

Team Luton Swimming Club April Long Course Meet 2019

(Under ASA Laws and Technical Rules)

Licensed by the ASA for entry into Regional and National Championships at Level 1 under No. 1ER190182

Saturday 20 & Sunday 21 April 2019
at Inspire: Luton Sports Village
Hitchin Road, Luton, LU2 8DD

PROGRAMME OF EVENTS

Saturday 20 April 2019

1 hour warm up

Session 1

Warm Up 0830; Start 0930

Girls	400m Ind Medley
Boys	100m Butterfly
Girls	50m Backstroke
Boys	50m Breaststroke
Girls	100m Breaststroke
Boys	400m Freestyle
Girls	100m Freestyle

Session 2

Warm Up 1245; Start 1345

Boys	100m Backstroke
Girls	200m Butterfly
Boys	200m Freestyle
Girls	800 Freestyle
Boys	800 Freestyle

Session 3

Warm Up 1645; Start 1745

Boys	200m Ind Medley
Girls	200m Backstroke
Boys	200m Breaststroke
Girls	50m Freestyle
Boys	50m Butterfly

Sunday 21 April 2019

Session 4

Warm Up 0830; Start 0930

Boys	400m Ind Medley
Girls	100m Butterfly
Boys	50m Backstroke
Girls	50m Breaststroke
Boys	100m Breaststroke
Girls	400m Freestyle
Boys	100m Freestyle

1 hour warm up

Session 5

Warm Up 1245; Start 1345

Girls	100m Backstroke
Boys	200m Butterfly
Girls	200m Freestyle
Boys	1500m Freestyle
Girls	1500m Freestyle

1 hour warm up

Session 6

Warm Up 1645; Start 1745

Girls	200m Ind Medley
Boys	200m Backstroke
Girls	200m Breaststroke
Boys	50m Freestyle
Girls	50m Butterfly