New Movements Start From Monday 10th July 2017

Training Days	Training Days	Training Days	Training Days	Training Days
8-9pm Monday	9-10pm Monday	Monday 6.30-8pm(Pen)	Monday 7.30-8.30pm(Tar)	
6-8am Tuesday(Invitation Only)				
9-10pm Tuesday	9-10pm Tuesday	8-9pm Tuesday	8-9pm Tuesday	8-9pm Tuesday
6-8am Wednesday				
	8-9pm Wednesday(Tar)	8-9pm Wednesday(Tar)	8-9pm Wednesday	8-9pm Wednesday
6-8am Thursday				
9-10pm Thursday	9-10pm Thursday	7.30-8.30pm Thursday (Tar)	7.30-8.30pm Thursday (Tar)	7.30-8.30pm Thursday (Tar)
3.30-5.30pm Saturday	3.30-5.30pm Saturday	5.30-6.30pm Saturday		
5.45-6.15pm Saturday(Bike Land training)				
4-6pm Sunday	6-7pm Sunday	6-7pm Sunday	3-4pm Sunday	3-4pm Sunday
Total Number of Hours 10 **or 8**	Total Number of Hours 7	Total Number of Hours 6.5	Total Number of Hours 5	Total Number of Hours 4

	White Level 5	**400m IM/ 200m IM**		**White Level 4**	**200m IM**		**White Level 3**	**200m IM**		**White Level 2**	**100m IM**		**White Level 1**	**100m IM**
	Open			Open			11-13 year olds			10-12 year olds			9-11 year olds	
1	Alice Miller(2001)	5:47.07	1	Lewis Winston(2003)	2:46.20	1	Sophie Welsby(2005)	3:12.46	1	Olivia Simpson(2007)	1:48.50	1	Ellie Salisbury(2008)	2:08.15
2	Kate Dutton(2003)	5:56.32	2	Lucy Ball(2003)	2:54.21	2	Hannah Brown(2005)	3:19.32	2	Lauren Cross(2007)	1:50.44	2	Zoe Lynas(2008)	2:12.30
3	Jack Porter(2004)	2:45.36	3	Alicia Taylor(2003)	2:56.90	3	Eve Pedley(2005)	1:34.94	3	Lola Pearce(2007)	1:52.44	3	Molly Tindall(2008)	2:15.19
4	Oliver Pearce(2003)	2:48.09	4	Poppy Elliott(2004)	3:02.82	4	Owen Whittaker(2006)	1:35.20	4	Elisabeth Cairns(2007)	1:53.74	4	Leon Stott(B/F & BR 1 hand Tu	2:15.56
5	Jasmine James(2003)	2:50.39	5	Thomas Roberts(2003)	3:04.17	5	Kaitlyn McKenna(2006)	1:43.46	5	Henry Neville(2007)	1:58.05	5	Evan Taylor(2008)	2:18.16
6	Hollie Cubbon(2004)	2:53.34	6	Cerys Howells(2003)	3:05.51	6	Grace Adams(B/F Start F/C)(20	1:46.90	6	Oscar Beck(2007)	1:58.59	6	Fraser Blundell(B/F-B/C Turn 1	2:21.50
7	Annie Pearce(2003)	2:56.63	7	Mia Parkin(2004)	3:05.72	7	Daniel Kenney(Start)(2007)	1:47.10	7	Ava Hammersley(2007)	1:58.88	7	Magenta Fowler(B/F-B/C Turn)	2:21.51
8	Jacob Hughes(2002)	2:39.04	8	Owen Rasburn(2003)	3:06.57	8	Caleb Winston(2007)	1:47.85	8	Adam Boocock(2007)	2:01.27	8	Naomi Sait(B/C-BR Turn)(2008	2:26.37
	Harry Rowland(2004)	5:49.90	9	Joshua Pearce(2004)	3:09.75	9	Toby Moores(2005)	3:13.82	9	Max Pugh(2007)	1:53.08	9	Leah Rasburn(BR Arms)(2009)	2:40.56
			10	Elysha Hamer(2004)	3:20.28	10	Millie Dwyer Dale(B/F-B/C Turn	3:43.97	10			10		
									11			11		
									12			12		
		400m F/C												
	Alice Miller(2001)	4:53.23											Charotte Middleton(2009)	
	Kate Dutton(2003)	5:36.29												
	Jacob Hughes(2002)	4:41.00												
	Oliver Pearce(2003)	5:02.46												
	Annie Pearce(2003)	5:46.20												

Red Time, Last Time Trial

Blue Time, First Time Trial

Chief Coach Time Trial

PB

DQ Turns

DQ Strokes

Well Done Hannah Brown 8.85 PB

Most Improved 200m IM (White)

Well Done Zoe Lynas 28.72 PB

Most Improved 100m IM (White)

Only One Group move per time trial,

White Please Note :

Swimmers must be working towards Higher North Lanc's & County competition and enter these events
Swimmers may be moved to Green or Blue(Traffic Light System based)
Swimmers will not move between groups if they have a stroke DQ
Any swimmer wishing to move into or out of White 5 training please speak to chief coach

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 mau 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.