

## Autumn Short Course Meet 2018

(Under ASA Laws and Technical Rules)

Licensed by Swim England for entry into Regional Championships at Level 3 under No. 3ER181035

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

**Ages as at 30 September 2018**

**Saturday 29 & Sunday 30 September 2018**

**at Inspire: Luton Sports Village**

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

### PROGRAMME OF EVENTS

#### Saturday 29 September 2018

##### Session 1

Warm up 08.30; Start 09.15

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

#### Sunday 30 September 2018

##### Session 4

Warm up 08.30; Start 09.15

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

45 minute warm up

##### Session 2

Warm up 13.00; Start 13.45

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

##### Session 5

Warm up 12.30; Start 13.15

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

45 minute warm up

##### Session 3

Warm up 16.30; Start 17.15

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

Estimated finish 19.45

##### Session 6

Warm up 16.45; Start 17.30

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

Estimated finish 19.30