

Coaches Warm Up Times
Session 2: 2025 Boys State Meet—235 Swimmers
Sunday, March 2, 2025

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

Session 1 (0) – 7:30-7:50

ALL LANES	Lane 1
Are OPEN	Lane 2
	Lane 3
	Lane 4
	Lane 5
	Lane 6
	Lane 7
	Lane 8

Session 4 (47) – 8:30-8:50

Burlington	Lane 1
Burlington	Lane 2
Burlington	Lane 3
Spencer	Lane 4
Spencer	Lane 5
Spencer	Lane 6
Algona	Lane 7
Algona	Lane 8

Session 2 (44) – 7:50-8:10

Ottumwa	Lane 1
Ottumwa	Lane 2
Maquoketa	Lane 3
Rathbun	Lane 4
North Scott	Lane 5
Oskaloosa	Lane 6
Muscatine	Lane 7
Muscatine	Lane 8

Session 5 (50) – 8:50-9:10

Dubuque	Lane 1
Dubuque	Lane 2
Dubuque	Lane 3
Dubuque/Washington	Lane 4
Washington	Lane 5
Bedell	Lane 6
Bedell	Lane 7
Bedell	Lane 8

Session 3 (46) – 8:10-8:30

DSMY	Lane 1
DSMY	Lane 2
DSMY	Lane 3
Newton/LeMars	Lane 4
Nishna Valley	Lane 5
Nishna Valley	Lane 6
Blue Wave	Lane 7
Blue Wave	Lane 8

Session 6 (48)– 9:10-9:30

MACR	Lane 1
MACR	Lane 2
MACR	Lane 3
MACR	Lane 4
MACR	Lane 5
MACR	Lane 6
MACR	Lane 7
For City/Charles City	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