

WIAA Sectional Swimming Meet – Middleton Sectional

Warm-up Procedures

Waukesha South Natatorium

Please note that we have been given the permission from the Waukesha County Health Department to swim 6 per lane at a maximum! This applies to warm-ups before the start of the meet, during the break after the 50 free, and at the end of the meet. ***If there are 6 people in a lane don't send any more in!

Meet Schedule: *** PLEASE READ AS THIS IS DIFFERENT THAN ORIGINALLY PUBLISHED***

- **Coaches Meeting 4:00 p.m. in the cafeteria**
- **Warm-ups begin at 4:30 p.m.**
- **Pool will be closed at 5:45 p.m.**

Warm-ups – Make sure that if you are in warm-up group #1 that you have someone on the pool deck that can get your swimmers in the pool while we are finishing up the coaches meeting if it goes beyond 4:30 p.m.

Warm up Group #1 (4:30-5:00 p.m.)

Lane #1: Middleton (5)
Lane #2: Middleton (5)
Lane #3: Oregon (6)
Lane #4: Oregon (6)
Lane #5: Sun Prairie (5)
Lane #6: Sun Prairie (5)
Lane #7: Verona/Mt. Horeb (5)
Lane #8: Verona/Mt. Horeb (5)
Lane #9 (behind bulkhead): General swim (6)

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

Lane #1: Pace (6)
Lane #2: Watertown (5)
Lane #3: Watertown (5)
Lane #4: Waunakee (5)
Lane #5: Waunakee (5)
Lane #6: Wayland Academy (5)
Lane #7: Wayland Academy (4)
Lane #8: One-way sprints
Lane #9 (behind bulkhead): General swim (6)

My goal with session 3 is to make sure that we don't have kids packed together waiting for sprints. I put general warm up and pace lanes around the one way sprint lanes to hopefully space things out a bit.

Warm up Group #3 (5:30-5:45 p.m.)

Lane #1: Pace (6)
Lane #2: Relay exchanges
Lane #3: General swim (6)
Lane #4: One-way sprints
Lane #5: General swim (6)
Lane #6: One-way sprints

Lane #7: General swim (6)
Lane #8: Relay exchanges
Lane #9 (behind bulkhead): General swim (6)

Meet starts at 6:00 p.m.

We will take a 20 minute break after the 50 freestyle for teams to warm up.

Each team will be assigned 1 lane to use during that warm up time **BUT YOU WILL ONLY BE ALLOWED TO HAVE 6 SWIMMERS IN YOUR LANE AT A TIME!**

Lane Assignments during the break:

Lane #1: Middleton (6)
Lane #2: Oregon (6)
Lane #3: Sun Prairie (6)
Lane #4: Verona/Mt. Horeb (6)
Lane #5: Watertown (6)
Lane #6: Waunakee (6)
Lane #7: Wayland Academy (6)
Lane #8: Closed
Lane #9: Closed