

## Team Luton Swimming Club Fast & Furious VII Sprint Meet

(Held under Swim England Laws and Regulations and Technical Rules of Racing and to the Swim England Open Meet Licensing Criteria)  
Licensed by the Swim England for entry into Regional Championships at Level 3 under No. 3ER200258  
Team Luton Swimming Club is affiliated to Bedfordshire County ASA and Swim England East Region

**Saturday 11 July 2020**

**at Inspire: Luton Sports Village  
Butterfield Green Road, off Hitchin Road, Luton, LU2 8DD**

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### PROGRAMME OF EVENTS

#### Session 1

Withdrawals & Warm Up 1300; Start 1400

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

#### Session 2

Withdrawals & Warm Up tbc

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