

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

Starts are done within your 25 minutes | 5 minute break 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  
Lane 2  
Lane 3  
Lane 4  
Lane 5  
Lane 6  
Lane 7  
Lane 8

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