Club Level 4 and Above			NL Level 3 and Club Level 4			Club Internal Gala's			Club Internal Gala's	
Training Days			**Training Days**			**Training Days**			**Training Days**	
9-10pm Monday			Monday 7.30-8.30pm(Tar)							
9-10pm Tuesday			6.30-8pm Wednesday(BB)			6-7pm Wednesday(Tar)			6-7pm Wednesday(Tar)	
9-10pm Thursday						7.30-8.30pm Thursday (Tar)			Thursday 8-9pm Small pool	
3.30-5pm Or 5-6.30pm Saturday			3.30-5pm Saturday						Saturday 4.30-5.30pm Small Pool	
6-7pm Sunday			6-7pm Sunday			3-4pm Sunday				
Total Number of Hours 5.5			Total Number of Hours 5			Total Number of Hours 3			Total Number of Hours 3	
	Blue Level 4	**200m IM/**		**Blue Level 3**			**Blue Level 2**			**Blue Level 1**	
	Open	**100m IM**		11-13 year olds	**100m IM**		9-11 year olds	**100m IM**		8-10 year olds	**100m IM**
1	Alice Miller(2001)	5:47.07	1	Ava Hammersley(2007)	4:05.84	1	Johnny Wright(B/F & BR 1 hand touches, B/C-BR	2:23.41	1	Pheobe Little(2010)	
2	Brandon Davies(2000)	2:28.67	2	Genevieve Thomas(2006)	1:45.39	2	Angus Beck(BR Arms to hips, BR 1 hand touch)(2	2:26.84	2	Chloe Whittington(2010)	
3	Sam Ball(2000)	2:33.22	3	Katie Welsby(2007)	1:52.59	3	Aluna Howden-Green(2008)	2:27.58	3	Sebastian Hailwood (2010)	
4	Adam Harrison(2002)	2:38.28	4	Charlotte Russ(2007)	1:57.19	4	Lowri Whittaker(BR 1 hand touch)(2010)	2:32.91	4	Lily Welch(2010)	
5	Jacob Hughes(2002)	2:39.04	5	Jessica Lockett(2007)	1:58.16	5	Ryan Jones(2008)	2:35.66	5	Emily Saint (2010)	
6	Adam Barlow(2000)	2:44.21	6	Oscar Beck(B/F Finish hands under)(2007)	2:03.30	6	Maisie Geary(B/C-BR O)(2010)	2:39.10	6	Riley Stansfield(2010)	
7	James Martland(2001)	2:46.23	7	Ryan Coombes(2007)	2:08.42	7	Charlie Butler(BR 1 hand touch)(2009)	2:39.99	7	Ben Welsby(2010)	
8	Nathanael Lockett(2002)	2:47.31	8	Jade Jones(2007)	2:11.87	8	Jackson Wright(B/F Arms)(2008)	2:43.26	8	Jack Blower(2010)	
			9	Hannah Mitchell(B/F finish under hand, BR 1 ha	2:14.02	9	Hannah Taylor(2009)	2:44.36	9	Elin Lynas(2010)	
	Over 3 mintues split		10			10	Neve Ascroft(Br 1 hand touch)(2010)	2:46.86	10	Jospeh Whalton(2010)	
9	Elysha Hamer(2004)	3:20.28	11			11	Amarah Omar(2009)	Not Invited	11	**Theodore Wilson(2010)**	
10	Matilda Simpson(2004)	3:23.45	12			12	Ben Snape(2009)	Not Invited	12		
11	Mia MacFarlane Prosser(2004)	1:31.91	13				Annie Wharton (2009)				
12	Joshua Halsall(2004)	1:31.97	14								
13	Josh Geary(2005)	1:32.54	15								
14	Jack McAndrew(2003)	1:32.84	16								
15	Poppy Hailwood(2002)	1:34.58									
16	James Baybutt(2005)	1:36.51									
17	Cody Brown(BR 1 hand touch)(2005)	1:36.57									
18	Sophie Martland(2004)	1:45.09									
19	Labib Ebrahin(B/C-BR Turn over 90)(2005)	1:50.10									
20	John Harrison(2002)										
23	Amy Taylor(2003)										
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 Matthew Bates 33.18 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.