



Warmup at the 2018 PTAC Invitational

Teams will not be allowed on the bulkhead until the completion of the previous warmup.

There will be open warmup and warmdown between sessions depending on available time.

Open warmup and warmdown between sessions will be cleared 5 minutes before the next scheduled warmup.

The Main Pool will remain open for 15 minutes at the conclusion of the 13 and Over PM Sessions for warmdown.

Friday	
Mini Meet Warmup 5:00 PM Check in 5:20 PM Start 5:45 PM	Distance Warmup 5:00 PM Check in 5:20 PM Start 5:55 PM

Main Pool		Dive Pool		
Lane	5:00 PM	5:20 PM	5:00 PM	5:25 PM
1	PTAC	BWTD	PTAC	CJAC
2	PTAC	BWTD	PTAC	EEX
3	PTAC	BWTD	PTAC	EEX
4	PTAC	CJAC	PTAC / SRAY	GPAC
5	PPST	CJAC / PENN	XCEL	MYM
6	PPST	PENN	XCEL	RA
7	PPST	JG	XCEL	All Others
8	PPST	SRAY	HACY	All Others

Saturday												
AM Sessions #3 and #4 - 12 and Unders						MID - 400 IM	PM Sessions #7 and #8 - 13 and Over					
Warmup 7:00 AM / Check in 7:45 AM / Start 8:20 AM						Warmup 12:30 PM	Warmup 2:40 PM / Check in 3:25 PM / Start 4:00 PM					
7:00 AM		7:25 AM		7:50 AM		Check in 12:25 PM Start 1:00 PM	2:40 PM		3:05 PM		3:30 PM	
Main	Dive	Main	Dive	Main	Dive		Main	Dive	Main	Dive	Main	Dive
PTAC	ACE	BWTD	MYM	STAC	PPST	Open warmup will begin in the competition pools at the completion of the AM 12 and Under Sessions	PTAC	CCC	STAC	CJAC	SVY	PPST
PTAC	ACE / SDCD	BWTD	MYM	STAC	PPST		PTAC	CCC	STAC	CJAC	SVY	PPST
PTAC	SCSC	BWTD	MYM	STAC	PPST		PTAC	CCC	STAC	CJAC	SVY / WW	PPST / MYM
PTAC	CCC	CJAC	MYM	STAC	RA		PTAC	CCC / BWTD	STAC	CJAC	XCEL	MYM
PTAC	CCC	CJAC	XCEL	STAC	RA		PTAC / HACY	BWTD	STAC / JG	EEX	XCEL	MYM
PTAC	CCC	CJAC	XCEL	STAC	RA		HACY	BWTD	JG	EEX	XCEL	SDCC
SVY	CCC	CJAC / EEX	XCEL	STAC / HACY	SRAY		HACY	GPAC	RA	SRAY	XCEL	SDCC
SVY / WW	PENN	EEX	XCEL	HACY	SRAY		HACY	GPAC	RA	SRAY	XCEL	PENN / ACE

Sunday												
AM Sessions #9 and #10 - 12 and Unders						MID - 500 Free	PM Sessions #13 and #14 - 13 and Over					
Warmup 7:00 AM / Check in 7:45 AM / Start 8:20 AM						Warmup 12:30 PM	Warmup 3:00 PM / Check in 3:45 PM / Start 4:20 PM					
7:00 AM		7:25 AM		7:50 AM		Check in 12:30 PM Start 1:00 PM	3:00 PM		3:25 PM		3:50 PM	
Main	Dive	Main	Dive	Main	Dive		Main	Dive	Main	Dive	Main	Dive
PTAC	STAC	BWTD	MYM	CCC	PPST	Open warmup will begin in the competition pools at the completion of the AM 12 and Under Sessions	PTAC	PTAC	CJAC	SCSC	STAC	SVY
PTAC	STAC	BWTD	MYM	CCC	PPST		PTAC	PTAC / BWTD	CJAC	SCSC	STAC	SVY
PTAC	STAC	BWTD	MYM	CCC	PPST		PTAC	BWTD	CJAC	WW / ACE / BGH	STAC	SVY
PTAC	STAC	BWTD / CJAC	MYM	CCC / ACE	PPST		MYM	BWTD	CJAC / SRAY	XCEL	STAC	SVY
PTAC	STAC	CJAC	XCEL	ACE	SVY		MYM	GPAC	SRAY	XCEL	STAC / PENN	SVY / CCC
PTAC / EEX	STAC	CJAC	XCEL	RA	SVY / WW		MYM / PPST	GPAC	EEX	XCEL	HACY	CCC
EEX	STAC / BGH	SRAY	XCEL	RA	SDSC		PPST	RA	EEX / JG	XCEL	HACY	CCC
HACY	BGH	SRAY	XCEL	RA	PENN		PPST	RA	JG	XCEL	HACY	CCC