



**THURSDAY, November 13, 2025
SWIMMING WARM-UP
CLASS 1 GROUPS**

<u>GROUP 1</u> 10:15 – 10:35 am – Laps 11:35 – 11:45 am – Take-offs	<u>GROUP 2</u> 10:35 – 10:55 am – Laps 11:25 – 11:35 am – Take-offs	<u>GROUP 3</u> 10:55 – 11:15 am – Laps 11:15 – 11:25 am – Take-offs
Belton Carthage Central Springfield De Smet Jesuit Farmington Francis Howell North Ft. Zumwalt North Ft. Zumwalt South Grain Valley Hannibal Hillcrest Kearney Notre Dame Cape Girardeau Platte County Savannah Seymour Smith-Cotton West Plains William Chrisman Winnetonka	Camdenton Christian Brothers College Clayton Columbia Independent Eureka Holt John Burroughs Lafayette Wildwood Lebanon Lincoln College Prep Missouri Military Academy Parkway Central Parkway West Pembroke Hill Rockwood Summit St. Francis Borgia St. Michael the Archangel Waynesville Webb City Westminster Christian Academy	Capital City Central Cape Girardeau Glendale Kirkwood Ladue Horton Watkins Logan-Rogersville Lutheran St. Charles Marshall McCluer North Monett Nevada Parkway North Parkway South Raytown Smithville St. Pius X Kansas City Timberland Vianney Warrensburg Webster Groves