

# Team Luton Swimming Club 2015 Development Meet

(Under ASA Laws and Technical Rules)

Licensed by the ASA for entry into Regional Championships at Level 3 under No. 3ER150707

Sunday 13 December 2015

at Inspire: Luton Sports Village

Butterfield Green Road, off Hitchin Road, Luton, LU2 8DD

---

## PROGRAMME OF EVENTS

### Session 1

#### Warm Up & Withdrawals 0815; Start 0900

|       |      |                   |
|-------|------|-------------------|
| Boys  | Open | 400m Freestyle    |
| Girls | Open | 400m Freestyle    |
| Boys  | Open | 100m Breaststroke |
| Girls | Open | 100m Breaststroke |
| Boys  | Open | 50m Backstroke    |
| Girls | Open | 50m Backstroke    |
| Boys  | Open | 100m Butterfly    |
| Girls | Open | 100m Butterfly    |
| Boys  | Open | 200m Backstroke   |
| Girls | Open | 200m Backstroke   |

### Session 2

#### Warm Up & Withdrawals 1215; Start 1300

|       |      |                  |
|-------|------|------------------|
| Boys  | Open | 200m Freestyle   |
| Girls | Open | 200m Freestyle   |
| Boys  | Open | 200m Butterfly   |
| Girls | Open | 200m Butterfly   |
| Boys  | Open | 50m Breaststroke |
| Girls | Open | 50m Breaststroke |
| Boys  | Open | 200m Ind Medley  |
| Girls | Open | 200m Ind Medley  |
| Boys  | Open | 50m Freestyle    |
| Girls | Open | 50m Freestyle    |

### Session 3

#### Warm Up & Withdrawals 1615; Start 1700

|       |      |                   |
|-------|------|-------------------|
| Boys  | Open | 400m Ind Medley   |
| Girls | Open | 400m Ind Medley   |
| Boys  | Open | 200m Breaststroke |
| Girls | Open | 200m Breaststroke |
| Boys  | Open | 100m Backstroke   |
| Girls | Open | 100m Backstroke   |
| Boys  | Open | 50m Butterfly     |
| Girls | Open | 50m Butterfly     |
| Boys  | Open | 100m Freestyle    |
| Girls | Open | 100m Freestyle    |