



2023 Long Course Classic @ Bucknell University

Hosted by
**West Shore YMCA &
Hershey Aquatic Club**



Held under the Sanction of USA Swimming
Middle Atlantic Swimming
June 8-11, 2023

START TIMES:	Session	Warm Up	Session Begins	Session Ends
	Thursday PM (50 Free + 400's)	4:30pm	5:30pm	9:15pm
	Friday AM 12 and U Session	7:15am	8:15am	10:50am
	Friday 13 and Over Women	11:15am	12:30pm	3:30pm
	Friday 13 and Over Men	4:15pm	5:30pm	8:00pm
	Saturday AM 12 and U Session	7:15am	8:15am	11:30am
	Saturday 13 and Over Women	12pm	1:15pm	3:45pm
	Saturday 13 and Over Men	4:30pm	5:45pm	8:00pm
	Sunday AM 50 Stroke	8:15am	9:15pm	10:15am
	Sunday Mile Session	10:15am	10:35am	2pm

**These session times are final
as of 5/16/23**

MIDDLE ATLANTIC SWIMMING

