



## Warmup at the 2024 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 5:15 PM Warmup 4:30 PM Start 5:25 PM			
Lane	4:30 PM	4:55 PM	Lane
1	PTAC	WY / EEX	1
2	PTAC	WY	2
3	PTAC	WY	3
4	PTAC	XCEL	4
5	PTAC	XCEL	5
6	HACY	XCEL	6
7	PPST	All Others	7
8	PPST	All Others	8

Saturday						
AM Session #2 - 12 and Unders All Check In Sheets Due 7:45 AM Warmup Start 7:30 AM Session Start 8:25 AM		MID Session #3 - All Ages 400s All Check in Sheets Due 12:25 PM Warmup Start 12:30 PM Session Start 1:00 PM		PM Session #4 - 13 and Overs All Check in Sheets Due 2:15 PM Warmup Start 2:00 PM Session Start 2:55 PM		
Lane	7:30 AM	7:55 AM	12:30 PM	2:00 PM	2:25 PM	Lane
1	WY / RVYM	XCEL / HACY	XCEL	WY	WW	1
2	WY	XCEL	XCEL	WY	WW	2
3	WY	XCEL	XCEL	WY	EEX	3
4	WY	XCEL / WWAT	PTAC	PTAC	PPST	4
5	PTAC	PPST	PTAC	PTAC	XCEL	5
6	PTAC	PPST / WW	HACY	PTAC	XCEL	6
7	PTAC	WW	HACY / RVYM	PTAC	All Others	7
8	PTAC	WW	All Others	PTAC	All Others	8

Sunday						
AM Session #5 - 12 and Unders All Check In Sheets Due 7:45 AM Warmup Start 7:30 AM Session Start 8:25 AM		MID Session #6 - All Ages 400s All Check in Sheets Due 12:10 PM Warmup Start 12:15 PM Session Start 12:45 PM		PM Session #7 - 13 and Over All Check in Sheets Due 2:15 PM Warmup Start 2:00 PM Session Start 2:55 PM		
Lane	7:30 AM	7:55 AM	12:15 PM	2:00 PM	2:25 PM	Lane
1	WW	XCEL	XCEL	XCEL	All Others	1
2	WW	XCEL	XCEL	XCEL	CJAC	2
3	WW	XCEL	PTAC	PTAC / XCEL	EEX	3
4	RVYM	XCEL	PTAC	PTAC	PPST	4
5	PTAC	HACY	All Others	PTAC	HACY	5
6	PTAC	CJAC	All Others	PTAC	HACY	6
7	PTAC	CJAC / PPST	All Others	PTAC	WW	7
8	PTAC	PPST	All Others	PTAC	WW	8