

Sweet Adelines International, Region 7 covers most of Kansas, western Missouri, southwestern Iowa and eastern Nebraska and has approximately 500 members. Seventeen choruses call this region home:

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| 1. City of Fountains | 10. Show Me Sound |
| 2. Harmony Central | 11. RiverSong |
| 3. Hutchinson | 12. Sunflower Harmony |
| 4. Kansas City | 13. Twin Rivers |
| 5. Lincolnaire | 14. Sound of the Heartland |
| 6. Grand River Harmony | 15. Wamego Dutch Mill |
| 7. Northland | 16. Wichita |
| 8. Omaha | 17. Emerald City |
| 9. Pratt | |

