



## Warmup at the 2018 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.

Pool will remain open for 10 minutes at the conclusion of the 13 and Over PM Sessions for warmdown. Must end before 10:00 PM.

Friday			
PM Session #1 - 800 Relay / 50s, 800 Free			
Check in 5:20 PM			
Warmup 5:00 PM			
Start 5:55 PM			
Lane	5:00 PM	5:25 PM	Lane
1	PTAC	XCEL	1
2	PTAC	XCEL	2
3	PTAC	XCEL	3
4	PTAC	XCEL	4
5	PPST	XCEL	5
6	SCAR / EEX (4)	HACY	6
7	EEX	HACY	7
8	EEX	HACY (12) / CAT / MDY	8

Saturday									
AM Session #2 - 10U Check in 6:55 AM Warmup 7:00 AM Start 7:30 AM			MID Session #3 - 11-12s and 12U 200s All Check In Sheets Due 10:00 AM Warmup Start 9:40 AM Session Start 10:35 AM			Afternoon Session #4 - 13+ 400 IM All Check in Sheets Due 2:25 PM Warmup Start 2:30 PM Session Start 3:00 PM		PM Session #5 - 13 and Overs All Check in Sheets Due 5:00 PM Warmup Start 4:15 PM Session Start 5:35 PM	
Lane	7:00 AM	9:40 AM	10:05 AM	2:30 PM	4:15 PM	4:40 PM	5:05 PM	Lane	
1	PTAC	PTAC	XCEL	Open Warmup Session for all 13 and Over 400 IM	PTAC	CAT	XCEL	1	
2	PTAC	PTAC (10) / SAKA	XCEL (10) / SWAC		PTAC	CAT	XCEL	2	
3	SHY / SWAC	CAT	SHY		PTAC	CAT	XCEL	3	
4	XCEL / RVYM	CAT	SHY (9) / ACE		PTAC	CAT	XCEL	4	
5	SCAR / NJBL	SCAR	NIBL / SHAH		PTAC (9) / PPST (4)	CAT	XCEL (6) / WW	5	
6	RA / PPST / SRAY	SCAR (6) / PPST	EEX / SRAY		PPST	HACY	EEX	6	
7	CBGC / SAKA / MDY	RA	HACY / RVYM		SCAR	HACY	EEX	7	
8	ACE / MEY / EEX	CBGC / MEY	MDY / WW		SCAR	HACY	EEX (9) / UA	8	

Sunday									
AM Session #6 - 10U Check in 6:55 AM Warmup 7:00 AM Start 7:30 AM			MID Session #7 - 11-12s and 12U 200s All Check In Sheets Due 9:50 AM Warmup Start 9:30 AM Session Start 10:25 AM			Afternoon Session #8 - 13+ 400 Free All Check in Sheets Due 1:50 PM Warmup 1:55 PM Session Start 2:25 PM		PM Session #9 - 13 and Over All Check in Sheets Due 4:25 PM Warmup Start 3:40 PM Session Start 5:00 PM	
Lane	7:00 AM	9:30 AM	9:55 AM	1:55 PM	3:40 PM	4:05 PM	4:30 PM	Lane	
1	PTAC	PTAC	XCEL	Open Warmup Session for all 13 and Over 400 Free	PTAC	CAT	XCEL	1	
2	PTAC	PTAC (10) / SRAY	XCEL (9) / SWAC		PTAC	CAT	XCEL	2	
3	SHY / RA	CAT	EEX / SHY (4)		PTAC	CAT	XCEL	3	
4	XCEL / SWAC	CAT	SHY		PTAC	CAT (7) / WW	XCEL	4	
5	SCAR / EEX	SCAR	RVYM / WW		PTAC	SCAR	XCEL	5	
6	ACE / PPST	SCAR (7) / MEY	CBGC / MDY		EEX	SCAR / M	HACY	6	
7	SAKA / CBGC / MDY	RA	HACY / ACE		EEX	PPST	HACY	7	
8	All Others	PPST / SAKA	NJBL / SHAH		EEX	PPST (7) / UA	HACY	8	