

Warm Up Times
Session 1: 2017 Girls State Meet—459 Swimmers
Saturday, March 4, 2017

STARTS/SPRINTS ARE LAST 5 MINUTES OF EACH WARM UP!

Session 1 – 7:30-7:50

Stoney Point	Lane 1
Stoney Point	Lane 2
Spencer	Lane 3
Spencer	Lane 4
Ottumwa	Lane 5
Burlington	Lane 6
Burlington	Lane 7
Burlington	Lane 8

Session 4 – 8:30-8:50

Wellmark	Lane 1
Newton	Lane 2
Newton/Charles City	Lane 3
Nishna Valley	Lane 4
Nishna Valley	Lane 5
MACR	Lane 6
MACR	Lane 7
Rathbun/SoPrairie/ ForCity/Maquoketa	Lane 8

Session 2 – 7:50-8:10

Walnut Creek	Lane 1
Walnut Creek	Lane 2
Walnut Creek	Lane 3
Walnut Creek	Lane 4
Walnut Creek	Lane 5
Keokuk	Lane 6
Dubuque	Lane 7
Dubuque	Lane 8

Session 5 – 8:50-9:10

Washington	Lane 1
Bedell	Lane 2
Muscatine	Lane 3
Muscatine	Lane 4
Muscatine/Boone	Lane 5
Boone	Lane 6
Blue Waves	Lane 7
Algona/Ft. Madison	Lane 8

Session 3 – 8:10-8:30

Waukee	Lane 1
Waukee	Lane 2
Waukee	Lane 3
Waukee	Lane 4
Waukee	Lane 5
Waukee	Lane 6
Greater Omaha	Lane 7
Oskaloosa/Black Hawk	Lane 8

Session 6 – 9:10-9:30

Ankeny	Lane 1
Ankeny	Lane 2
Ankeny	Lane 3
Ankeny	Lane 4
Ankeny	Lane 5
Indianola	Lane 6
Indianola	Lane 7
Indianola/LeMars	Lane 8

9:30 AM Pool Closed
9:40 Parade of Athletes Line Up
9:45 Parade of Athletes
10:00 National Anthem
10:15 Meet Begins

Warm Up Times
Session 2: 2017 Boys State Meet—459 Swimmers
Sunday, March 5, 2017

STARTS/SPRINTS ARE LAST 5 MINUTES OF EACH WARM UP!

Session 1 – 7:30-7:50

Waukee	Lane 1
Waukee	Lane 2
Waukee	Lane 3
Waukee	Lane 4
Waukee	Lane 5
Waukee	Lane 6
Oskaloosa	Lane 7
Oskaloosa	Lane 8

Session 4 – 8:30-8:50

Ft. Madison	Lane 1
Ft. Madison/Muscatine	Lane 2
Muscatine	Lane 3
Algona	Lane 4
Washington	Lane 5
Washington	Lane 6
Ottumwa	Lane 7
Ottumwa	Lane 8

Session 2 – 7:50-8:10

MACR	Lane 1
MACR	Lane 2
MACR	Lane 3
Ankeny	Lane 4
Ankeny	Lane 5
Ankeny	Lane 6
Ankeny	Lane 7
Ankeny	Lane 8

Session 5 – 8:50-9:10

Nishna Valley	Lane 1
Nishna Valley	Lane 2
Greater Omaha	Lane 3
Bedell/Maquoketa	Lane 4
Stoney Point	Lane 5
Stoney Point	Lane 6
ForCity/Rathbun	Lane 7
ScCounty/Boone/ Newton/BLHawk/CharlesCity	Lane 8

Session 3 – 8:10-8:30

Burlington	Lane 1
Dubuque	Lane 2
Dubuque	Lane 3
Spencer	Lane 4
Spencer	Lane 5
SoPrairie/LeMars	Lane 6
Indianola	Lane 7
Indianola	Lane 8

Session 6 – 9:10-9:30

Walnut Creek	Lane 1
Walnut Creek	Lane 2
Walnut Creek	Lane 3
Walnut Creek	Lane 4
Wellmark	Lane 5
Keokuk	Lane 6
Blue Waves	Lane 7
Blue Waves	Lane 8

9:30 AM Pool Closed
9:40 Worship Service
9:50 Parade of Athletes Line Up
10:00 Parade of Athletes
10:15 National Anthem
10:30 Meet Begins