SWIMMING WARM-UP

GROUP ASSIGNMENTS

CLASS 1

FRIDAY, NOVEMBER 13, 2026

GROUP 1	GROUP 2	GROUP 3
LAPS 2:45 – 3:05 pm TAKE-OFFS 4:05 – 4:15 pm	LAPS 3:05 – 3:25 pm TAKE-OFFS 3:55 – 4:05 pm	LAPS 3:25 – 3:45 pm TAKE-OFFS 3:45 – 3:55 pm
Camdenton	Capital City	Belton
Central (Cape Girardeau)	Carthage	Central (Springfield)
Christian Brothers College	Columbia Independent	Clayton
Eureka	De Smet Jesuit	Ft. Zumwalt South
Farmington	Ft. Zumwalt North	Glendale
Ft. Zumwalt West	Logan-Rogersville	Grain Valley
John Burroughs	McCluer North	Hannibal
Lafayette (Wildwood)	Missouri Military Academy	Hillcrest
Lebanon	Monett	Kearney
Lincoln College Prep	Notre Dame (Cape Girardeau)	Kirkwood
MICDS	Parkway Central	Ladue Horton Watkins
Platte County	Parkway South	Nevada
Rockwood Summit	Parkway West	Parkway North
Smithville	Raytown	Seymour
St Francis Borgia	Smith-Cotton	St Michael the Archangel
Summit Christian Academy	Timberland	St Pius X (Kansas City)
Washington	Webb City	Warrensburg
Westminster Christian Academy	Webster Groves	West Plains
	William Chrisman	