

### Warmup Schedule and Information

Lanes	00	0	1	2	3	4	5	6	7	8
2:45pm-3:05pm	Southern Hills					Emerald Park	Meador		Twin Oaks	
3:05pm-3:25pm	Spring Creek		Green Meadows		Ozark		Nixa		Highland Springs	
3:25pm-3:45pm	Millwood		Iron Bridge Spr Prep	Bolivar	Hickory Hills		Republic		Fremont Hills	

**Relay Names and Changes are due by the end of warmups**