

Long Course Classic 2024 at Bucknell University

Warm-Up Schedule

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

Friday: 11:15-11:45am

Friday: 11:50-12:20pm

Saturday: 12-12:30pm

Saturday: 12:35-1:05pm

Lane 1
Lane 2
Lane 3
Lane 4
Lane 5
Lane 6
Lane 7
Lane 8

Starts are done within your 30 minutes | 5 minute break between warm-up sessions

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

Friday: 3:30-4:05pm

Friday: 4:10-4:45pm

Saturday: 4:00-4:35pm

Saturday: 4:40-5:15pm

Lane 1
Lane 2
Lane 3
Lane 4
Lane 5
Lane 6
Lane 7
Lane 8

Starts are done within your 30 minutes | 5 minute break between warm-up sessions