

November Short Course Meet 2017

(Under ASA Laws and Technical Rules)

Licensed by the ASA for entry into Regional Championships at Level 3 under No. 3ER172383

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

Ages as at 19 November 2017

Saturday 18 & Sunday 19 November 2017

at Inspire: Luton Sports Village

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

PROGRAMME OF EVENTS

Saturday 18 November 2017

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 Ind Medley
Boys	10/over	100m Butterfly
Girls	All Ages	50m Backstroke
Boys	All Ages	50m Backstroke

45 minute warm up

Session 2

Warm up 1130; Start 1215

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

45 minute warm up

Session 3

Warm up 1415; Start 1500

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

Sunday 19 November 2017

Session 4

Warm up 0830; Start 0915

Girls	All Ages	400m Freestyle
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 Breaststroke

Session 5

Warm up 1200; Start 1245

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

Session 6

Warm up 1430; Start 1515

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