



FRIDAY, NOVEMBER 12, 2021
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

Blue Springs	Blue Springs South	Eureka
Ft. Zumwalt West	Francis Howell	Francis Howell North
Hazelwood West	Hickman	Kirkwood
Joplin	Holt	Liberty
Lafayette (Wildwood)	Kickapoo	Liberty North
Lee's Summit North	Lee's Summit	Lindbergh
Park Hill South	Lee's Summit West	Marquette
Parkway South	MICDS	Nixa
Pattonville	St. Louis University High	Ozark
Rock Bridge	Staley	Park Hill
Rockhurst	Timberland	Raymore-Peculiar