

Team Luton Swimming Club Fast & Furious 5 Sprint Meet

(Held under ASA Laws and Regulations and ASA Technical Rules)

Licensed by the ASA for entry into Regional Championships at Level 3 under No. 3ER190201

Saturday 13 July 2019

at Inspire: Luton Sports Village

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

PROGRAMME OF EVENTS

Session 1

Withdrawals & Warm Up 1300; Start 1345

Girls	All Ages	200 Individual Medley
Boys	All Ages	100m Butterfly
Girls	All Ages	100m Butterfly
Boys	All Ages	50m Breaststroke
Girls	All Ages	50m Breaststroke
Boys	All Ages	100m Freestyle
Girls	All Ages	100m Freestyle
Boys	All Ages	50m Backstroke
Girls	All Ages	50m Backstroke

Session 2

Withdrawals & Warm Up tbc

Boys	All Ages	200 Individual Medley
Girls	All Ages	100m Breaststroke
Boys	All Ages	100m Breaststroke
Girls	All Ages	50m Butterfly
Boys	All Ages	50m Butterfly
Girls	All Ages	100m Backstroke
Boys	All Ages	100m Backstroke
Girls	All Ages	50m Freestyle
Boys	All Ages	50m Freestyle