



Warmup at the 2026 PTAC Invite

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

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

Diving Pool and Shallow Side Pool will remain open for warmup and warmdown at the conclusion of the assigned warmup and throughout the session.

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.

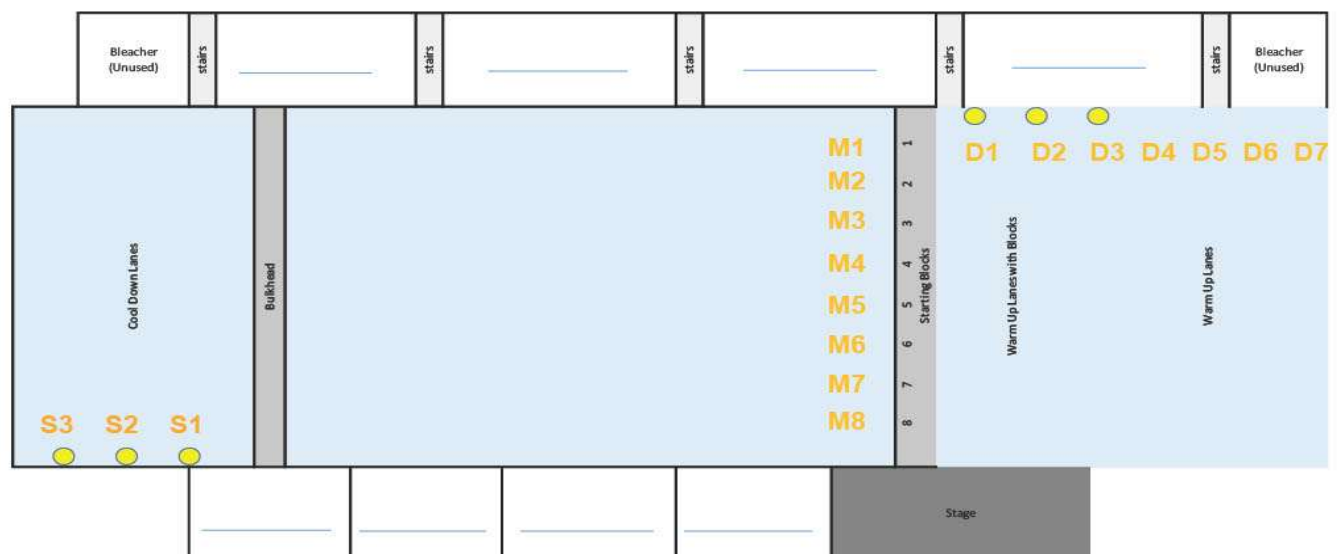
The Main Pool will remain open for 10 min at the conclusion of the PM Sessions for warmdown if time allows

Saturday						
AM Session #1 - 12 U 1st Warmup 7:30 AM Check in 7:45 AM Meet Start 8:25 AM		MID Session #2 - Distance Open Warmup 12:30 PM Check in 12:30 PM Meet Start 1:00 PM		PM Session #3 - 13 + 1st Warmup 2:45 PM Check in 3:00 PM Meet Start 3:40 PM		
Lane	7:30 AM - 7:55 AM	7:55 AM - 8:20 AM	Open Warmup 12:30 PM - 12:55 PM	2:45 PM - 3:10 PM	3:10 PM - 3:35 PM	Lane
S1	SCAR	XCEL	Open Warmup for the Mid Day Distance Sessions will start in the Diving Pool during the 12 and Under Session The Main Pool will open at the conclusion of the 12 and Under Session and will close at 12:55 PM	PTAC	APEX	S1
S2	SCAR	XCEL		PTAC	APEX	S2
S3	SCAR	XCEL		PTAC	APEX	S3
M1	SCAR	XCEL		XCEL	WW	M1
M2	SCAR	XCEL		PTAC	WW	M2
M3	SCAR	XCEL		PTAC	JG	M3
M4	SCAR	XCEL		PTAC	JG	M4
M5	SCAR	WW		PTAC	JG	M5
M6	PTAC	WW		PTAC	JG	M6
M7	PTAC	WW		PTAC	JG	M7
M8	PTAC	WW		PTAC	HACY	M8
D1	APEX	JG		XCEL	WW	D1
D2	APEX	JG		XCEL	WW	D2
D3	PTAC	PDR		XCEL	PDR	D3
D4	PTAC	PDR		XCEL	PDR	D4
D5	PTAC	PDR		XCEL	PDR	D5
D6	PTAC	PDR		XCEL	PDR	D6
D7	PTAC	PDR		XCEL	PDR	D7

Revised Tuesday January 6th, 2026

Sunday								
#4A - 12 U Girls 1st W Up 7:00 AM Check in 7:05 AM Start 7:45 AM		#4B - 12 U Boys 1st W Up 10:50 AM Check in 10:55 AM Start 11:35 AM		#5 - Distance Warm Up 1:25 PM Check in 1:25 PM Start 1:55 PM	PM Session #6 - 13 + 1st Warmup 3:25 PM Check in 3:40 PM Meet Start 4:20 PM			
Lane	7:00 AM - 7:20 AM	7:20 AM - 7:40 AM	10:50 AM - 11:10 AM	11:10 AM - 11:30 AM	Open Warmup 1:25 - 1:50 PM	3:25 PM - 3:50 PM	3:50 PM - 4:15 PM	Lane
S1	PPST	XCEL	APEX	NJRC	Open Warmup for the Mid Day Distance sessions will start in the diving pool during the 12 and Under session	PTAC	JG	S1
S2	PPST	XCEL	APEX	NJRC		PTAC	JG	S2
S3	PPST	XCEL	APEX	NJRC		PTAC	JG	S3
M1	WW	XCEL	PDR	XCEL		APEX	XCEL	M1
M2	WW	XCEL	PDR	XCEL		APEX	XCEL	M2
M3	WW	XCEL	PDR	WW		APEX	XCEL	M3
M4	WW	XCEL	PDR	WW		PTAC	XCEL	M4
M5	WW	XCEL	PDR	WW		PTAC	PDR	M5
M6	PTAC	JG	PTAC	WW		PTAC	PDR	M6
M7	PTAC	JG	PTAC	JG		PTAC	PDR	M7
M8	PTAC	NJRC	PTAC	JG	PTAC	PDR	M8	
D1	APEX	NJRC	PPST	XCEL	The Main Pool will open at the end of the 12 and Under Session and will close at 1:50 PM	WW	XCEL	D1
D2	APEX	PDR	PPST	XCEL		WW	XCEL	D2
D3	PTAC	PDR	PTAC	XCEL		WW	HACY	D3
D4	PTAC	PDR	PTAC	XCEL		WW	HACY	D4
D5	PTAC	PDR	PTAC	XCEL		PPST	HACY	D5
D6	PTAC	PDR	PTAC	XCEL		PPST	HACY	D6
D7	PTAC	PDR	PTAC	XCEL		PPST	HACY	D7

Spectator Seating



Revised Tuesday January 6th, 2026