



Warmup at the 2019 PTAC Invitational

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

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 15 minutes at the conclusion of the PM Sessions for warmdown if time permits.

Friday				
Mini Meet		Distance		
Warmup 5:00 PM		Warmup 5:00 PM		
Check in 5:20 PM		Check in 5:20 PM		
Start 5:55 PM		Start 5:55 PM		
Main Pool		Dive Pool		
Lane	5:00 PM	5:25 PM	5:00 PM	5:25 PM
1	PTAC	PPST	PTAC	XCEL
2	PTAC	PPST	PTAC	XCEL
3	BWTD	PPST	PTAC	XCEL
4	BWTD	PPST	PTAC	XCEL
5	JFAC	RA	PTAC / SRAY	XCEL
6	PENN	RA	SVY	XCEL
7	SRAY / CJAC	RA	SVY	XCEL / RA
8	SWAC	RA	ALBS / BWTD	All Others

Saturday														
AM Sessions #3 and #4 - 12 and Unders							MID - 400 IM	PM Sessions #7 and #8 - 13 and Over						
Warmup 7:00 AM / Check in 7:45 AM / Start 8:20 AM							Warmup 12:45 PM	Warmup 2:45 PM / Check in 3:30 PM / Start 4:05 PM						
7:00 AM		7:25 AM		7:50 AM			Check in 12:55 PM	2:45 PM		3:10 PM		3:35 PM		
Lane	Main	Dive	Main	Dive	Main	Dive	Start 1:30 PM	Main	Dive	Main	Dive	Main	Dive	
1	PTAC	BWTD	MYM	STAC	SVY	XCEL	Open warmup will begin in the competition pools at the completion of the AM 12 and Under Sessions	PTAC / EEX	HACY	MCSC	STAC	XCEL	SVY	
2	PTAC	BWTD	MYM	STAC	SVY	XCEL		PTAC	HACY	MCSC	STAC	XCEL	XCEL	SVY
3	PTAC	BWTD	MYM	STAC	SVY	XCEL		PTAC	HACY	MCSC	STAC	XCEL	XCEL	SVY
4	PTAC	BWTD	MYM	STAC	SVY	XCEL		PTAC	HACY / PENN	MCSC	STAC	XCEL	XCEL	BWTD
5	PTAC	MCSC	CJAC	STAC	RA	XCEL / ALBS		PTAC	JFAC	CJAC	STAC	XCEL	XCEL	BWTD / ALBS
6	PTAC	MCSC	CJAC	PPST	RA	ALBS		PTAC	JFAC	CJAC	STAC / PPST	SRAY	ALBS	ALBS
7	JFAC	MCSC	CJAC / SRAY	PPST	PENN	SWAC		RA	JFAC	CJAC	PPST	SRAY	ALBS	ALBS
8	JFAC	HACY	SRAY	PPST	EEX	SWAC		RA	JFAC	CJAC / WW	PPST	SRAY	SWAC	SWAC

Sunday													
AM Sessions #9 and #10 - 12 and Unders							MID - 500 Free	PM Sessions #13 and #14 - 13 and Over					
Warmup 7:00 AM / Check in 7:45 AM / Start 8:20 AM							Warmup 12:30 PM	Warmup 3:25 PM / Check in 4:10 PM / Start 4:45 PM					
7:00 AM		7:25 AM		7:50 AM			Check in 12:40 PM	3:25 PM		3:50 PM		4:15 PM	
Lane	Main	Dive	Main	Dive	Main	Dive	Start 1:15 PM	Main	Dive	Main	Dive	Main	Dive
1	PTAC	STAC	SVY	XCEL	BWTD	MYM	Open warmup will begin in the competition pools at the completion of the AM 12 and Under Sessions	PTAC	XCEL	SVY	CJAC	MCSC	PPST
2	PTAC	STAC	SVY	XCEL	BWTD	MYM		PTAC	XCEL	SVY	CJAC	MCSC	PPST
3	PTAC	STAC	SVY	XCEL	BWTD	MYM		PTAC	XCEL	SVY	CJAC	MCSC	PPST
4	PTAC	STAC	SVY	XCEL	BWTD	MYM		PTAC	XCEL	SVY	ALBS	MCSC	PPST / HACY
5	PTAC	STAC	CJAC	ALBS	PPST	RA		PTAC	XCEL	SVY	ALBS	JFAC	HACY
6	PTAC	STAC / MCSC	CJAC	ALBS / SRAY	PPST	RA		PTAC	XCEL / PENN	SVY	SRAY	JFAC	HACY
7	SWAC	MCSC	PENN	SRAY	PPST	JFAC		PTAC / SWAC	BWTD	SVY	SRAY	JFAC	HACY
8	SWAC	MCSC	HACY	EEX	PPST	JFAC		SWAC	BWTD	SVY / WW	SRAY	JFAC	EEX

Revised Monday January 14th, 2019