

## Autumn Short Course Meet 2020

(Under Swim England Laws and Technical Rules)

Licensed by Swim England for entry into Regional Championships at Level 3 under No. 3ER200608  
Team Luton Swimming Club is affiliated to Bedfordshire County ASA and Swim England East Region

**Ages as at 1 November 2020**

**Saturday 31 October & Sunday 1 November 2020**

**at Inspire: Luton Sports Village**

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

### PROGRAMME OF EVENTS

#### Saturday 31 October 2020

##### Session 1

Warm up 0830; Start 0915

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

#### Sunday 1 November 2020

##### Session 4

Warm up 0830; Start 0915

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

45 minute warm up

##### Session 2

Start tbc

Girls	All Ages	200m Butterfly
Boys	All Ages	200m Backstroke
Girls	All Ages	200m Ind Medley
Mixed	10/over	1500 Freestyle

##### Session 5

Start tbc

Boys	All Ages	200m Butterfly
Girls	All Ages	200m Backstroke
Boys	All Ages	200m Ind Medley
Mixed	10/over	800m Freestyle

45 minute warm up

##### Session 3

Start tbc

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

##### Session 6

Start tbc

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