

Team Luton Swimming Club Summer Long Course Meet 2024

(Under Swim England Laws and Technical Rules)

Licensed by the Swim England for entry into Regional Championships at Level 3 under No. 3ER240777

Saturday 22 & Sunday 23 June 2024

at Inspire: Luton Sports Village

Hitchin Road, Luton, LU2 8DD

PROGRAMME OF EVENTS

Saturday 22 June 2024

Sunday 23 June 2024

45 mins warm up

Session 1

Warm Up 8.25 - Start 0915

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

Session 4

Warm Up 8.25 - Start 0915

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

45 mins warm up

Session 2

Warm Up tbc - Start tbc

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

Session 5

Warm Up tbc - Start tbc

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

45 mins warm up

Session 3

Warm Up tbc – Start tbc

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

Session 6

Warm Up tbc – Start tbc

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