



**THURSDAY, NOVEMBER 10, 2022
SWIMMING WARM-UP
CLASS 2 GROUPS**

**GROUP 1: 10:15 – 10:35 am – Laps
11:35 – 11:45 am – Take-offs**

**GROUP 2: 10:35 – 10:55 am – Laps
11:25 – 11:35 am – Take-offs**

**GROUP 3: 10:55 – 11:15 am – Laps
11:15 – 11:25 am – Take-offs**

Blue Springs	Blue Springs South	Christian Brothers
Hickman	Eureka	Francis Howell
Jackson	Fort Zumwalt West	Kickapoo
Joplin	Francis Howell Central	Liberty
Kirkwood	Lee's Summit	Liberty North
Lee's Summit North	Lindbergh	Marquette
Lee's Summit West	Oakville	Park Hill
MICDS	Ozark	Park Hill South
Nixa	Pattonville	Raymore-Peculiar
Rockhurst	St. Louis Univ. High	Rock Bridge
Timberland	Staley	