



Warmup at the 2025 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 4:45 PM Warmup 4:30 PM Start 5:25 PM			
Lane	4:30 PM	4:55 PM	Lane
1	EEX	XCEL	1
2	PPST	XCEL	2
3	PTAC	XCEL	3
4	PTAC	XCEL	4
5	PTAC	XCEL	5
6	PTAC	GSA	6
7	PTAC	GSA	7
8	PTAC	HACY / WW	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 - 13 and Over 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 1:55 PM Warmup Start 1:40 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	XCEL	XCEL	WW	XCEL	1
2	PPST	XCEL	XCEL	WW	XCEL	2
3	HACY	XCEL	XCEL	EEX	XCEL	3
4	PTAC / EEX	XCEL	WW	PTAC	HACY	4
5	PTAC	WW	WW	PTAC	HACY	5
6	PTAC	WW	HACY	PTAC	GSA	6
7	PTAC	WW	EEX	PTAC	GSA	7
8	PTAC	WW	PTAC	PTAC	PPST	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 - 13 and Over 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 2:20 PM Warmup Start 2:05 PM Session Start 3:00 PM		
Lane	7:30 AM	7:55 AM	12:15 PM	2:05 PM	2:30 PM	Lane
1	WW	XCEL	XCEL	XCEL	WW	1
2	WW	XCEL	XCEL	XCEL	WW	2
3	WW	XCEL	WW	XCEL	HACY	3
4	PTAC / WW	XCEL	HACY	PTAC	HACY	4
5	PTAC	XCEL / HACY	GSA	PTAC	GSA	5
6	PTAC	HACY	PPST	PTAC	GSA	6
7	PTAC	PPST	PTAC	PTAC	PPST	7
8	PTAC	GSA / EEX	PTAC	PTAC	EEX	8



Timing at the 2025 PTAC Challenge

Flyover Starts will be used throughout competition

Timers will check in and attend 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

Friday		
PM Session #1		
50s and 800 Free*		
Meeting 5:00 PM		
Lane	Start 5:25PM	Lane
1	XCEL / XCEL	1
2	XCEL / XCEL	2
3	XCEL / XCEL	3
4	GSA / GSA	4
5	GSA / PPST	5
6	PTAC / EEX	6
7	PTAC / PTAC	7
8	PTAC / PTAC	8
Backup	PTAC / PTAC	Backup
Swimmers will provide their own counters and timers for the Friday 800 Free		

Saturday				
AM Session #2 12 and Unders		MID Session #3 12 U 400 Free / 13 O 400 IM	PM Session #4 13 and Overs	
Meeting 8:00 AM Start 8:25 AM		Report directly to the blocks Start 1:00 PM	Meeting 2:10 PM Start 2:35 PM	
Lane				Lane
1	XCEL / XCEL	Swimmers will provide their own timers for the 400 IM Session	XCEL / XCEL	1
2	XCEL / XCEL		XCEL / HACY	2
3	XCEL / WW		HACY / HACY	3
4	WW / WW		WW / WW	4
5	WW / WW		GSA / GSA	5
6	HACY / HACY		PPST / GSA	6
7	PTAC / PPST		PTAC / PTAC	7
8	PTAC / PTAC		PTAC / PTAC	8
Backup	PTAC / PTAC		PTAC / PTAC	Backup

Sunday				
AM Session #5 12 and Unders		MID Session #6 12 U 400 IM / 13 O 400 Free	PM Session #7 13 and Overs	
Meeting 8:00 AM Start 8:25 AM		Report directly to the blocks Start 12:45 PM	Meeting 2:35 PM Start 3:00 PM	
Lane				Lane
1	XCEL / XCEL	Swimmers will provide their own timers for the 400 Free Session	XCEL / XCEL	1
2	XCEL / XCEL		XCEL / GSA	2
3	XCEL / XCEL		GSA / GSA	3
4	WW / WW		WW / WW	4
5	WW / WW		HACY / HACY	5
6	PPST / PPST		PPST / EEX	6
7	PTAC / HACY		PTAC / PTAC	7
8	PTAC / PTAC		PTAC / PTAC	8
Backup	PTAC / PTAC		PTAC / PTAC	Backup