

**Training Days**

9-10pm Monday  
9-10pm Tuesday

9-10pm Thursday  
5.30-6.30pm Saturday  
6-7pm Sunday

Total Number of Hours 5

**Blue Level 4**

Open

**200m IM/  
100m IM**

**Training Days**

9-10pm Tuesday  
6.30-8pm Wednesday(BB)

5.30-6.30pm Saturday  
6-7pm Sunday

Total Number of Hours 4.5

**Blue Level 3**

11-13 year olds

**100m IM**

**Training Days**

Monday 7.30-8.30pm(Tar)

8-9pm Wednesday

3-4pm Sunday

Total Number of Hours 3

**Blue Level 2**

9-11 year olds

**100m IM**

**Training Days**

8-9pm Wednesday  
Thursday 8-9pm Small pool  
Saturday 4.30-5.30pm Small Pool

Total Number of Hours 3

**Blue Level 1**

8-10 year olds

**100m IM**

	Blue Level 4	200m IM/ 100m IM	Blue Level 3	100m IM	Blue Level 2	100m IM	Blue Level 1	100m IM
	Open		11-13 year olds		9-11 year olds		8-10 year olds	
1	Adam Harrison(2002)	2:44.23	1	Lucas Gornall(2005)	3:04.47	1	Ryan Coombes(2007)	2:09.84
2	Nathanael Lockett(2002)	2:48.89	2	Eva Bowen(2005)	1:39.75	2	Katie Welsby(2007)	2:12.32
3	Mia Culshaw(2001)	3:16.14	3	Thomas Norrington-Moore(2004)	1:40.26	3	Jessica Lockett(B/F Legs)(2007)	2:13.54
4	Millicent Thomas(B/F Legs F/C)	3:22.09	4	James Atkinson(2005)	1:41.21	4	Lauren Cherry(2008)	2:25.29
5	Jacob Lockett(B/C-BR Turn)(2004)	1:33.30	5	Amber Sait(2005)	1:42.76	5	Chelsey Singleton(B/F Legs)(2007)	2:26.79
6	Jack McAndrew(B/C-BR Turn)(2004)	1:36.31	6	Cody Brown(2005)	1:48.94	6	Jade Jones(B/F Legs, BR Arms)	2:30.28
7	Poppy Hailwood(2002)	1:37.61	7	Labib Ebrahin(B/C-BR Turn over)	1:50.10	7	Torren Butters-McNaught(B/F L)	2:39.55
8	Trystan Bowen(2004)	1:46.48	8	Genevieve Thomas(2006)	1:53.51	8	Jackson Wright(B/F Legs-BR, 1)	2:42.10
9	Tamara Culshaw(2004)	1:59.63	9	Jodie Moores(2006)	1:59.34	9		
10	Ellie Cameron(2001)	5:20.26	10	Jake Cooper(2005)	1:37.86	10		
11	Brandon Davies(2000)	2:28.67	11	Joshua McAndrew(2006)	1:44.27	11		
12	Sam Ball(2000)	2:31.57	12	Jack McLaughlin(2006)	1:57.34	12		
13	Johnny Rowland(2001)	2:36.11	13	Harry Martland(2005)	2:09.13			
14	Adam Barlow(2000)	2:44.21	14	James McDermott(2005)				
15	James Martland(2001)	2:47.76	15					
16	Callum Tansey(2000)	2:49.63	16					
17	Elizabeth Jeffers(2004)	3:07.89						
18	Maya Hodkinson(2001)	3:14.60						
19	Zoe Hampson(2003)	3:22.87						
20	Matilda Simpson(2004)	3:23.45						
21	Ryan Harris(2000)	1:29.33						
22	Sophie Martland(2004)	1:36.86						
23								
24								
25								

Red Time, Last Time Trial

Blue Time, First Time Trial

Chief Coach Time Trial

PB
DQ Turns
DQ Strokes

Only One Group move per time trial,

Well Done Katie Welsby 21.22 PB

Most Improved 100m IM (Blue)

**Blue Please Note :**

Swimmers will be working towards Club & North Lanc's competition and enter these events

Swimmers may be moved to white groups(Traffic light system based)

Swimmers will not move into white groups if they have a stroke DQ

**Selection Criteria Notes**

Time Trials must not be missed unless on medical grounds.

Swimmers can moved between Green, White and Blue groups dependant upon the needs fo the club and availability of place within groups.

The criteria for movement is based on age, time trial, attendance and commitment to team matches.

Younger swimmers may be given priority over older swimmers for palces within groups.

If a swimmer is selected to swim for a Team, it will be assumed that you are available to swim ALL the matches for that team, inc, Micro, Arena or Senior matches A or B Team.

If a swimmer is unable to meet team commitments, please discuss this with yout lead coach who will be able to identify a more suitable group.