

## Winter Development Meet 2023

(Under Swim England Laws and Technical Rules)

Licensed by Swim England for entry into Regional Championships at Level 3 under No. 3ER232205

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

**Ages as at 10 December 2023**

**Sunday 10 December 2023**

**at Inspire: Luton Sports Village**

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

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### PROGRAMME OF EVENTS

**Sunday 10 December 2023**

#### **Session 1: Warm-Up 8.30am Start 9.15am**

Open/Male	All Ages	400m Freestyle
Female	All Ages	400m Freestyle
Open/Male	All Ages	100m Breaststroke
Female	All Ages	100m Breaststroke
Open/Male	All Ages	50m Backstroke
Female	All Ages	50m Backstroke
Open/Male	All Ages	100m Butterfly
Female	All Ages	100m Butterfly
Open/Male	All Ages	200m Backstroke
Female	All Ages	200m Backstroke

#### **Session 2: Warm-Up 12.15pm Start 1.00pm**

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

#### **Session 3: Warm-Up 4.15pm Start 5.00pm**

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

**Approx Finish 7.30pm**