

PTAC KICKOFF 2023

Warm Up

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

There will be 10 minute open warm up breaks during the PM 13 and over sessions after events 34 and 42

The pool will remain open for 10 min at the conclusion of the PM sessions for warmdown if time permits

		MID Session #1 - 12 and Under Check in 12:25 PM Meet Start 1:00 PM		PM Session #2 - 13 and Over Check in 4:30 PM Meet Start 5:05 PM			
		12:15 PM - 12:35 PM	12:35 PM - 12:55 PM	4:10 PM - 4:35 PM	4:35 PM - 5:00 PM		
Warm Up	Lane					Lane	
	1	PTAC	XCEL / HACY	PTAC	XCEL	1	
	2	PTAC	XCEL	PTAC	XCEL	2	
	3	PTAC	XCEL	PTAC	XCEL	3	
	4	PTAC	XCEL	PTAC	HACY	4	
	5	PTAC	NJB	PTAC	WWAT	5	
	6	PTAC	WWAT	PTAC / RSA	NJB	6	
	7	WW	RSA / WWAT	RSA	WW / NJB	7	
	8	WW	RSA	EEX	WW	8	

Timing

Flyover starts will be used throughout competition

Timers will check in and attend timers meeting approximately 25 minutes before session start

Backup timers will work at each session (these are not alternate timing positions)

Visiting teams will provide one timer in each of the positions listed

Timers must be prepared to stay for the entire session

		MID Session #1 - 12 and Under Timers Meeting 12:35 AM Meet Start 1:00 PM		PM Session #2 - 13 and Over Timers Meeting 4:40 PM Meet Start 5:05 PM			
Timing	Lane					Lane	
	1	XCEL		WW		1	
	2	XCEL		WWAT		2	
	3	XCEL		EEX		3	
	4	RSA		XCEL		4	
	5	RSA		XCEL		5	
	6	WWAT		XCEL		6	
	7	WW		HACY		7	
	8	WW		NJB		8	
Backup	NJB		RSA		Backup		