

Team Luton Swimming Club April Long Course Meet 2015

(Under ASA Laws and Technical Rules)

Licensed by the ASA for entry into Regional and National Championships at Level 1 under No. 1ER150341

Saturday 11 & Sunday 12 April 2015
at Inspire: Luton Sports Village
Hitchin Road, Luton, LU2 8DD

PROGRAMME OF EVENTS

Saturday 11 April 2015

Sunday 12 April 2015

1 hour warm up

Session 1

Warm up 0800, Start 0900

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

Session 2

Warm up 1200, Start 1300

Girls	200m Butterfly
Boys	200m Backstroke
Girls	200m Ind Medley
Boys	1500 Freestyle

Session 3

Warm up 1600, Start 1700

Girls	100m Backstroke
Boys	200m Freestyle
Girls	100m Freestyle
Boys	200m Breaststroke
Girls	50m Butterfly
Boys	50m Freestyle

Session 4

Warm up 0800, Start 0900

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

Session 5

Warm up 1200, Start 1300

Boys	200m Butterfly
Girls	200m Backstroke
Boys	200m Ind Medley
Girls	800m Freestyle

Session 6

Warm up 1600, Start 1700

Boys	100m Backstroke
Girls	200m Freestyle
Boys	100m Freestyle
Girls	200m Breaststroke
Boys	50m Butterfly
Girls	50m Freestyle