



(Under ASA Laws and Technical Rules)

Licensed by the ASA for entry into Regional Championships at Level 3 under No. 3ER171628

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

**Ages as at 23 September 2017**

**Saturday 23 & Sunday 24 September 2017**

**at Inspire: Luton Sports Village**

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

## PROGRAMME OF EVENTS

### Saturday 23 September 2017

#### Session 1

Warm up & Withdrawals 0830; Start 0915

Boys	All Ages	400m Ind Medley
Girls	10/over	100m Breaststroke
Boys	10/over	100m Backstroke
Girls	All Ages	400m Freestyle
Boys	10/over	100m Butterfly
Girls	All Ages	50m Breaststroke
Boys	All Ages	50m Backstroke

45 minute warm up

#### Session 2

Warm up & Withdrawals 1245; Start 1330

Girls	All Ages	200m Butterfly
Boys	All Ages	200m Backstroke
Girls	All Ages	200m Ind Medley
Boys	10/over	1500 Freestyle

45 minute warm up

#### Session 3

Warm up & Withdrawals 1630; Start 1715

Girls	All Ages	200m Freestyle
Boys	10/over	100m Freestyle
Girls	All Ages	200m Breaststroke
Boys	All Ages	50m Butterfly
Girls	All Ages	50m Freestyle

### Sunday 24 September 2017

#### Session 4

Warm up & Withdrawals 0830; Start 0915

Girls	All Ages	400m Ind Medley
Boys	10/over	100m Breaststroke
Girls	10/over	100m Backstroke
Boys	All Ages	400m Freestyle
Girls	10/over	100m Butterfly
Boys	All Ages	50m Breaststroke
Girls	All Ages	50m Backstroke

#### Session 5

Warm up & Withdrawals 1245; Start 1330

Boys	All Ages	200m Butterfly
Girls	All Ages	200m Backstroke
Boys	All Ages	200m Ind Medley
Girls	10/over	800m Freestyle

#### Session 6

Warm up & Withdrawals 1630; Start 1715

Boys	All Ages	200m Freestyle
Girls	10/over	100m Freestyle
Boys	All Ages	200m Breaststroke
Girls	All Ages	50m Butterfly
Boys	All Ages	50m Freestyle