



**FRIDAY, NOVEMBER 10, 2023
SWIMMING WARM-UP
CLASS 2 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 St. Joseph	Blue Springs	Chaminade
Kickapoo	Blue Springs South	Francis Howell
Liberty	CBC	Hickman
Marquette	Francis Howell Central	Kirkwood
MICDS	Jackson	Lee's Summit North
Nixa	Joplin	Lee's Summit West
Oak Park	Lee's Summit	Lindbergh
Park Hill	Liberty North	Ozark
Park Hill South	Oakville	Pattonville
Rock Bridge	SLUH	Raymore-Peculiar
Rockhurst	Staley	Waynesville