

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

Lane 1	Rhineland (10)		
Lane 2	Sauk Prairie (4)	Portage (4)	
Lane 3	Shorewood (7)	South Milwaukee (1)	
Lane 4	Berlin/Green Lake (5)	Whitnall (3)	
Lane 5	McFarland (6)	Baraboo (1)	
Lane 6	Kohler (5)	Kiel/Elkhart Lake (1)	Jefferson/Cambridge (1)
Lane 7	Greendale (4)	Lakeland (4)	
Lane 8	Stoughton (5)	Clintonville (1)	New Berlin Eisenhower (1)
Lane 9 (Behind Bulkhead)	General warm-up (RELAY ALTERNATES SESSION 1 TEAMS ONLY)		
	Total # in the pool:	63	

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

Lane 1	Wittenberg-Birnamwood (4)	Seymour (4)	
Lane 2	Edgewood (12)		
Lane 3	Grafton (4)	Antigo/Wabeno (4)	
Lane 4	Ashwaubenon (4)	Mount Horeb (2)	
Lane 5	Colby/Abbotsford (4)	Merrill (4)	
Lane 6	Medford (5)	Black River Falls (1)	
Lane 7	Sturgeon Bay Co-op (6)	Whitewater (1)	
Lane 8	Whitefish Bay (10)		
Lane 9 (Behind Bulkhead)	General warm-up (RELAY ALTERNATES SESSION 2 TEAMS ONLY)		
	Total # in the pool:	65	

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 (OPEN TO ANYONE)		
	Total # in the pool:		