



Warmup at the 2022 PTAC Challenge

There will be open warmdown between sessions depending on available time.
Open warmdowns will be cleared 5 minutes before the next scheduled warmup.

There will be a short 3 minute break after the relays at the start of each session.

There will be 10 Minute Open Warmups during the Friday PM session after event #10 (before the 800 Free), and during the Saturday and Sunday 13 and Over PM sessions after events 40, 44, 74 and 78

There will be 10 Minute Open Warmdown at the conclusion of each PM Session (must end before 9 PM)

Friday			
PM Session #1 - 50s and 800 Free			
All Check in Sheets Due 5:20 PM			
Warmup 5:00 PM			
Start 5:55 PM			
Lane	5:00 PM	5:25 PM	Lane
1	PTAC	GSA	1
2	PTAC	GSA	2
3	PTAC	XCEL	3
4	PTAC	XCEL	4
5	PTAC	XCEL	5
6	PPST	SCAR	6
7	PPST	SWST	7
8	EEX	NJBL / KEIM / WW	8

AM Session #2 - 12 and Unders						
All Check In Sheets Due 7:50 AM						
Warmup Start 7:30 AM						
Session Start 8:25 AM						
Lane	7:30 AM	7:55 AM	11:45 AM	1:00 PM	1:25 PM	Lane
1	PTAC	XCEL	XCEL	PTAC	XCEL	1
2	PTAC	XCEL	XCEL	PTAC	XCEL	2
3	PTAC	XCEL	XCEL	PTAC	WW	3
4	PTAC	XCEL	XCEL	PTAC	WW	4
5	HACY	PPST	XCEL	GSA	NJBL	5
6	WW	PPST	WW	GSA	PPST	6
7	WW	EEX / KEIM	HACY	HACY	EEX	7
8	WW	NJBL / JUDE	PTAC	HACY	PAA / SCAR / JUDE / KEIM	8

AM Session #5 - 12 and Unders						
All Check In Sheets Due 7:50 AM						
Warmup Start 7:30 AM						
Session Start 8:25 AM						
Lane	7:30 AM	7:55 AM	11:45 AM	1:00 PM	1:25 PM	Lane
1	PTAC	PPST	XCEL	PTAC	EEX	1
2	PTAC	PPST	XCEL	PTAC	LIFE	2
3	PTAC	SCAR	XCEL	PTAC	LIFE	3
4	PTAC	SWST	XCEL	PTAC	PPST	4
5	XCEL	WW	EEX / WW	XCEL	SWST	5
6	XCEL	WW	PTAC	XCEL	WW	6
7	XCEL	LIFE	PTAC	XCEL	WW	7
8	XCEL	EEX / NJBL / JUDE / KEIM	PTAC	NJBL	SCAR	8