



**THURSDAY, FEBRUARY 15, 2024  
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**

Carl Junction	Central Cape Girardeau	Belton
Fr. Tolton Regional Catholic	Clayton	Central Springfield
Ft. Zumwalt South	Ft. Zumwalt East	Grain Valley
Hannibal	Ft. Zumwalt North	Greenwood
John Burroughs	Glendale	Lebanon
Ladue Horton Watkins	Kearney	Lutheran St. Charles
Louisiana	Logan-Rogersville	Marshfield
Lutheran South	Monett	Mehlville
Notre Dame de Sion	New Covenant Academy	Parkway West
Pembroke Hill	Parkway Central	St. Dominic
Platte County	Parkway North	St. Francis Borgia
Raytown	St. Charles West	St. Michael the Archangel
Rockwood Summit	Smithville	St. Pius X Kansas City
St. Teresa's Academy	Visitation Academy	Savannah
Sacred Heart	Warrensburg	Thomas Jefferson Independent Day
Villa Duchesne	Webb City	Ursuline Academy
Winnetonka	Webster Groves	Washington
		West Plains