	Clintonville (1)
Lane 2	Mount Horeb (4)	Rice Lake (4)	
Lane 3	Wausau East (4)	Whitewater (4)	
Lane 4	Stoughton (5)	Seymour (4)	
Lane 5	Ashwaubenon (6)	Antigo (1)	Tomahawk (1)
Lane 6	McFarland (6)	Brown Deer/Univ. School (1)	Plymouth (1)
Lane 7	South Milwaukee (4)	New Berlin Eisenhower (5)	
Lane 8	Kohler/Sheboygan (6)	Black River Falls/Alma Center/Blair (1)	
Lane 9 (Behind Bulkhead)	General warm-up		
	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		
	Total # in the pool:		