

Training Days
 9-10pm Monday
 9-10pm Tuesday

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

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

 5.30-6.30pm Saturday
 6-7pm Sunday

Training Days
 Monday 7.30-8.30pm(Tar)

 8-9pm Wednesday

 3-4pm Sunday

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

Total Number of Hours 5
Blue Level 4
 Open

200m IM/
100m IM

Total Number of Hours 4.5
Blue Level 3
 11-13 year olds

100m IM

Total Number of Hours 3
Blue Level 2
 9-11 year olds

100m IM

Total Number of Hours 3
Blue Level 1
 8-10 year olds

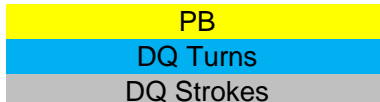
100m IM

	Blue Level 4	200m IM/	Blue Level 3	100m IM	Blue Level 2	100m IM	Blue Level 1	100m IM
	Open	100m IM	11-13 year olds		9-11 year olds		8-10 year olds	
1	Alice Miller(2001)	5:47.07	1	Eva Bowen(2005)	1:31.56	1	Adam Jacobs(2009)	2:25.04
2	Sam Ball(2000)	2:33.22	2	Genevieve Thomas(2006)	1:47.94	2	Chloe Williamson(B/F Arms Water)(2009)	2:26.62
3	Adam Harrison(2002)	2:38.28	3	Cody Brown(2005)	1:48.94	3	Jackson Wright(B/F Arms Water-BR, 1 hand turns BR)(2008)	2:27.78
4	Elysha Hamer(2004)	3:20.28	4	Labib Ebrahni(B/C-BR Turn over 90)(2005)	1:50.10	4	Abigail Simpson(BR Turn 1 hand touch)(2009)	2:28.06
5	Jack McAndrew(2003)	1:32.84	5	Jodie Moores(2006)	1:59.34	5	Ryan Jones(2008)	2:35.66
6	Mia MacFarlane Prosser(2004)	1:36.22	6	James Baybutt(2005)		6	James Tunstall(2009)	2:38.26
7	Trystan Bowen(2004)	1:43.93	7	Ryan Coombes(2007)	2:10.40	7	Emily Williams(2009)	2:40.51
8	Brandon Davies(2000)	2:28.67	8	Jade Jones(2007)	2:18.55	8	Amy-Jo Worden(2009)	2:41.07
9	Adam Barlow(2000)	2:44.21	9	Charlotte Russ(2007)	2:20.28	9	Matthew Bates(2009)	2:44.91
10	James Martland(2001)	2:47.76	10			10	Natalia Lawton-Jimenez(BR Arms & Legs, B/F-B/C Turn)(2009)	3:01.61
11	Nathanael Lockett(2002)	2:48.89	11			11	Jacob Dove(2009)	
12	Matilda Simpson(2004)	3:23.45	12			12		
13	Poppy Hailwood(2002)	1:37.61	13					
14	John Harrison(2002)		14					
15			15					
16			16					

Red Time, Last Time Trial

Blue Time, First Time Trial

Chief Coach Time Trial



Only One Group move per time trial,

Well Done Ryan Jones 26.58 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 be moved between Green, White and Blue groups dependant upon the needs of 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 places 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.