

2025 Woodland Conference Girls Meet Warm-up Schedule

Warm-up Session #1 (11:30 - 12:00 p.m.)

Lane 1	Waukesha South/Mukwonago		
Lane 2	Brookfield Acedemy/Heritage		
Lane 3	New Berlin West		
Lane 4	Greenfield/Pius XI		
Lane 5	Cudahy		
Lane 6	Waukesha North/KM		
Lane 7	St. Thomas More/St. Francis		
Lane 8	Greendale		
Lane 9 (Behind Bulkhead)	General warm-up		
	Total # in the pool:		

Warm-up Session #2 (12:00-12:30 p.m.)

Lane 1	Shorewood		
Lane 2	St. Augustine Prep		
Lane 3	South Milwaukee		
Lane 4	New Berlin Eisenhower		
Lane 5	West Allis Wave		
Lane 6	Whitnall		
Lane 7	Brown Deer/University School		
Lane 8	Pewaukee/Oconomowoc		
Lane 9 (Behind Bulkhead)	General warm-up		
	Total # in the pool:		

Warm-up Session #3 (12:30-12:45 p.m.)

Lane 1	Pace		
Lane 2	Pace		
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	Relay Exchanges		
Lane 9 (Behind Bulkhead)	General warm-up		
	Total # in the pool:		