



Warmup at the 2026 PTAC Challenge

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 41/42, 47/48, 75/76, and 81/82

There will be a short 3 minute break after relays

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 10 Minute Open Warmdown at the conclusion of each PM Session (must end before 9 PM Friday / 8 PM Sat and Sun)

Friday			
PM Session #1 - 50s and 800 Free All Check in Sheets Due 4:45 PM Warmup 4:30 PM Start 5:25 PM			
	4:30 PM	4:55 PM	Lane
1	PAA	XCEL	1
2	PPST	XCEL	2
3	PPST / WW	XCEL	3
4	PTAC / EEX	XCEL	4
5	PTAC	XCEL / RVYM	5
6	PTAC	GSA	6
7	PTAC	GSA / HACY	7
8	PTAC	HACY	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 #3 - 13 and Over Women Check in Sheets Due 12:30 PM Warmup Start 12:30 PM Session Start 1:10 PM		PM #4 - 13 and Over Men Check in Sheets Due 3:40 PM Warmup Start 3:40 PM Session Start 4:20 PM	
Lane	7:30 AM	7:55 AM	12:30 PM	3:40 PM	Lane
1	EEX / RVYM / BGH	XCEL	EEX / RVYM / BGH / APEX	PPST / RVYM	1
2	WW	XCEL	XCEL	APEX / EEX	2
3	WW	XCEL	GSA	XCEL	3
4	PTAC	XCEL	PPST	PAA / HACY	4
5	PTAC	XCEL / GSA	PAA	GSA / BGH	5
6	PTAC	PPST	WW	WW	6
7	PTAC	PPST / APEX	PTAC	PTAC	7
8	PTAC	APEX	PTAC	PTAC	8

Sunday					
AM Session #5 - 12 and Unders All Check In Sheets Due 7:30 AM Warmup Start 7:15 AM Session Start 8:10 AM		MID #6 - 13 and Over Women Check in Sheets Due 12:20 PM Warmup Start 12:20 PM Session Start 1:00 PM		PM #7 - 13 and Over Men Check in Sheets Due 4:05 PM Warmup Start 4:05 PM Session Start 4:45 PM	
Lane	7:15 AM	7:40 AM	12:20 PM	4:05 PM	Lane
1	WW	XCEL	XCEL	APEX / RVYM / BGH	1
2	WW	XCEL	GSA	XCEL	2
3	PPST	XCEL	HACY	WW	3
4	PTAC / BGH	XCEL	PAA	PAA	4
5	PTAC	XCEL / GSA	PPST / APEX	GSA	5
6	PTAC	HACY	WW / EEX	HACY / PPST	6
7	PTAC	APEX	PTAC	PTAC	7
8	PTAC	APEX / All others	PTAC / All Others	PTAC / EEX	8



Timing at the 2026 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 Start 5:25 PM		
Lane		Lane
1	XCEL / XCEL	1
2	XCEL / XCEL	2
3	XCEL / PAA	3
4	PPST / PPST	4
5	HACY HACY	5
6	GSA / GSA	6
7	PTAC / EEX	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 13 and Over Women		PM Session #4 13 and over Men	
Meeting 8:00 AM Start 8:25 AM		Meeting 12:45 PM Start 1:10 PM		Meeting 3:55 PM Start 4:20 PM	
Lane					Lane
1	XCEL / XCEL	XCEL / XCEL	XCEL / XCEL	XCEL / XCEL	1
2	XCEL / XCEL	XCEL / GSA	XCEL / GSA	XCEL / RVYM	2
3	XCEL / GSA	GSA / GSA	GSA / GSA	GSA / GSA	3
4	PPST / PPST	PPST / PPST	PPST / PPST	PAA / PAA	4
5	WW / WW	PAA / PAA	PAA / PAA	WW / PPST	5
6	APEX / APEX	WW / WW	WW / WW	WW / WW	6
7	PTAC / PTAC	APEX / EEX	APEX / EEX	PTAC / PPST	7
8	PTAC / PTAC	PTAC / PTAC	PTAC / PTAC	PTAC / PTAC	8
Backup	PTAC / PTAC	PTAC / PTAC	PTAC / PTAC	PTAC / PTAC	Backup

Sunday					
AM Session #5 12 and Unders		MID Session #6 13 and Over Women		PM Session #7 13 and over Men	
Meeting 7:45 AM Start 8:10 AM		Meeting 12:35 PM Start 1:00 PM		Meeting 4:20 PM Start 4:45 PM	
Lane					Lane
1	XCEL / XCEL	XCEL / XCEL	XCEL / XCEL	XCEL / XCEL	1
2	XCEL / XCEL	XCEL / GSA	XCEL / GSA	XCEL / PPST	2
3	GSA / PPST	GSA / GSA	GSA / GSA	GSA / GSA	3
4	HACY / BGH	HACY / HACY	HACY / HACY	WW / WW	4
5	APEX / APEX	PAA / PAA	PAA / PAA	RVYM / APEX	5
6	WW / WW	EEX / WW	EEX / WW	PAA / PAA	6
7	PTAC / WW	APEX / PPST	APEX / PPST	PAA / HACY	7
8	PTAC / PTAC	PTAC / PTAC	PTAC / PTAC	PTAC / PTAC	8
Backup	PTAC / PTAC	PTAC / PTAC	PTAC / PTAC	PTAC / PTAC	Backup