

WIAA Sectional Warm-up Procedures

Waukesha South Sectional

***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:

Coaches Meeting at 11:00 a.m. in the cafeteria

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 a.m.)

- Lane #1: Waukesha South/Muk (6)
- Lane #2: Waukesha South/Muk (5)
- Lane #3: Waukesha North/KM (6)
- Lane #4: Waukesha North /KM (5)
- Lane #5: Waukesha West/CMH (5)
- Lane #6: Waukesha West/CMH (5)
- Lane #7: Wauwatosa West (4)
- Lane #8: Wauwatosa West (5)
- Lane #9 (behind bulkhead) general swim (6)

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

- Lane #1: Pace (6)
- Lane #2: Watertown (5)
- Lane #3: Watertown (5)
- Lane #4: Brookfield Central (5)
- Lane #5: Brookfield Central (5)
- Lane #6: Arrowhead (5)
- Lane #7: Arrowhead (5)
- 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: Pewaukee/Oconomowoc (6)
- Lane #3: Pewaukee/Oconomoc (6)
- Lane #4: West Allis Central/Hale (5)
- Lane #5: West Allis Central/Hale (4)
- Lane #6: Wauwatosa East (5)
- Lane #7: Wauwatosa East (5)
- Lane #8: one-way sprints
- Lane #9 (behind bulkhead) general swim (6)

Warm up Group #4 (12:35-12:50 p.m.)

Lane #1: Pace
Lane #2: Relay exchanges
Lane #3: One-way sprints
Lane #4: One-way sprints
Lane #5: One-way sprints
Lane #6: One-way sprints
Lane #7: Relay exchanges
Lane #8: Pace
Lane #9 (behind bulkhead) general swim

Meet starts at 1:00 p.m.

We will take a 45 minute break after the 50 freestyle for teams to warm up.

Each team will get 15 minutes to warm up in and we will follow the following group schedule:

Group #1

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

Group #2:

Lane #1: Wauwatosa West (4)
Lane #2: Wauwatosa West (5)
Lane #3: Arrowhead (5)
Lane #4: Arrowhead (5)
Lane #5: Brookfield Central (5)
Lane #6: Brookfield Central (5)
Lane #7: Watertown (4)
Lane #8: Watertown (3)
Lane #9 (behind bulkhead) Watertown (3)

Group #3:

Lane #1: Pewaukee/Oconomowoc (4)
Lane #2: Pewaukee/Oconomowoc (4)
Lane #3: Pewaukee/Oconomowoc (4)
Lane #4: West Allis Hale/Central (4)
Lane #5: West Allis Hale/Central (3)
Lane #6: West Allis Hale/Central (3)
Lane #7: Wauwatosa East (4)
Lane #8: Wauwatosa East (3)
Lane #9 (behind bulkhead) Wauwatosa East (3)