

## Autumn Short Course Meet 2019

(Under Swim England Laws and Technical Rules)

Licensed by Swim England for entry into Regional Championships at Level 3 under No. 3ER191555

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

**Ages as at 27 October 2019**

**Saturday 26 & Sunday 27 October 2019**

**at Inspire: Luton Sports Village**

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

### PROGRAMME OF EVENTS

#### Saturday 26 October 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 27 October 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 1245; Start 1300

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 1615; Start 1700

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

Estimated finish 19.25

##### Session 6

Warm up 1645; Start 1730

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

Estimated finish 19.25