

County Level Training Days
6-8am Monday
8-9pm Monday

North Lanc's Level 2 Training Days

North Lanc's Level 2 Training Days

North Lanc's Level 3 Training Days

North Lanc's Level 3 Training Days

9-10pm Tuesday
8-9pm Wednesday
9-10pm Thursday
5-6.30pm Saturday
8-10am Sunday
4-6pm Sunday

9-10pm Monday
9-10pm Tuesday
8-9pm Wednesday
9-10pm Thursday
5-6.30pm Saturday
6-7pm Sunday

8-9pm Monday
6-8pm Tuesday
8-9pm Wednesday(Tar)
7.30-8.30pm Thursday (Tar) 2007 swimmers
9-10pm Thursday 2006 swimmers
3.30-5pm Saturday
6-7pm Sunday

Monday 7.30-8.30pm(Tar)
8-9pm Tuesday
7-8pm Wednesday(Tar)
7.30-8.30pm Thursday (Tar)
3-4pm Sunday

Monday 7.30-8.30pm(Tar)
8-9pm Tuesday
6-7pm Wednesday(Tar)
3-4pm Sunday

Total Number of Hours 11.5

Total Number of Hours 6.5

Total Number of Hours 7.5

Total Number of Hours 5

Total Number of Hours 4

White Level 5
Open

White Level 4
Open

White Level 3
12-13 year olds

White Level 2
11-12 year olds

White Level 1
9-11 year olds

400m IM / 200m IM		200m IM		200m IM		100m IM		100m IM						
1	Lewis Winston(2003)	5:43.17	1	Alicia Taylor(2003)	6:18.41	1	Owen Whittaker(2006)	3:08.70	1	Max Pugh(2007)	1:46.50	1	Leon Stott(2008)	2:10.56
2	Jasmine James(2003)	5:55.15	2	Lucy Ball(2003)	2:52.55	2	Leo Taylor(2006)	3:09.41	2	Elisabeth Cairns(2007)	1:47.85	2	Matthew Bates(2009)	2:11.73
3	Olivia Miller(2005)	5:59.28	3	Sophie Welsby(2005)	2:58.70	3	George Lee(2006)	3:11.82	3	Adam Boocock(2007)	1:50.98	3	Amy-Jo Worden(2009)	2:12.59
4	Kate Dutton(2003)	6:01.04	4	Joshua Pearce(2004)	3:05.08	4	Kaitlyn McKenna(2006)	3:22.62	4	Harry Wright(2008)	1:52.27	4	Adam Jacobs(2009)	2:13.00
5	Mia Ascroft(2005)	6:03.49	5	Cerys Howells(2003)	3:08.33	5	Grace Adams(2006)	3:23.21	5	Zoe Lynas(2008)	1:52.82	5	Chloe Williamson(2009)	2:15.80
6	Morgan Gaskell-French(2000)	6:03.76	6	Mia Parkin(2004)	3:08.57	6	Harrison Linley(2007)	3:33.06	6	Molly Townshend(2008)	1:54.11	6	James Tunstall(2009)	2:17.04
7	Thomas Roberts(B/F Finish BR)	6:10.60	7	Eve Pedley(2005)	3:11.29	7	Lauren Cross(2007)	3:33.32	7	Lotti Williams(2008)	1:57.65	7	Jacob Dove(2009)	2:22.30
8	Joseph Cairns(2005)	6:15.29	8	Eva Bowen(2005)	3:15.28	8	Lola Pearce(2007)	3:34.27	8	Naomi Sait(2008)	1:58.12	8	Emily Williams(2009)	2:23.18
	Rachel Baldwin(2005)	6:15.40	9	Grace Thomson(2002)		9	Nikhil Cassie(2007)	3:42.93	9	Amy Carter(2008)	1:58.80	9	Olivia Jeffery(2010)	
	Annie Pearce(2003)	6:15.77	10			10	Daniel Kenney(2007)	3:44.19	10	Evan Taylor(2008)	2:00.31	10		
	Owen Rasburn(2003)	6:17.79					Henry Neville(2007)	3:52.70	11	Chelsey Singleton(2008)	2:02.33	11		
	Poppy Elliott(2004)	6:22.08							12			12		
	Hannah Brown(2005)	6:39.91												
		15												
		400m F/C			400m F/C									
1	Lewis Winston(2003)	5:10.51		Alicia Taylor(2003)	5:36.07									
2	Olivia Miller(2005)	5:11.27												
3	Jasmine James(2003)	5:16.05												
4	Kate Dutton(2003)	5:23.51												
5	Mia Ascroft(2005)	5:23.63												
6	Morgan Gaskell-French(2000)	5:28.97												
7	Thomas Roberts(2003)	5:29.45												
8	Hannah Brown(2005)	5:41.72												
	Annie Pearce(2003)	5:42.26												
	Joseph Cairns(2005)	5:49.90												
	Owen Rasburn(2003)	5:53.34												
	Rachel Baldwin(2005)	5:53.36												

Red Time, Last Time Trial

Blue Time, First Time Trial

Chief Coach Time Trial

PB	Well Done Kaitlyn McKenna 9.50 PB	Well Done Olivia Ballard 27.31 PB
DQ Turns	Most Improved 200m IM (White)	Most Improved 100m IM (White)
DQ Strokes		

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 for 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.