

Team Luton Swimming Club April Long Course Meet 2017

(Under ASA Laws and Technical Rules)

Licensed by the ASA for entry into Regional and National Championships at Level 1 under No. 1ER170348

Saturday 15 & Sunday 16 April 2017
at Inspire: Luton Sports Village
Hitchin Road, Luton, LU2 8DD

PROGRAMME OF EVENTS

Saturday 15 April 2017

Sunday 16 April 2017

1 hour warm up

Session 1		Session 4	
Start 0945		Start 0945	
Girls	400m Ind Medley	Boys	400m Ind Medley
Boys	100m Breaststroke	Girls	100m Breaststroke
Girls	50m Breaststroke	Boys	50m Breaststroke
Boys	50m Backstroke	Girls	50m Backstroke
Girls	100m Butterfly	Boys	100m Butterfly
Boys	400m Freestyle	Girls	400m Freestyle

1 hour warm up

Session 2		Session 5	
Start 1330		Start 1345	
Girls	200m Butterfly	Boys	200m Butterfly
Boys	200m Backstroke	Girls	200m Backstroke
Girls	200m Ind Medley	Boys	200m Ind Medley
Boys	1500 Freestyle	Girls	800m Freestyle

1 hour warm up

Session 3		Session 6	
Start 1730		Start 1730	
Girls	100m Backstroke	Boys	100m Backstroke
Boys	200m Freestyle	Girls	200m Freestyle
Girls	100m Freestyle	Boys	100m Freestyle
Boys	200m Breaststroke	Girls	200m Breaststroke
Girls	50m Butterfly	Boys	50m Butterfly
Boys	50m Freestyle	Girls	50m Freestyle