



**FRIDAY, NOVEMBER 11, 2022
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**

Belton	Camdenton	Chaminade
Carthage	Central (Cape Girardeau)	Central (Springfield)
Central (St. Joseph)	Clayton	Fort Zumwalt East
Fort Zumwalt North	De Smet	Greenwood
Glendale	Fort Zumwalt South	Hannibal
Holt	Francis Howell North	John Burroughs
Ladue Horton Watkins	Grain Valley	Marshfield
Lebanon	Kearney	North Kansas City
Liberty (Wentzville)	Lafayette (Wildwood)	Parkway South
Parkway Central	Lutheran St. Charles	Poplar Bluff
Pembroke Hill	Missouri Military Acad	Rockwood Summit
Platte County	Monett	Smith-Cotton
Raytown	Parkway North	Vianney
St. Pius X (Kansas City)	Parkway West	Webb City
Savannah	Republic	Webster Groves
	St. Francis Borgia	West Plains