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	**3-4pm 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/**		**White Level 4**	**200m IM**		**White Level 3**	**200m IM**		**White Level 2**	**100m IM**		**White Level 1**	**100m IM**
	Open	**200m IM**		Open			11-13 year olds			10-12 year olds			9-11 year olds	
1	Lewis Winston(2003)	5:40.66	1	Lucy Ball(2003)	2:54.18	1	Grace Adams(2006)	3:23.02	1	Elisabeth Cairns(2007)	1:47.00	1	Amy Carter(BR 1 Hand Turn)(2008)	2:06.44
2	Kate Dutton(2003)	5:56.32	2	Olivia Robinson(2006)	2:59.06	2	Kaitlyn McKenna(2006)	3:32.12	2	Max Pugh(2007)	1:48.92	2	Lotti Williams(2008)	2:08.86
3	Annie Pearce(2003)	6:12.27	3	Joshua Pearce(2004)	3:04.12	3	Daniel Kenney(2007)	3:44.28	3	Molly Townshend(2008)	1:52.04	3	Chelsey Singleton(2008)	2:09.75
4	Jacob Hughes(2002)	2:39.04	4	Thomas Roberts(2003)	3:04.17	4	Harrison Linley(2007)	1:36.59	4	Harry Wright(2008)	1:52.24	4	Evan Taylor(2008)	2:09.87
5	Jasmine James(2003)	2:50.39	5	Cerys Howells(2003)	3:07.95	5	Nikhil Cassie(2007)	1:38.93	5	Harry Butler(BR 1 Hand Turn)(2008)	1:53.66	5	Leon Stott(B/C-BR Tumble-BR 1 hand Turn)(2008)	2:11.53
6	Alicia Taylor(2003)	2:57.46	6	Mia Parkin(2004)	3:08.57	6	Lola Pearce(2007)	1:40.21	6	Katie Welsby(2007)	1:55.04	6	Olivia Ballard(2008)	2:15.68
7	Poppy Elliott(2004)	2:58.06	7	Sophie Welsby(2005)	3:12.46	7	Olivia Simpson(2007)	1:40.42	7	Oscar Beck(2007)	1:58.59	7	George Brady(B/F-B/C Turn-BR Arms to Hips-BR 1 Hand Turn)(2009)	2:18.34
8	Owen Rasburn(2003)	2:58.62	8	Hannah Brown(2005)	3:14.68	8	Lauren Cross(2007)	1:43.84	8	Molly Tindall(2008)	1:59.02	8		
			9	Eve Pedley(2005)	3:20.01	9	Henry Neville(2007)	1:45.32	9	Adam Boocock(2007)	1:59.92	9		
			10	Grace Thomson(2002)		10	Ava Hammersley(2007)	1:46.06	10	Jessica Lockett(2007)	2:03.24	10		
									11	Naomi Sait(2008)	2:03.22	11		
									12	Zoe Lynas(2008)	2:03.53	12		
		400m F/C			**400m F/C**									
	Jacob Hughes(2002)	4:41.00		Hannah Brown(2005)	6:20.60									
	Oliver Pearce(2003)	4:51.06												
	Alice Miller(2001)	4:53.23												
	Lewis Winston(2003)	5:22.44												
	Jasmine James(2003)	5:24.13												
	Kate Dutton(2003)	5:36.29												
	Annie Pearce(2003)	5:39.53												

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 Owen Rasburn 7.95 PB

Most Improved 200m IM (White)

Well Done Leah Rasburn 29.58 PB

Most Improved 100m IM (White)

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.