

Team Luton Swimming Club Summer Long Course Meet 2023

(Under Swim England Laws and Technical Rules)

Licensed by the Swim England for entry into Regional Championships at Level 3 under No. 3ER230397

Saturday 15 & Sunday 16 July 2023

at Inspire: Luton Sports Village

Hitchin Road, Luton, LU2 8DD

PROGRAMME OF EVENTS

Saturday 15 July 2023

Sunday 16 July 2023

45 mins warm up

Session 1

Warm Up 8.40 - Start 0930

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

Session 4

Warm Up 8.40 - Start 0930

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

45 mins warm up

Session 2

Warm Up 12.55 - Start 1.45

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

Session 5

Warm Up 12.55 - Start 1.45

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

45 mins warm up

Session 3

Warm Up 4.40 - Start 5.30

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

Session 6

Warm Up 4.40 - Start 5.30

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

Estimated Finish 7.20