

## Winter Development Meet 2019

(Under ASA Laws and Technical Rules)

Licensed by Swim England for entry into Regional Championships at Level 3 under No. 3ER190370

Team Luton Swimming Club is affiliated to Bedfordshire County ASA and Swim England East Region

**Ages as at 8 December 2019**

**Sunday 8 December 2019**

**at Inspire: Luton Sports Village**

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

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### PROGRAMME OF EVENTS

#### Session 1: Warm up 0830 Start 0915

Boys	All Ages	400m Freestyle
Girls	All Ages	400m Freestyle
Boys	All Ages	100m Breaststroke
Girls	All Ages	100m Breaststroke
Boys	All Ages	50m Backstroke
Girls	All Ages	50m Backstroke
Boys	All Ages	100m Butterfly
Girls	All Ages	100m Butterfly
Boys	All Ages	200m Backstroke
Girls	All Ages	200m Backstroke

#### Session 2: Warm up 1215 Start 1300

Boys	All Ages	200m Freestyle
Girls	All Ages	200m Freestyle
Boys	All Ages	200m Butterfly
Girls	All Ages	200m Butterfly
Boys	All Ages	50m Breaststroke
Girls	All Ages	50m Breaststroke
Boys	All Ages	200m Ind Medley
Girls	All Ages	200m Ind Medley
Boys	All Ages	50m Freestyle
Girls	All Ages	50m Freestyle

#### Session 3: Warm up 1615 Start 1700

Boys	All Ages	400m Ind Medley
Girls	All Ages	400m Ind Medley
Boys	All Ages	200m Breaststroke
Girls	All Ages	200m Breaststroke
Boys	All Ages	100m Backstroke
Girls	All Ages	100m Backstroke
Boys	All Ages	50m Butterfly
Girls	All Ages	50m Butterfly
Boys	All Ages	100m Freestyle
Girls	All Ages	100m Freestyle

**Estimated Finish 1920**