

Autumn Short Course Meet 2023

(Under Swim England Laws and Technical Rules)

Licensed by Swim England for entry into Regional Championships at Level 3 under No. 3ER231536
Team Luton Swimming Club is affiliated to Bedfordshire County ASA and Swim England East Region

Ages as at 22 October 2023

Saturday 21 & Sunday 22 October 2023

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

PROGRAMME OF EVENTS

Saturday 21 October 2023

Session 1

Warm up 8.10am - Start 9.00am

Open/Male	All Ages	100m Butterfly
Female	All Ages	100m Breaststroke
Open/Male	All Ages	100m Backstroke
Female	All Ages	400m Freestyle
Open/Mal	All Ages	400m Ind Medley
Female	All Ages	50m Breaststroke
Open/Male	All Ages	50m Backstroke

Session 2

Warm Up 12.25pm - Start 1.15pm

Female	All Ages	200m Butterfly
Open/Male	All Ages	200m Backstroke
Female	All Ages	200m Ind Medley
Mixed	10/over	1500 Freestyle

Session 3

Warm Up 4.10pm - Start 5.00pm

Female	All Ages	200m Freestyle
Open/Male	All Ages	50m Butterfly
Female	All Ages	50m Freestyle
Open/Male	All Ages	100m Freestyle
Female	All Ages	200m Breaststroke

Sunday 22 October 2023

Session 4

Warm up 8.10am - Start 9.00am

Female	All Ages	100m Butterfly
Open/Male	All Ages	100m Breaststroke
Female	All Ages	100m Backstroke
Open/Male	All Ages	400m Freestyle
Female	All Ages	400m Ind Medley
Open/Male	All Ages	50m Breaststroke
Female	All Ages	50m Backstroke

Session 5

Warm Up 12.25pm - Start 1.15pm

Open/Male	All Ages	200m Butterfly
Female	All Ages	200m Backstroke
Open/Male	All Ages	200m Ind Medley
Mixed	10/over	800m Freestyle

Session 6

Warm Up 4.10pm - Start 5.00pm

Open/Male	All Ages	200m Freestyle
Females	All Ages	50m Butterfly
Open/Male	All Ages	50m Freestyle
Females	All Ages	100m Freestyle
Open/Male	All Ages	200m Breaststroke