

## Team Luton Swimming Club March Long Course Meet 2024

(Under Swim England Laws and Technical Rules)

Licensed by the Swim England for entry into Regional and National Championships at Level 1 under No. 1ER240270

**Saturday 16 & Sunday 17 March 2024**

**at Inspire: Luton Sports Village**

**Hitchin Road, Luton, LU2 8DD**

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### PROGRAMME OF EVENTS

#### Saturday 16 March 2024

##### Session 1

**Warm Up 08.10- Start 09.00**

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

##### Session 2

**Warm Up 12.30 - Start 13.15**

Open/Male	100m Backstroke
Female	200m Butterfly
Open/Male	200m Freestyle
Female	800 Freestyle
Open/Male	800 Freestyle

##### Session 3

**Warm Up 16.25 - Start 17.15**

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

**Approx Finish 19.15**

#### Sunday 17 March 2024

##### Session 4

**Warm Up 08.10 - Start 09.00**

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

##### Session 5

**Warm Up 12.30 - Start 13.15**

Female	100m Backstroke
Open/Male	200m Butterfly
Female	200m Freestyle
Open/Male	1500m Freestyle
Female	1500m Freestyle

##### Session 6

**Warm Up 16.25 - Start 17.15**

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

**Approx Finish 19.15**