



**THURSDAY, NOVEMBER 9, 2023  
SWIMMING WARM-UP  
CLASS 1 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**

Battle	Belton	Camdenton
Ft. Zumwalt North	Central Cape Girardeau	Carthage
Ft. Zumwalt South	Clayton	Central Springfield
Glendale	Francis Howell North	De Smet Jesuit
Grain Valley	Greenwood	Eureka
Hannibal	Lebanon	Ft. Zumwalt East
Holt	Lutheran St. Charles	Ft. Zumwalt West
John Burroughs	Missouri Military Academy	Lafayette Wildwood
Kearney	Nevada	Logan-Rogersville
Ladue Horton Watkins	North Point	North Kansas City
Liberty Wentzville	Parkway South	Parkway North
Monett	Parkway West	Platte County
Notre Dame Cape Girardeau	Pembroke Hill	Poplar Bluff
Parkway Central	Raytown	Rockwood Summit
Republic	St. Francis Borgia	Smith-Cotton
Savannah	St. Pius X Kansas City	Timberland
Saxony Lutheran	Vianney	Truman
Smithville	Warrensburg	Webb City
Westminster Christian Academy	Webster Groves	West Plains
		William Chrisman