

Warmup at the 2025 PTAC Kickoff (updated 2/6)

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

There will be 10 minute Open Warmdown and Warmup periods during the Saturday PM Session
(After Events #40 and #48) and Sunday AM Sessions (After events #62 and #66)

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.

Pool will remain open for 10 min at the end of the Sat PM and Sun AM Sessions for warmdown if time allows

Saturday							
AM Session #1 - 12 U 1st Warmup 11:45 AM Check in 12:05 PM Meet Start 12:45 PM				PM Session #2 - 13 and Over 1st Warmup 4:30 PM Check in 4:55 PM Meet Start 5:35 PM			
Lane	11:40 AM - 12:00 PM	12:00 PM - 12:20 PM	12:20 PM - 12:40 PM	4:30 PM - 4:50 PM	4:50 PM - 5:10 PM	5:10 PM - 5:30 PM	Lane
1	PTAC	PTAC	XCEL	PTAC / UN	PTAC	WW	1
2	PTAC	PTAC	XCEL	PTAC	PTAC	WW	2
3	PTAC	PTAC	XCEL	PTAC	XCEL	WW	3
4	PAA	WW	XCEL	PTAC	XCEL	WW	4
5	PAA	WW	XCEL	PTAC	XCEL	APEX	5
6	PAA	WW	XCEL	PTAC	XCEL	APEX	6
7	PAA	WW	NJRC	PTAC	XCEL	APEX	7
8	PAA	APEX	NJRC	PTAC	XCEL	APEX	8

Sunday			
AM Session #3 - All Ages 1st Warmup 8:00 AM Check in 8:40 AM Meet Start 9:20 AM			
Lane	8:00 AM - 8:25 AM	8:25 AM - 8:50 AM	8:50 AM - 9:15 AM
1	PTAC / UN	XCEL	PAA
2	PTAC	XCEL	PAA
3	PTAC	XCEL	PAA
4	PTAC	XCEL	PAA
5	PTAC	WW	PAA
6	PTAC	WW	APEX
7	PTAC	WW	APEX
8	PTAC	WW	APEX

10 Minute Warmup Breaks

Saturday AM - None

Saturday PM

- After event # 40 (Mens 200 Breast)
- After event # 48 (Mens 100 Breast)

Sunday AM

- After event # 62 (Mens 50 Fly)
- After event # 48 (Mens 400 IM)





Timing at the 2025 PTAC Kickoff (Updated 2/6/25)

Swimmers will provide their own timers for 500 FR, 400 IM, 1000 FR, and 1650 FR

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 12:20 PM Start 12:45 AM	PM Sessions #2 13 and Over Timers Meeting 5:10 PM Start 5:35 PM	Lane
1	PAA / PAA	XCEL / XCEL	1
2	PAA / PAA	XCEL / XCEL	2
3	WW / WW	WW / WW	3
4	WW / NJRC	WW / APEX	4
5	XCEL / XCEL	APEX / APEX	5
6	XCEL / XCEL	PTAC / PTAC	6
7	PTAC / XCEL	PTAC / PTAC	7
8	PTAC / PTAC	PTAC / PTAC	8
Backup	PTAC / PTAC	PTAC / PTAC	Backup

Sunday	
Lane	AM Sessions #3 All Ages Timers Meeting 8:55 AM Start 9:20 AM
1	PAA / PAA
2	PAA / PAA
3	WW / WW
4	WW / XCEL
5	XCEL / XCEL
6	APEX / APEX
7	PTAC / PTAC
8	PTAC / PTAC
Backup	PTAC / PTAC

Note that these Sunday timers will only stay for the open 50s

Swimmers will provide their own timers for the 500 Free, 400 IM, 1000 Free, and 1650 Free