

Long Course Classic 2023 at Bucknell University

Warm-Up Schedule

Session 1 (Thurs Eve) - Sprints last 5 minutes

4:30-4:55pm

5-5:25pm

Lane 1	PAAC	UDAC
Lane2	PAAC	UDAC
Lane 3	PFY BWA WSY	HAC
Lane 4	PAY	WEST
Lane 5	PAY	CVAC NRG
Lane 6	WCAY	ORCA BDA
Lane 7	WCAY	GSVY BLUE
Lane 8	LAC	<i>All Others</i>

Starts are done within your 25 minutes | 5 minute breack between warm-up sessions

Session 2 and 5 (12 and under) Sprints last 5 minutes

7:15-7:40am

7:45-8:10am

Lane 1	CVAC	PAAC
Lane2	CVAC	HAC
Lane 3	WCAY	ORCA LAC
Lane 4	WCAY	NPAC BLUE
Lane 5	UDAC	GSVY TOPS WSY
Lane 6	UDAC	FSA BWA NEYS
Lane 7	PAY	WEST
Lane 8	PAY	WEST

Starts are done within your 25 minutes | 5 minute breack between warm-up sessions

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Warm-Up Schedule

Session 3 and 6 (Girls 13 and Over) Sprints last 5 minutes

Friday: 11:15-11:45am

Saturday: 12-12:30pm

Friday: 11:50-12:20pm

Saturday: 12:35-1:05pm

Lane 1	PAY	LAC
Lane2	PAY	UDAC
Lane 3	PAAC	BDA WSY
Lane 4	PAAC	PFY BLUE BWA
Lane 5	WCAY	FSA GSVY BRY
Lane 6	WEST	FSY NEYS NRG ORCA
Lane 7	HAC	UNAT
Lane 8	CVAC TOPS	UNAT

Starts are done within your 30 minutes | 5 minute brea**t** between warm-up sessions

Session 4 and 7 (Boys 13 and Over) Sprints last 5 minutes

Friday: 4:15-4:45pm

Saturday: 4:30-5:00pm

Friday: 4:50-5:20pm

Saturday: 5:05-5:35pm

Lane 1	WCAY	UDAC
Lane2	WCAY	NPAC CVAC
Lane 3	PAAC	NEYS BLUE
Lane 4	PAAC	GSVY LAC
Lane 5	PAY	ORCA BAC BWA
Lane 6	PAY	BDA PFY TOPS
Lane 7	HAC	NRG UMLY WSY
Lane 8	WEST	BRY FSA FSY
		UNAT

Starts are done within your 30 minutes | 5 minute brea**t** between warm-up sessions