

2017 Speedo Shark Frenzy

Hosted by the Palatine Park District Swim Team



Saturday Morning Session Warm Ups

Lane	1	2	3	4	5	6	7	8	Diving Well
6:30-6:55	PPD	PPD	PPD	PPD	PPD	PPD	PPD	PPD	
7:00-7:25	SAGE	SAGE	SAGE	CATS	CATS	GA	GA	8 & Unders	Open
7:25-7:50	COHO	COHO ELY	ECST	PAC DUND	RMSC MSC DASH	WDST LHSC MMAC	SPD LATT LSF	8 & Unders	Open

Saturday Afternoon Session Warm Ups: 1:00pm

Lane	1	2	3	4	5	6	7	8	Diving Well
1st 25 minutes	PPD	PPD	GA	GA	SAGE	SAGE	CATS	CATS DUND WSCS	PPD
2nd 25 minutes	PAC	PAC WDST	COHO	LSF	ECST ELY	LATT MMAC	RMSC LHSC	SPD MSC	Open

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Sunday Morning Session Warm Ups									
Lane	1	2	3	4	5	6	7	8	Diving Well
6:30-6:55	PPD	PPD	PPD	PPD	PPD	PPD	PPD	PPD	
7:00-7:25	SAGE	SAGE	SAGE	CATS	CATS	GA	GA	8 & Unders	Open
7:25-7:50	COHO	COHO WSCS	ECST	ECST SPD	DUND LHSC DASH	MMAC LSF WDST	RMSC LATT MSC	PAC	Open

Sunday Afternoon Session Warm Ups: 12:30pm									
Lane	1	2	3	4	5	6	7	8	Diving Well
1st 25 minutes	PPD	PPD	GA	GA	SAGE	SAGE	CATS	CATS DUND WSCS	PPD
2nd 25 minutes	PAC	PAC WDST	COHO	LSF	ECST ELY	LATT MMAC	RMSC LHSC	SPD MSC	Open