

Coaches Warm Up Times
Session 1: 2025 Girls State Meet—291 Swimmers
Saturday, March 1, 2025

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

Session 1 (0) – 7:30-7:50

All LANES
Are OPEN

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

Session 4 (59) – 8:30-8:50

Bedell Lane 1
Bedell Lane 2
Bedell Lane 3
Algona Lane 4
Algona/For City Lane 5
Blue Wave Lane 6
Blue Wave Lane 7
Maquoketa Lane 8

Session 2 (59) – 7:50-8:10

DSMY Lane 1
DSMY Lane 2
DSMY Lane 3
DSMY Lane 4
Black Hawk/IMVY Lane 5
Muscatine Lane 6
Muscatine Lane 7
Muscatine Lane 8

Session 5 (58) – 8:50-9:10

Ottumwa Lane 1
Nishna Valley Lane 2
Nishna Valley Lane 3
Newton Lane 4
Spencer Lane 5
Spencer Lane 6
Spencer Lane 7
Washington Lane 8

Session 3 (56) – 8:10-8:30

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

Session 6 (59) – 9:10-9:30

North Scott Lane 1
North Scott Lane 2
Dubuque Lane 3
Dubuque Lane 4
Dubuque Lane 5
Dub/Burlington Lane 6
Burlington Lane 7
Burlington 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