

Team Luton Swimming Club March Long Course Meet 2018

(Under ASA Laws and Technical Rules)

Licensed by the ASA for entry into Regional and National Championships at Level 1 under No. 1ER180343

Saturday 24 & Sunday 25 March 2018
at Inspire: Luton Sports Village
Hitchin Road, Luton, LU2 8DD

PROGRAMME OF EVENTS

Saturday 24 March 2018

Sunday 25 March 2018

1 hour warm up

Session 1		Session 4	
Start 0930		Start 0930	
Girls	400m Ind Medley	Boys	400m Ind Medley
Boys	100m Butterfly	Girls	100m Butterfly
Girls	50m Backstroke	Boys	50m Backstroke
Boys	50m Breaststroke	Girls	50m Breaststroke
Girls	100m Breaststroke	Boys	100m Breaststroke
Boys	400m Freestyle	Girls	400m Freestyle
Girls	100m Freestyle	Boys	100m Freestyle

1 hour warm up

Session 2		Session 5	
Start TBA		Start TBA	
Boys	100m Backstroke	Girls	100m Backstroke
Girls	200m Butterfly	Boys	200m Butterfly
Boys	200m Freestyle	Girls	200m Freestyle
Girls	800 Freestyle	Boys	1500m Freestyle

1 hour warm up

Session 3		Session 6	
Start TBA		Start TBA	
Boys	200m Ind Medley	Girls	200m Ind Medley
Girls	200m Backstroke	Boys	200m Backstroke
Boys	200m Breaststroke	Girls	200m Breaststroke
Girls	50m Freestyle	Boys	50m Freestyle
Boys	50m Butterfly	Girls	50m Butterfly