

Winter Development Meet 2018

(Under ASA Laws and Technical Rules)

Licensed by Swim England for entry into Regional Championships at Level 3 under No. 3ER181036

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

Ages as at 9 December 2018

Sunday 9 December 2018

at Inspire: Luton Sports Village

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

PROGRAMME OF EVENTS

Session 1: Warm Up 8:45; Start 0930

Boys	All Ages	400m Freestyle
Girls	All Ages	400m Freestyle
Boys	10/over	100m Breaststroke
Girls	10/over	100m Breaststroke
Boys	All Ages	50m Backstroke
Girls	All Ages	50m Backstroke
Boys	10/over	100m Butterfly
Girls	10/over	100m Butterfly
Boys	All Ages	200m Backstroke
Girls	All Ages	200m Backstroke

Session 2: Warm Up 12.00; Start 12.45

Boys	All Ages	200m Freestyle
Girls	All Ages	200m Freestyle
Boys	All Ages	200m Butterfly
Girls	All Ages	200m Butterfly
Boys	All Ages	50m Breaststroke
Girls	All Ages	50m Breaststroke
Boys	All Ages	200m Ind Medley
Girls	All Ages	200m Ind Medley
Boys	All Ages	50m Freestyle
Girls	All Ages	50m Freestyle

Session 3: Warm Up 15.15; Start 16.00

Boys	10/over	400m Ind Medley
Girls	10/over	400m Ind Medley
Boys	All Ages	200m Breaststroke
Girls	All Ages	200m Breaststroke
Boys	10/over	100m Backstroke
Girls	10/over	100m Backstroke
Boys	All Ages	50m Butterfly
Girls	All Ages	50m Butterfly
Boys	10/over	100m Freestyle
Girls	10/over	100m Freestyle

Estimated close 18.15