



Warmup at the 2023 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.

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

There will be 10 Minute Open Warmups during the Friday PM session after event #10 (before the 800 Free), and during the Saturday and Sunday 13 and Over PM sessions after events 40, 44, 74 and 78

There will be 10 Minute Open Warmdown at the conclusion of each PM Session (must end before 9 PM)

Friday			
PM Session #1 - 50s and 800 Free			
All Check in Sheets Due 5:20 PM			
Warmup 5:00 PM			
Start 5:55 PM			
Lane	5:00 PM	5:25 PM	Lane
1	PTAC	LIFE	1
2	PTAC	LIFE	2
3	PTAC	LIFE / GSA	3
4	PTAC	GSA	4
5	PTAC	HACY / WW	5
6	XCEL	PPST	6
7	XCEL	PPST	7
8	XCEL	EEX / UN	8

Saturday						
AM Session #2 - 12 and Unders		MID Session #3 - 13+ 400 IM		PM Session #4 - 13 and Overs		
All Check In Sheets Due 7:50 AM		All Check in Sheets Due 12:25 PM		All Check in Sheets Due 2:00 PM		
Warmup Start 7:30 AM		Warmup Start 12:30 PM		Warmup Start 1:40 PM		
Session Start 8:25 AM		Session Start 1:00 PM		Session Start 2:35 PM		
Lane	7:30 AM	7:55 AM	12:30 PM	1:40 PM	2:05 PM	Lane
1	GSA	PPST	ACE	GSA	XCEL	1
2	LIFE	PPST	XCEL	GSA	XCEL	2
3	LIFE	WW	XCEL	ACE	LIFE	3
4	PTAC	WW	XCEL	PTAC	LIFE	4
5	PTAC	ACE	WW	PTAC	EEX	5
6	PTAC	XCEL	WW	PTAC	WW	6
7	PTAC	XCEL	LIFE	PTAC	WW	7
8	PTAC	XCEL	PTAC	PTAC	PPST	8

Sunday						
AM Session #5 - 12 and Unders		MID Session #6 - 13+ 400 Free		PM Session #7 - 13 and Over		
All Check In Sheets Due 7:50 AM		All Check in Sheets Due 11:55 AM		All Check in Sheets Due 1:50 PM		
Warmup Start 7:30 AM		Warmup Start 12:00 PM		Warmup Start 1:30 PM		
Session Start 8:25 AM		Session Start 12:30 PM		Session Start 2:25 PM		
Lane	7:30 AM	7:55 AM	12:00 PM	1:30 PM	1:55 PM	Lane
1	XCEL	PPST	All Others	EEX	LIFE	1
2	XCEL	PPST	All Others	XCEL	LIFE	2
3	XCEL	LIFE	XCEL	XCEL	GSA	3
4	PTAC	LIFE	XCEL	PTAC	GSA	4
5	PTAC	GSA	WW	PTAC	WW	5
6	PTAC	HACY	WW	PTAC	WW	6
7	PTAC	WW	PTAC	PTAC	ACE	7
8	PTAC / ACE	WW	PTAC	PTAC	PPST / HACY / UN	8

Updated Wednesday May 17th. New information is in blue