

# 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

Warm Up 0830; Start 0930

Girls	400m Ind Medley
Boys	100m Butterfly
Girls	50m Backstroke
Boys	50m Breaststroke
Girls	100m Breaststroke
Boys	400m Freestyle
Girls	100m Freestyle

#### Session 4

Warm Up 0830; Start 0930

Boys	400m Ind Medley
Girls	100m Butterfly
Boys	50m Backstroke
Girls	50m Breaststroke
Boys	100m Breaststroke
Girls	400m Freestyle
Boys	100m Freestyle

1 hour warm up

#### Session 2

Warm Up 1300; Start 1400

Boys	100m Backstroke
Girls	200m Butterfly
Boys	200m Freestyle
Girls	800 Freestyle

#### Session 5

Warm Up 1245; Start 1345

Girls	100m Backstroke
Boys	200m Butterfly
Girls	200m Freestyle
Boys	1500m Freestyle

1 hour warm up

#### Session 3

Warm Up 1630; Start 1730

Boys	200m Ind Medley
Girls	200m Backstroke
Boys	200m Breaststroke
Girls	50m Freestyle
Boys	50m Butterfly

#### Session 6

Warm Up 1630; Start 1730

Girls	200m Ind Medley
Boys	200m Backstroke
Girls	200m Breaststroke
Boys	50m Freestyle
Girls	50m Butterfly