



THURSDAY, November 14, 2024
SWIMMING WARM-UP
CLASS 2 GROUPS

GROUP 1: 10:15 – 10:35 am – Laps
11:35 – 11:45 am – Take-offs

GROUP 2: 10:35 – 10:55 am – Laps
11:25 – 11:35 am – Take-offs

GROUP 3: 10:55 – 11:15 am – Laps
11:15 – 11:25 am – Take-offs

Blue Springs South	Christian Brothers College	Blue Springs
Chaminade College Prep	Jackson	Francis Howell
Francis Howell Central	Lee's Summit	Joplin
Hickman	Lee's Summit West	Kickapoo
Lee's Summit North	Marquette	Kirkwood
Lindbergh	Oak Park	Liberty
MICDS	Oakville	Liberty North
Park Hill	Park Hill South	Nixa
Raymore-Peculiar	Pattonville	Ozark
Rock Bridge	SLUH	Staley
Rockhurst	Waynesville	Truman