

<p><b>Training Days</b> 6-8am Monday 8-9pm Monday <b>6-8am Tuesday(Invitation Only)</b> 6-8pm Tuesday <b>6-8am Wednesday(Invitation Only)</b> 6-8pm Wednesday(Tar)  9-10pm Thursday 3.30-5.30pm Saturday 9am-10am Saturdays Land Training 5.45-6.15pm Saturday(Bike Land training) 8-10am Sunday 4-6pm Sunday</p> <p>Total Number of Hours 18/14 <b>Green Level 7</b></p>	<p><b>Training Days</b> 6-8am Monday 8-9pm Monday <b>6-8am Tuesday(Invitation Only)</b> 6-8pm Tuesday <b>6-8am Wednesday(Invitation Only)</b> 6-8pm Wednesday(Tar)  9-10pm Thursday 3.30-5.30pm Saturday 9am-10am Saturdays Land Training 5.45-6.15pm Saturday(Bike Land training) 8-10am Sunday 4-6pm Sunday</p> <p>Total Number of Hours 18/14 <b>Green Level 6</b></p>	<p><b>Training Days</b> 8-9pm Monday 6-8pm Tuesday 6-8pm Wednesday(Tar) <b>6-8am Thursday(Invitation Only)</b> 6-7.30pm Thursday (Tar) 3.30-5.30pm Saturday  5.45-6.15pm Saturday(Bike Land training)  4-6pm Sunday</p> <p>Total Number of Hours 12.5/10.5 <b>Green Level 5</b></p>	<p><b>Training Days</b> 8-9pm Monday 6-8pm Tuesday 6-8pm Wednesday(Tar) 6-7.30pm Thursday (Tar) 5.30-6.30pm Saturday  4-6pm Sunday</p> <p>Total Number of Hours 9.5 <b>Green Level 4</b></p>	<p><b>Training Days</b> Monday 7.30-8.30pm(Tar) 6-8pm Tuesday 8-9pm Wednesday (Tar) 6-7.30pm Thursday (Tar) 5.30-6.30pm Saturday  3-4pm Sunday</p> <p>Total Number of Hours 7.5 <b>Green Level 3</b></p>	<p><b>Training Days</b> Monday 7.30-8.30pm(Tar) 8-9pm Tuesday 8-9pm Wednesday (Tar) 6-7.30pm Thursday (Tar)  3-4pm Sunday</p> <p>Total Number of Hours 5.5 <b>Green Level 2</b></p>	<p><b>Training Days</b> 8-9pm Tuesday 8-9pm Wednesday 7.30-8.30pm Thursday (Tar)  3-4pm Sunday</p> <p>Total Number of Hours 4 <b>Green Level 1</b></p>
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Com		No Micro		Com		Must be Micro 12		200m IM		Must be Micro 11		200m IM		10-12 year olds		200m IM		9-11 year olds		100m IM	
1	Ben Porter(2002)	2	1	James Handford(2004)	2	1	Megan Smith(2005)	2:42.04	1	Abbie Myers(2006)	2:55.01	1	Harriette Cooper(2007)	3:12.26	1	Caitlin Wolstenholme(Goggles)(2008)	1:34.43	1	Julia Cizynska(2008)	2:58.66	
2	Mason Barnsley-Fowler(2001)	5	2	Tom Arkwright(2005)	5	2	Jack Hepplestone(2006)	2:46.10	2	Heidi Hailwood(2006)	2:56.17	2	George Lee(2006)	3:16.67	2	Lily Schofield(2007)	1:39.27	2	Seth Gregson(2009)	2:07.45	
3	Anna Dutton(2002)	5	3	Max Delaney(2005)	6	3	Robert Littler(2006)	2:46.13	3	Mia Ascroft(2005)	2:56.46	3	Georgia Brockbank(2006)	3:18.03	3	Gabrielle Bane(2007)	1:39.97	3	Megan Ramsay (2009)	2:08.29	
4	Ella Snaylam(2002)	8	4	Oliver Pearce(2003)	8	4	Rebecca Ward(2005)	2:48.48	4	Olivia Robinson(2006)	2:59.06	4	Leo Taylor(2006)	3:21.20	4	Emily Wade(2008)	1:40.44	4	Leah Rasburn(2009)	2:10.98	
5	Ellie Cameron(2001)	10	5	Jack Porter(2004)	9	5	Nicholas Bracegirdle(2006)	2:49.80	5	Hannah Morris(2007)	2:59.07	5	Owen Whittaker(2006)	3:22.63	5	Samual Hyland(2008)	1:44.12	5	Charlotte Middleton(B/F Arms All)(2009)	2:13.48	
6	Morgan Gaskell-French(2000)	12	6	Jasmine Bracegirdle(2005)	12	6	Olivia Miller(2005)	2:50.41	6	Ella Blundell(2006)	3:04.78	6	Caleb Winston(2007)	3:30.34	6	Joshua Keogh(2008)	1:45.42	6	Jermima Buglass (2009)	2:15.73	
7	Lucy Handford(2001)	14	7	Bradley Snaylam(2005)	14	7	Joseph Cairns(2005)	2:52.90	7	Danielle Brady(2006)	3:06.28	7	Harry Ferson(B/C Turn)(2007)	3:40.36	7	Archie Dandy(B/C-BR Turn)(2008)	1:48.37	7	Tom Jepson(BR 1 Hand Turn)(2009)	2:15.97	
8	Kyle McKenna(2002)	14	8	Rosie Linley(2005)	14	8	Rachel Baldwin(2005)	2:52.74	8	Reuben Kay(2007)	3:09.48	8	Megan Doherty(2007)	1:32.50	8	Richard Balwin(2008)	1:48.57	8			
	Pia Murray(2002)	18					Amelie Elliott(2006)	2:53.28			Megan Wheatman(2006)	3:10.11			9	Rhys Pownall(2009)	1:50.00	9			
														10	Oscar Arkwright(2009)	1:51.94	10				

Red Time, Last Time Trial	<b>PB</b>	<b>Well Done Abbie Myers 21.15 PB</b>	Red Time, Last Time Trial	<b>PB</b>	<b>Well Done Oscar Arkwright 33.35 PB</b>
Blue Time, First Time Trial	<b>DQ Turns</b>	<b>Most Improved 400m/200m IM Time (Green)</b>	Blue Time, First Time Trial	<b>DQ Turns</b>	<b>Most Improved 100m IM Time (Green)</b>
Chief Coach Time Trial	<b>DQ Strokes</b>		Chief Coach Time Trial	<b>DQ Strokes</b>	
		Only One Group move per time trial,			Only One Group move per time trial,

**Green Level 7, 6, 5 & 4 Please Additional Notes :**  
Swimmers must have discipline to train, perform and mentor the younger swimmers  
Swimmers must be able to maintain technique, strength and flexibility  
Swimmers must be at a level to do test set and achieve the work required and not have incomplete sessions on a regular basis  
Swimmers must be attending morning training  
**Green Level 7, 6 & 5 in morning training if a swimmer is asked to leave the session, you will receive a text message and your swimmer will need to be collected from the balcony**  
**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 ma 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,

**Green Please Note :**  
Swimmers must be working towards North Lanc's, County, Regional & National level competition and enter these events  
The group must work for each other and work together well (Traffic Light System)  
Swimmers will not move between 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 ma 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 your lead coach who will be able to identify a more suitable group.