



**FRIDAY, February 20, 2015
SWIMMING WARM-UP
GROUPS**

**GROUP 1: 1:15 – 1:35 pm – Laps
2:35 – 2:45 pm – Take-offs**

**GROUP 2: 1:35 – 1:55 pm – Laps
2:25 – 2:35 pm – Take-offs**

**GROUP 3: 1:55 – 2:15 pm – Laps
2:15 – 2:25 pm – Take-offs**

Blue Springs South	Blue Springs	Battle
Carthage	Central (Cape Girardeau)	Cor Jesu
Central (St. Joseph)	Central (Springfield)	Duchense
Eureka	Ft. Zumwalt West	Ft. Zumwalt South
Ft. Zumwalt North	Francis Howell Central	Joplin
Francis Howell North	Francis Howell	Kirkwood
Glendale	Holt	Lafayette STL
Hazelwood West	John Burroughs	Lamar
Hickman	John F. Kennedy	Lee's Summit North
Jackson	Lee's Summit	MICDS
Kearney	Lutheran STC	Nixa
Kickapoo	Marquette	Notre Dame (Cape Girardeau)
Ladue	Monett	Notre Dame (Kansas City)
Lee's Summit West	Nerinx Hall	Ozark
Liberty	Oak Park	Park Hill
Liberty North	Park Hill South	Parkway West
Marshall	Parkway Central	Pembroke Hill
McCluer North	Parkway North	Poplar Bluff
Parkway South	Platte County	Raymore-Peculiar
Raytown South	Raytown	Rock Bridge
Rosati-Kain	St. Pius X (KC)	St. Charles
Summit Prep	St. Joseph's Academy	St. Dominic
Villa Duchesne	Staley	St. Francis Borgia
Visitation	Timberland	St. Teresa's
Warrensburg	Truman	Webster Groves
Winnetonka	Webb City	Westminster