**Warm Up Lanes**

**Warm up session 1: 4:30-4:50pm**

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| Team |  | Lanes |
| Oregon Community Swim Club |  | 1, 2, 3 |
| Stoughton Aqua Racers |  | 4 |
| Sun Prairie Storm |  | 5, 6, 7 |
| Madison Aquatic Club and Unattached |  | 8 |

**Warm Up Session 2: 4:50-5:10pm**

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| Team |  | Lanes |
| McFarland Spartan Sharks |  | 1, 2 |
| Waterloo Swim Club |  | 3 |
| DFAC Swimming |  | 4 |
| Watertown Aquatic Club |  | 5 |
| Green County Y and Watertown Aquatic Club |  | 6 |
| Waunakee Wave |  | 7, 8 |

**5 Minutes: 5:10-5:15pm**

* 6 lanes for one way sprints (Lanes 1-6)
* 2 lanes for general warm up (lanes 7-8)

**Meet start time: 5:20pm**

**500 Warm Ups-All lanes for 7 minutes**