

10:30-11:00 a.m.

Lane 1	Waukesha South/Mukwonago
Lane 2	Wausau East/Rhineland
Lane 3	Appleton North
Lane 4	Muskego
Lane 5	Stevens Point
Lane 6	Menomonee Falls/Hamilton
Lane 7	Sun Prairie West
Lane 8	Waukesha West/CMH
Lane 9	Hartford/Slinger

11:00-11:30 a.m.

Lane 1	Madison Memorial
Lane 2	Edgewood
Lane 3	Arrowhead
Lane 4	Germantown/Madison LaFollette
Lane 5	Madison West
Lane 6	Oregon
Lane 7	Middleton
Lane 8	Verona Area
Lane 9	Sun Prairie East

11:30-11:40 a.m.

Lane 1	One way starts
Lane 2	One way starts
Lane 3	One way starts
Lane 4	One way starts
Lane 5	Relay Exchanges
Lane 6	Relay Exchanges
Lane 7	Pace
Lane 8	Pace
Lane 9	General warm up