

# Team Luton Swimming Club Summer Long Course Meet 2022

(Under Swim England Laws and Technical Rules)

Licensed by the Swim England for entry into Regional Championships at Level 3 under No. 3ER220185

**Saturday 16 & Sunday 17 July 2022**

**at Inspire: Luton Sports Village**

**Hitchin Road, Luton, LU2 8DD**

## PROGRAMME OF EVENTS

### Saturday 16 July 2022

#### Session 1

Warm Up 0840 Start 0930

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

#### Session 2

Warm Up 1315 Start 1405

Boys	100m Backstroke
Girls	200m Butterfly
Boys	200m Freestyle
Girls	800 Freestyle
Boys	800 Freestyle

#### Session 3

Warm Up 1650 Start 1740

Boys	200m Ind Medley
Girls	200m Backstroke
Boys	200m Breaststroke
Girls	50m Freestyle
Boys	50m Butterfly

**Estimated Finish 2000**

### Sunday 17 July 2022

#### Session 4

Warm Up 0840 Start 0930

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

#### Session 5

Warm Up 13.15 Start 1405

Girls	100m Backstroke
Boys	200m Butterfly
Girls	200m Freestyle
Boys	1500m Freestyle
Girls	1500m Freestyle

#### Session 6

Warm Up 1705 Start 1755

Girls	200m Ind Medley
Boys	200m Backstroke
Girls	200m Breaststroke
Boys	50m Freestyle
Girls	50m Butterfly

**Estimated Finish 2000**