

**WIAA Sectional Swimming Meet – Waukesha 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 11:00 a.m. in the cafeteria**
- **Warm-ups begin at 11:20 a.m.**
- **Pool will be closed at 12:50 p.m.**

**Warm-ups – *Please note that we have to start 10 minutes earlier than published! 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.***

**Warm up Group #1 (11:20-11:45 p.m.)**

- Lane #1: Waukesha South/CMH (5)
- Lane #2: Waukesha South/CMH (4)
- Lane #3: Waukesha North/KM/Pewaukee (5)
- Lane #4: Waukesha North/KM/Pewaukee (5)
- Lane #5: Waukesha West/Muk (6)
- Lane #6: Waukesha West/Muk (6)
- Lane #7: Menomonee Falls/Sussex (5)
- Lane #8: Menomonee Falls/Sussex (4)
- Lane #9 (behind bulkhead): Menomonee Falls/Sussex (4)

**Warm up Group #2 (11:45-12:10 p.m.)**

- Lane #1: Germantown (4)
- Lane #2: Germantown (3)
- Lane #3: Homestead (6)
- Lane #4: Homestead (6)
- Lane #5: Brookfield Central/East (5)
- Lane #6: Brookfield Central/East (4)
- Lane #7: Brookfield Central/East (4)
- Lane #8: One-way sprints
- Lane #9 (behind bulkhead): General swim (6)

**Warm up Group #3 (12:10-12:35 p.m.)**

- Lane #1: Pace (6)
- Lane #2: West Bend West/East (4)
- Lane #3: West Bend West/East (4)
- Lane #4: Arrowhead (6)
- Lane #5: Arrowhead (5)
- Lane #6: Hartford/Slinger (5)
- Lane #7: Hartford/Slinger (5)
- Lane #8: One-way sprints
- Lane #9 (behind bulkhead): General swim (6)

My goal with session 4 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 #4 (12:35-12:50 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 1:00 p.m.**

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

Each team will be assigned to one 10 minute warm up period to use during that warm up time **BUT YOU WILL ONLY BE ALLOWED TO HAVE 6 SWIMMERS IN YOUR LANE AT A TIME!**

**GROUP #1 -- Lane Assignments during the break:**

- Lane #1: Waukesha South/CMH (5)
- Lane #2: Waukesha South/CMH (4)
- Lane #3: Waukesha North/KM/Pewaukee (5)
- Lane #4: Waukesha North/KM/Pewaukee (5)
- Lane #5: Waukesha West/Muk (6)
- Lane #6: Waukesha West/Muk (6)
- Lane #7: Germantown (6)
- Lane #8: Menomonee Falls/Sussex (6)
- Lane #9: Menomonee Falls/Sussex (6)

**GROUP #2 -- Lane Assignments during the break:**

- Lane #1: Hartford/Slinger (5)
- Lane #2: Hartford/Slinger (5)
- Lane #3: Homestead (6)
- Lane #4: Homestead (6)
- Lane #5: Arrowhead (6)
- Lane #6: Arrowhead (5)
- Lane #7: West Bend East/West (6)
- Lane #8: Brookfield Central/East (6)
- Lane #9: Brookfield Central/East (6)