



## Warmup at the 2019 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 9:00 PM.

Friday			
PM Session #1 - 50s and 800 Free <b>All Check in Sheets Due 5:20 PM</b> Warmup 5:00 PM Start 5:55 PM			
Lane	5:00 PM	5:25 PM	Lane
1	PTAC	EEX / MEY	1
2	PTAC	EEX	2
3	PTAC	PAA	3
4	PTAC	PAA	4
5	PTAC	PAA / XCEL	5
6	PPST	XCEL	6
7	PPST / WW	XCEL	7
8	HACY / RU / SRAY	XCEL	8

AM Session #2 - 12 and Unders <b>All Check In Sheets Due 7:20 AM</b> Warmup Start 7:00 AM Session Start 7:55 AM						MID Session #3 - 13+ 400 IM <b>All Check in Sheets Due 12:10 PM</b> Warmup Start 12:15 PM Session Start 12:45 PM						PM Session #4 - 13 and Overs <b>All Check in Sheets Due 2:25 PM</b> Warmup Start 2:05 PM Session Start 3:00 PM					
Lane	7:00 AM		7:25 AM		12:15 PM		2:05 PM		2:30 PM		Lane						
1	PTAC		PAA		Open Warmup Session for all 13 and Over 400 IM		PTAC		EEX		1						
2	PTAC		PAA / SRAY / NJBL				PTAC		EEX / HACY		2						
3	PTAC		NJBL				PTAC		HACY		3						
4	PTAC		HACY				PAA		PPST		4						
5	PTAC / EEX		PPST				PAA		SCAR		5						
6	SCAR		XCEL / MEY				PAA		XCEL		6						
7	SCAR		XCEL				PAA / WW		XCEL		7						
8	WW		XCEL				SRAY / WW		XCEL / MEY / NJBL		8						

AM Session #5 - 12 and Unders <b>All Check In Sheets Due 7:20 AM</b> Warmup Start 7:00 AM Session Start 7:55 AM						MID Session #6 - 13+ 400 Free <b>All Check in Sheets Due 11:25 AM</b> Warmup 11:30 AM Session Start 12:00 PM						PM Session #7 - 13 and Over <b>All Check in Sheets Due 1:50 PM</b> Warmup Start 1:30 PM Session Start 2:25 PM					
Lane	7:00 AM		7:25 AM		11:30 AM		1:30 PM		1:55 PM		Lane						
1	PTAC		PAA		Open Warmup Session for all 13 and Over 400 Free		PTAC / RU		SRAY / NJBL		1						
2	PTAC		PAA / WW				PTAC		EEX		2						
3	PTAC		HACY				PTAC		EEX / PPST		3						
4	PTAC		PPST				PAA		WW / MEY		4						
5	PTAC		MEY				PAA		XCEL		5						
6	SCAR		XCEL				PAA		XCEL		6						
7	SCAR / NJBL		XCEL				PAA / SCAR		XCEL / HACY		7						
8	NJBL		XCEL / EEX / SRAY				SCAR		HACY		8						