

# 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**

**Saturday: 12-12:30pm**

**Friday: 11:50-12:20pm**

**Saturday: 12:35-1:05pm**

Lane 1	PAAC	BHA   LAC
Lane2	PAAC	RXA
Lane 3	WCAY	PFY   DMAC
Lane 4	WCAY	NRG   BDA
Lane 5	HAC	BAY   FSJ
Lane 6	HAC	TOPS   BLUE
Lane 7	PAY	GSVY   LMOR   SOUD
Lane 8	UDAC   CVAC	WSY   UNAT   BWA

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

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

**Friday: 3:30-4:05pm**

**Saturday: 4:00-4:35pm**

**Friday: 4:10-4:45pm**

**Saturday: 4:40-5:15pm**

Lane 1	PAAC	BHA   LAC
Lane2	PAAC	RXA
Lane 3	WCAY	PFY   DMAC
Lane 4	WCAY	NRG   BDA
Lane 5	HAC	BAY   FSJ
Lane 6	HAC	TOPS   BLUE
Lane 7	PAY	NEYS   LMOR
Lane 8	UDAC   CVAC	WSY   UNAT   BWA

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