



Warmup at the 2022 PTAC Invitational

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

There will be 25 minute breaks during the PM 13 and Over sessions after events 34, 40, 78, and 84

During each 25 minute break, teams will have a 5 min Warmup with a short transition time between groups.

Teams will follow the same order and lanes from the general warmup.

The Main Pool will remain open for 10 min at the conclusion of the PM Sessions for winddown if time permits.

Saturday							
AM Session #1 - 12 and Under 1st Warmup 10:00 AM / Check in 10:35 AM Meet Start 11:10 AM				PM Session #2 - 13 and Over 1st Warmup 2:00 PM / Check in 2:50 PM Meet Start 3:25 PM			
Lane	10:00 AM - 10:20 AM	10:22 AM - 10:42 AM	10:45 AM - 11:05 AM	2:00 PM - 2:25 PM	2:27 PM - 2:52 AM	2:55 PM - 3:20 PM	Lane
1	PTAC	PTAC	WW	PTAC	XCEL	WW	1
2	PTAC	PTAC	WW	PTAC	XCEL	WW	2
3	PTAC	PTAC	WW	PTAC	XCEL	WW	3
4	PTAC	PPST	JG	PTAC	PPST	WW	4
5	XCEL	PPST	JG	PTAC	PPST	JG	5
6	XCEL	PPST	JG	PTAC	PPST	JG	6
7	XCEL	PPST	APEX	PTAC	APEX	JG	7
8	XCEL	PPST	APEX	PTAC	APEX	JG	8

Sunday							
AM Session #3 - 12 and Under 1st Warmup 8:00 AM / Check in 8:35 AM Meet Start 9:10 AM				PM Session #4 - 13 and Over 1st Warmup 12:15 PM / Check in 1:05 PM Meet Start 1:40 PM			
Lane	8:00 AM - 8:20 AM	8:22 AM - 8:42 AM	8:45 AM - 9:05 AM	12:15 PM - 12:40 PM	12:42 AM - 1:07 PM	1:10 PM - 1:35 PM	Lane
1	PTAC	WW	PPST	PTAC	WW	XCEL	1
2	PTAC	WW	PPST	PTAC	WW	XCEL	2
3	PTAC	WW	PPST	PTAC	WW	PPST	3
4	PTAC	XCEL	PPST	PTAC	WW	PPST	4
5	PTAC	XCEL	JG	PTAC	WW	PPST	5
6	PTAC	XCEL	JG	PTAC	JG	APEX	6
7	PTAC	XCEL	WAVE	PTAC	JG	APEX	7
8	APEX	XCEL	WAVE	PTAC	JG	WAVE	8



Timing at the 2022 PTAC Invitational

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

Saturday			
AM Sessions #1 12 and Unders Timers Meeting 10:45 AM Start 11:10 AM		PM Sessions #2 13 and Over Timers Meeting 3:00 PM Start 3:25 PM	
Lane			Lane
1	XCEL	WW	1
2	XCEL	WW	2
3	WW	JG	3
4	WW	JG	4
5	PPST	XCEL	5
6	PPST	XCEL	6
7	JG	APEX	7
8	JG	PPST	8
Backup	APEX	PPST	Backup

Sunday			
AM Sessions #3 12 and Unders Timers Meeting 8:45 AM Start 9:10 AM		PM Sessions #4 13 and Over Timers Meeting 1:15 PM Start 1:40 PM	
Lane			Lane
1	WAVE	XCEL	1
2	APEX	WW	2
3	JG	WW	3
4	PPST	WW	4
5	PPST	PPST	5
6	WW	PPST	6
7	XCEL	APEX	7
8	XCEL	JG	8
Backup	XCEL	JG	Backup