



Warmup at the 2020 PTAC Invitational - Rev 1/13/20

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 Warmup 5:00 PM Check in 5:20 PM Start 5:55 PM	Distance Warmup 5:00 PM Check in 5:20 PM Start 5:55 PM

Main Pool		Dive Pool			
Lane	5:00 PM	5:25 PM	5:00 PM	5:25 PM	Lane
1	PTAC	RA	PTAC	XCEL	1
2	PTAC	RA	PTAC	XCEL	2
3	PPST	CJAC	PTAC	XCEL	3
4	PPST	CJAC	PTAC	XCEL	4
5	PPST	BWTD	PTAC / PAA	ALBS	5
6	XCEL	PENN	EEX	ALBS / SVY	6
7	XCEL	EEX / WW	EEX	CJAC	7
8	XCEL	UN-NJ / SWST	EEX / HACY	All Others	8

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 12:00 PM		Warmup 1:45 PM / Check in 2:30 PM / Start 3:05 PM					
7:00 AM		7:25 AM		7:50 AM		Start 12:45 PM		1:45 PM		2:10 PM		2:35 PM		Lane							
Lane	Main	Dive	Main	Dive	Main	Dive	Open warmup will begin in the competition pools at the completion of the AM 12 and Under Sessions	Main	Dive	Main	Dive	Main	Dive	Lane							
1	PTAC	CJAC	BWTD	PAA	STAC	JFAC		PTAC	PAA	STAC	RY	HACY	CJAC	1							
2	PTAC	CJAC	BWTD	PAA	STAC	JFAC		PTAC	PAA	STAC	RY	HACY	CJAC	2							
3	PTAC	CJAC	BWTD	PAA	STAC	JFAC / WW		PTAC	PAA	STAC	RY	HACY	CJAC	3							
4	PTAC	XCEL	BWTD	PAA	STAC	WW		PTAC	PAA	STAC	XCEL	HACY	CJAC / PENN	4							
5	PTAC	XCEL	BWTD	PAA	PPST	WW		PTAC	PAA	STAC / UN-NJ	XCEL	HACY / WW	BWTD	5							
6	PTAC	XCEL	UN-NJ	HACY	PPST	RA		PTAC / JFAC	SVY	UN-NJ	XCEL	WW	BWTD / SWST	6							
7	PTAC	XCEL	UN-NJ / PENN	HACY / SWST	PPST	RA		JFAC	SVY	PPST	XCEL	ALBS	RA	7							
8	PTAC	XCEL	PENN	SWST	PPST	All Others		JFAC	SVY	PPST	XCEL	ALBS	RA / HOH / UN	8							

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 11:30 AM	Warmup 1:50 PM / Check in 2:35 PM / Start 3:10 PM						
7:00 AM		7:25 AM		7:50 AM		Start 12:15 PM	1:50 PM		2:15 PM		2:40 PM		Lane	
Lane	Main	Dive	Main	Dive	Main	Dive	Open warmup will begin in the competition pools at the completion of the AM 12 and Under Sessions	Main	Dive	Main	Dive	Main	Dive	Lane
1	PTAC	PTAC	PAA	WW	PPST	RA		PTAC	HACY	SVY	RY	PAA	CJAC	1
2	PTAC	PTAC	PAA	WW	PPST	RA		PTAC	HACY	SVY	RY	PAA	CJAC	2
3	PTAC	BWTD	PAA	XCEL / WW	PPST	UN-NJ		PTAC	HACY	SVY	RY	PAA	CJAC	3
4	PTAC	BWTD	PAA	XCEL	PPST	UN-NJ / PENN		PTAC	HACY	SVY	JFAC	PAA	XCEL	4
5	PTAC	BWTD	PAA	XCEL	PPST / CJAC	PENN		PTAC	HACY / WW	SVY	JFAC	PAA	XCEL	5
6	PTAC	BWTD	PAA	XCEL	CJAC	HACY		PTAC / PPST	WW	SVY	JFAC / HOH	PAA	XCEL	6
7	PTAC	BWTD	PAA	XCEL	CJAC	HACY / SWST		PPST	BWTD	SVY	ALBS	UN-NJ	XCEL	7
8	PTAC	JFAC / DELM	ALBS / HOH	XCEL	CJAC	SWST		PPST	BWTD	RA	ALBS / SWST	UN-NJ / PENN	XCEL	8