



Warmup at the 2024 PTAC Invite

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

Teams will not be allowed on the bulkhead until the completion of the previous warmup.

Diving Pool and Shallow Side Pool will remain open for warmup and warmdown at the conclusion of the assigned warmup and throughout the session.

There will be open warmup and warmdown between sessions if there is time available. Open warmup and warmdown between sessions will be cleared 5 minutes before the next scheduled warmup.

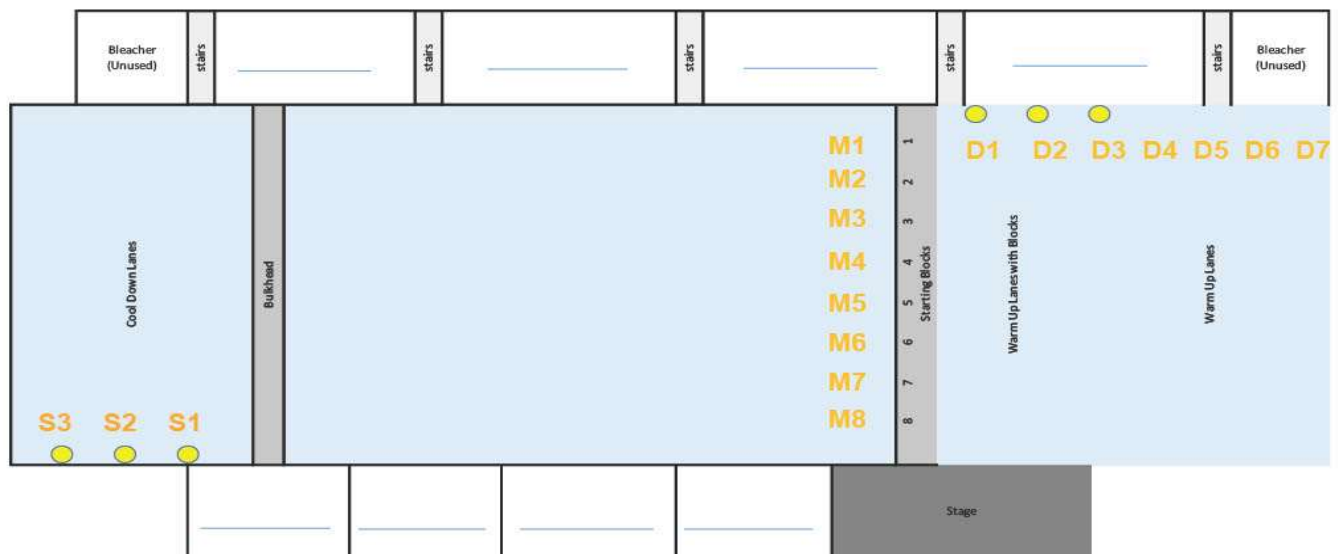
The Main Pool will remain open for 10 min at the conclusion of the PM Sessions for warmdown if time allows

Saturday						
AM Session #1 - 12 U 1st Warmup 7:30 AM Check in 7:45 AM Meet Start 8:25 AM		MID Session #2 - Distance Open Warmup 1:00 PM Check in 1:00 PM Meet Start 1:30 PM		PM Session #3 - 13 + 1st Warmup 3:15 PM Check in 3:30 PM Meet Start 4:10 PM		
Lane	7:30 AM - 7:55 AM	7:55 AM - 8:20 AM	Open Warmup 1:00 PM - 1:25 PM	3:15 PM - 3:40 PM	3:40 PM - 4:05 PM	Lane
S3	LT - NJ	BWTD	Open Warmup for the Mid Day Distance Sessions will start in the Diving Pool during the 12 and Under Session The Main Pool will open at the conclusion of the 12 and Under Session and will close at 1:25 PM	PTAC	SSAC	S3
S2	LT - NJ	BWTD		PTAC	SSAC	S2
S1	LT - NJ	BWTD		PTAC	SSAC	S1
M1	WW	BWTD		PPST	LT - NJ + MA	M1
M2	WW	BWTD		PPST	LT - NJ	M2
M3	WW	XCEL		PTAC	LT - NJ	M3
M4	WW	XCEL		PTAC	LT - NJ	M4
M5	PTAC	XCEL		PTAC	LT - NJ	M5
M6	PTAC	XCEL		PTAC	JG	M6
M7	PTAC	XCEL		PTAC	JG	M7
M8	PTAC / UN - J	LT - MA		PTAC / UN - R	JG	M8
D1	SSAC	PPST		XCEL	WW	D1
D2	SSAC	PPST		XCEL	WW	D2
D3	SSAC	PPST		XCEL	WW	D3
D4	PTAC	PPST		XCEL	WW	D4
D5	PTAC	JG	XCEL	BWTD	D5	
D6	PTAC	JG	UN - J	BWTD	D6	
D7	PTAC	JG	UN - J	BWTD	D7	



