

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 12.45 - Start 13.30

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

Session 5

Warm Up 12.45 - Start 13.30

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

45 mins warm up

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

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