



2024 Long Course Classic @ Bucknell University

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



Held under the Sanction of USA Swimming
Middle Atlantic Swimming
June 6-9, 2024

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	3:30pm	5:00pm	7:30pm
	Saturday AM 12 and U Session	7:15am	8:15am	11:00am
	Saturday 13 and Over Women	12pm	1:15pm	3:45pm
	Saturday 13 and Over Men	4:00pm	5:30pm	7:45pm
	Sunday AM 50 Stroke	8:00am	9:15pm	10:00am
	Sunday Mile Session	10:00am	10:20am	2:30pm

Mile will alternate girls/boys + fastest to slowest

**These session times are
FINAL as of 5/15/24**

MIDDLE ATLANTIC SWIMMING

