

PTAC KICKOFF 2024

Warm Up

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

There will be 10 min open warm up breaks after events 34 (500 Free), 44 (200 Breast), and 52 (100 Breast)

The pool will remain open for 10 min at the conclusion of each session for warm down if time permits

		AM Session #1 - 12 and Under Check in 8:40 AM Meet Start 9:20 AM			MID #2 Check 12:15 AM Start 12:45 PM	PM Session #3 - 13 and Over Check in 3:10 PM Meet Start 3:50 PM				
Lane	8:00 AM - 8:25 AM	8:25 AM - 8:50 AM	8:50 AM - 9:15 AM	12:15 PM - 12:45 PM	2:30 PM - 2:55 PM	2:55 PM - 3:20 PM	3:20 PM - 3:45 PM	Lane		
1	PTAC	WW	XCEL	PTAC	PTAC	XCEL	STAC	1		
2	PTAC	WW	XCEL	PTAC	PTAC	XCEL	STAC	2		
3	PTAC	WW	XCEL	PTAC	PTAC	XCEL	STAC	3		
4	PTAC	WW	XCEL	PTAC	PTAC	XCEL	WW	4		
5	PTAC	CBGC	XCEL	XCEL	PTAC	CBGC	WW	5		
6	PTAC	CBGC	XCEL	XCEL	PTAC	CBGC	PAA	6		
7	PTAC	CBGC	STAC	All Others	PTAC	CBGC / APEX	PAA	7		
8	PTAC	CBGC	APEX	All Others	PTAC	APEX	PAA / TAC	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)

Teams will provide one timer in each of the positions listed

Timers must be prepared to stay for the entire session

		AM Session #1 - 12 and Under Timers Meeting 8:55 AM Meet Start 9:20 AM		MID #2 500 FR / 400 IM Start 12:45 PM	PM Session #3 - 13 and Over Timers Meeting 3:25 PM Meet Start 3:50 PM			
Lane							Lane	
1		XCEL / XCEL			XCEL / XCEL		1	
2		XCEL / XCEL		<i>Swimmers</i>	XCEL / APEX		2	
3		WW / WW		<i>will provide</i>	WW / WW		3	
4		WW / WW		<i>their own</i>	CBGC / CBGC		4	
5		CBGC / CBGC		<i>counters and</i>	STAC / STAC		5	
6		CBGC / STAC		<i>timers for</i>	PAA / PAA		6	
7		PTAC / PTAC		<i>the 500 Fr</i>	PTAC / PTAC		7	
8		PTAC / PTAC		<i>and 400 IM</i>	PTAC / PTAC		8	
Backup		PTAC / PTAC			PTAC / PTAC		Backup	