

# Team Luton Swimming Club March Long Course Meet 2022

(Under Swim England Laws and Technical Rules)

Licensed by the Swim England for entry into Regional and National Championships at Level 1 under No.  
1ER220159

**Saturday 19 & Sunday 20 March 2022**  
**at Inspire: Luton Sports Village**  
**Hitchin Road, Luton, LU2 8DD**

## PROGRAMME OF EVENTS

### Saturday 19 March 2022

### Sunday 20 March 2022

1 hour warm up

#### Session 1

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 4

Start 0930

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

1 hour warm up

#### Session 2

Start TBA

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

#### Session 5

Start TBA

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

1 hour warm up

#### Session 3

Start TBA

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

#### Session 6

Start TBA

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