

Long Course Classic 2024 at Bucknell University

Warm-Up Schedule

Session 1 (Thurs Eve) - Sprints last 5 minutes

4:30-4:55pm

5-5:25pm

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

Starts are done within your 25 minutes | 5 minute breather 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	HAC	PAAC
Lane2	HAC	LMOR NRG GSVY
Lane 3	CVAC	PAY WASC
Lane 4	CVAC	DMAC BWA
Lane 5	WCAY	LAC BAY
Lane 6	WCAY	BHA FSY
Lane 7	RXA	PFY SOUD
Lane 8	UDAC	Any swimmers

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