

September Short Course Meet 2019

Licensed by Swim England for entry into Regional Championships at Level 3 under No. 3ER190369

Saturday 28 & Sunday 29 September 2019
at Inspire: Luton Sports Village
Butterfield Green Road, off Hitchin Road, Luton, LU2 8DD

PROGRAMME OF EVENTS

Saturday 28 September 2019

Session 1

Warm up 0830; Start 0915

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

Sunday 29 September 2019

Session 4

Warm up 0830; Start 0915

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

45 minute warm up

Session 2

Warm up 1230; Start 1315

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

Session 5

Warm up 1230; Start 1315

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

45 minute warm up

Session 3

Warm up 1630; Start 1715

Girls	All Ages	200m Freestyle
Boys	All Ages	100m Freestyle
Girls	All Ages	200m Breaststroke
Boys	All Ages	50m Butterfly
Girls	All Ages	50m Freestyle

Session 6

Warm up 1615; Start 1700

Boys	All Ages	200m Freestyle
Girls	All Ages	100m Freestyle
Boys	All Ages	200m Breaststroke
Girls	All Ages	50m Butterfly
Boys	All Ages	50m Freestyle

Scheduled finish 1940

Scheduled finish 1900