



**FRIDAY, FEBRUARY 21, 2025  
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

|                                 |                          |                                  |
|---------------------------------|--------------------------|----------------------------------|
| Central Cape Girardeau          | Belton                   | Battle                           |
| Central Springfield             | Carl Junction            | Ft. Zumwalt East                 |
| Clayton                         | Glendale                 | Kearney                          |
| Father Tolton Regional Catholic | Greenwood                | Logan-Rogersville                |
| Ft. Zumwalt South               | Hannibal                 | Mehlville                        |
| Grain Valley                    | John Burroughs           | New Covenant Academy             |
| Incarnate Word Academy          | Lutheran South           | Notre Dame Cape Girardeau        |
| Ladue Horton Watkins            | Marshfield               | Notre Dame de Sion               |
| Lincoln College Prep            | Monett                   | Pembroke Hill                    |
| Louisiana                       | Nevada                   | Principia                        |
| Lutheran St. Charles            | Parkway Central          | St. Joseph's Academy             |
| Platte County                   | Parkway North            | St. Michael the Archangel        |
| Poplar Bluff                    | Parkway West             | Savannah                         |
| Republic                        | St. Charles West         | Smithville                       |
| Rockwood Summit                 | St. Dominic              | Thomas Jefferson Independent Day |
| St. Pius X Kansas City          | St. Francis Borgia       | Ursuline Academy                 |
| St. Teresa's Academy            | Summit Christian Academy | Visitation Academy               |
| STEAM Academy                   | Villa Duchesne           | Washington                       |
| West Plains                     | Webb City                | Webster Groves                   |