Sunday						
AM Session #4 - 12 U 1st Warmup 7:00 AM Check in 7:15 AM Meet Start 7:55 AM		MID Session #5 - Distance Open Warmup 12:30 PM Check in 12:30 PM Meet Start 1:00 PM		PM Session #6 - 13 + 1st Warmup 2:15 PM Check in 2:30 PM Meet Start 3:10 PM		
Lane	7:00 AM - 7:25 AM	7:25 AM - 7:50 AM	Open Warmup 12:30 PM - 12:55 PM	2:15 PM - 2:40 PM	2:40 PM - 3:05 PM	Lane
S3	LT - NJ	WW	Open Warmup for the Mid Day Distance sessions will start in the diving pool during the 12 and Under session	PTAC	XCEL	S3
S2	LT - NJ	WW		PTAC	XCEL	S2
S1	LT - NJ	WW		PTAC	XCEL	S1
M1	SSAC	WW		PPST	XCEL	M1
M2	SSAC	BWTD		PPST	XCEL	M2
M3	SSAC	BWTD		PTAC	XCEL	M3
M4	SSAC	BWTD		PTAC	LT - NJ	M4
M5	PTAC	BWTD		PTAC	LT - NJ	M5
M6	PTAC	BWTD	PTAC	LT - NJ	M6	
M7	PTAC	BWTD	PTAC	LT - NJ	M7	
M8	PTAC	LT - MA	The Main Pool will open at the conclusion of the 12 and Under Session and will close at 12:55 PM	PTAC / UN - R	LT - NJ + MA	M8
D1	PPST	XCEL		SSAC	WW	D1
D2	PPST	XCEL		SSAC	WW	D2
D3	PPST	XCEL		SSAC	WW	D3
D4	PTAC	XCEL		BWTD	WW	D4
D5	PTAC	XCEL		BWTD	JG	D5
D6	PTAC	JG		BWTD	JG	D6
D7	PTAC	JG		BWTD	JG	D7

Spectator Seating





Timing at the 2024 PTAC Invitational

Swimmers will provide their own timers for all Mid Day Distance events

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

Saturday			
Lane	AM Sessions #1 12 and Unders Timers Meeting 8:00 AM Start 8:25 AM	PM Sessions #3 13 and Over Timers Meeting 3:45 PM Start 4:10 PM	Lane
1	LT - NJ / JG	LT - NJ / LT - NJ	1
2	SSAC / SSAC	LT - NJ / JG	2
3	PPST / PPST	BWTD / UN - J	3
4	WW / WW	SSAC / SSAC	4
5	XCEL / XCEL	WW / WW	5
6	BWTD / BWTD	XCEL / XCEL	6
7	PTAC / BWTD	PTAC / PPST	7
8	PTAC / PTAC	PTAC / PTAC	8
Backup	PTAC / PTAC	PTAC / PTAC	Backup

Sunday			
Lane	AM Sessions #4 12 and Unders Timers Meeting 7:30 AM Start 7:55 AM	PM Sessions #6 13 and Over Timers Meeting 2:50 PM Start 3:10 PM	Lane
1	WW / WW	XCEL / XCEL	1
2	BWTD / BWTD	BWTD / BWTD	2
3	BWTD / SSAC	PPST / JG	3
4	LT - NJ / LT - NJ	WW / WW	4
5	LT - MA / JG	LT - NJ / LT - NJ	5
6	PPST / PPST	SSAC / SSAC	6
7	XCEL / XCEL	PTAC / PTAC	7
8	PTAC / PTAC	PTAC / PTAC	8
Backup	PTAC / PTAC	PTAC / PTAC	Backup

