

Autumn Short Course Meet 2022

(Under Swim England Laws and Technical Rules)

Licensed by Swim England for entry into Regional Championships at Level 3 under No. 3ER220160

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

Ages as at 23 October 2022

Saturday 22 & Sunday 23 October 2022

at Inspire: Luton Sports Village

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

PROGRAMME OF EVENTS

Saturday 22 October 2022

Session 1

Warm up 0830; Start 0915

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

Sunday 23 October 2022

Session 4

Warm up 0830; Start 0915

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

45 minute warm up

Session 2

Start tbc

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

Session 5

Start tbc

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

Start tbc

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

Session 6

Start tbc

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