

2024 D1 State Meet Warm-up Schedule

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

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|--------------------------|---|-----------------------|----------------------------|
| Lane 1 | Wauk South/Muk (7) | Wauk North/KM (5) | Janesville Parker (1) |
| Lane 2 | Wauk West/CMH (4) | Watertown (4) | Sun Prairie West (5) |
| Lane 3 | Stevens Point Area (6) | Monroe/New Glarus (5) | Milton (1) |
| Lane 4 | Menomonee Falls/Hamilton (7) | Madison Memorial (5) | Kenosha Indian Trail (1) |
| Lane 5 | Madison West (7) | Hartford/Slinger (5) | Kenosha Tremper (1) |
| Lane 6 | Brookfield Central (7) | Hudson (6) | Oak Creek (1) |
| Lane 7 | Badger Co-op (6) | Bay Port (7) | Appleton West/Kimberly (1) |
| Lane 8 | Verona Area (11) | Wauwatosa East (1) | Racine Co-op (1) |
| Lane 9 (Behind Bulkhead) | General warm-up (RELAY ALTERNATES SESSION 1 TEAMS ONLY) | | |
| | Total # in the pool: | 105 | |

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

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| Lane 1 | Sun Prairie East (4) | La Crosse Logan Co-op (4) | Germantown (5) |
| Lane 2 | Brookfield East (8) | De Pere/West De Pere (5) | |
| Lane 3 | Appleton North (6) | Pewaukee/Ocon (4) | DC Everest (1) Fond du Lac (1) |
| Lane 4 | Middleton (10) | Green Bay Southwest Co-op (4) | |
| Lane 5 | Oregon (6) | Wausau West (4)/Eau Claire Mem. (1)/Chippewa Falls (1) | |
| Lane 6 | Arrowhead (10) | Waunakee (4) | |
| Lane 7 | Oshkosh West (4) | Neenah (4) | DeForest (4) |
| Lane 8 | Muskego (10) | Divine Savior (2) | Monona Grove (1) |
| Lane 9 (Behind Bulkhead) | General warm-up (RELAY ALTERNATES SESSION 2 TEAMS ONLY) | | |
| | Total # in the pool: | 103 | |

Warm-up Session #3 (2:00-2:20 p.m.)

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| 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 (OPEN TO ANYONE) | | |
| | Total # in the pool: | | |