



**FRIDAY, November 15, 2024
SWIMMING WARM-UP
CLASS 1 GROUPS**

**GROUP 1: 2:45 – 3:05 pm – Laps
4:05 – 4:15 pm – Take-offs**

**GROUP 2: 3:05 – 3:25 pm – Laps
3:55 – 4:05 pm – Take-offs**

**GROUP 3: 3:25 – 3:45 pm – Laps
3:45 – 3:55 pm – Take-offs**

Battle	Camdenton	Belton
Center	Cassville	Carthage
Francis Howell North	Central Cape Girardeau	De Smet Jesuit
Hannibal	Central Springfield	Eureka
Hillcrest	Central St. Joseph	Ft. Zumwalt East
Kearney	Clayton	Ft. Zumwalt North
Ladue Horton Watkins	Grain Valley	Ft. Zumwalt South
Lebanon	Greenwood	Ft. Zumwalt West
Liberty Wentzville	John Burroughs	Glendale
Lutheran St. Charles	Lincoln College Prep	Lafayette Wildwood
Missouri Military Academy	Logan-Rogersville	Monett
Notre Dame Cape Girardeau	Nevada	North Kansas City
Parkway Central	Parkway North	Parkway South
Parkway West	Platte County	Pembroke Hill
Rockwood Summit	Poplar Bluff	Seymour
St. Francis Borgia	Raytown	Smith-Cotton
Timberland	Savannah	Smithville
West Plains	St. Pius X Kansas City	Thomas Jefferson Independent Day
Westminster Christian Academy	Union Star	Vianney
William Chrisman	Webster Groves	Webb City