

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. 3ER181018

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

Ages as at 21 October 2018

Saturday 20 & Sunday 21 October 2018

at Inspire: Luton Sports Village

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

PROGRAMME OF EVENTS

Saturday 20 October 2018

Session 1

Warm up 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

Sunday 21 October 2018

Session 4

Warm up 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

45 minute warm up

Session 2

Warm-up 12.45; Start 13.30

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 12.45; Start 13.30

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 16.15; Start 17.00

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 Time 19.25

Session 6

Warm-up 16.15; Start 17.00

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 Time 19.00