



**PSC October Spooktacular Meet Warmup Schedule  
October 18-20, 2024**



**Sunday Distance Session**

Total Athletes: 56

**Continuous Warm-up/Warm-down during Friday evening session**

**Saturday/Sunday 13 and over**

Sat - Total Athletes: 147

Sun - Total Athletes: 136

**Warmup Group A - 7:30 - 8:00 AM - PSC, KIDS, PFY**

Competition Pool								Continuous Warm-up/Warm-down	
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
PSC	PSC	PSC	PSC	PSC	PSC	KIDS	PFY	Open	Open

**Warmup Group B - 8:00 - 8:30 AM - CVAC, TRA, CYA, LifeTime, DMAC**

Competition Pool								Continuous Warm-up/Warm-down	
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
CVAC	CVAC	CVAC	TRA	TRA	CYA	LifeTime	DMAC	Open	Open

Starts will be handled by teams in their lanes at the end of their warm-up period

**Saturday/Sunday 12 and under**

Sat - Total Athletes: 106

Sun - Total Athletes: 88

**Warmup Group A - 1:15 - 1:45 PM - PSC, KIDS, PFY**

Competition Pool								Continuous Warm-up/Warm-down	
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
PSC	PSC	PSC	PSC	PSC	KIDS	PFY	Open	Open	Open

**Warmup Group B - 1:45 - 2:15 PM - TRA, LifeTime, CYA, DMAC, CVAC**

Competition Pool								Continuous Warm-up/Warm-down	
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
CVAC	CVAC	CVAC	TRA	TRA	CYA	LifeTime	DMAC	Open	Open

Starts will be handled by teams in their lanes at the end of their warm-up period

\* Teams are welcome to use the open lanes during either warm up group