

Club Level 4 and Above

Training Days

9-10pm Monday
9-10pm Tuesday

9-10pm Thursday
3.30-5pm Or 5-6.30pm Saturday
6-7pm Sunday

Total Number of Hours 5.5

NL Level 3 and Club Level 4

Training Days

Monday 7.30-8.30pm(Tar)

6.30-8pm Wednesday(BB)

3.30-5pm Saturday
6-7pm Sunday

Total Number of Hours 5

Club Internal Gala's

Training Days

6-7pm Wednesday(Tar)
7.30-8.30pm Thursday (Tar)

3-4pm Sunday

Total Number of Hours 3

Club Internal Gala's

Training Days

6-7pm Wednesday(Tar)
Thursday 8-9pm Small pool
Saturday 4.30-5.30pm Small Pool

Total Number of Hours 3

| Blue Level 4 Open | | 200m IM/ 100m IM | Blue Level 3 11-13 year olds | | 100m IM | Blue Level 2 9-11 year olds | | 100m IM | Blue Level 1 8-10 year olds | | 100m IM |
|----------------------|-------------------------------|---------------------|---------------------------------|-------------------------------|---------|--------------------------------|--------------------------------|---------|--------------------------------|------------------------|-------------|
| 1 | Adam Harrison(2002) | 2:38.12 | 1 | Genevieve Thomas(2006) | 1:41.15 | 1 | Amarah Omar(B/F Legs, Br 1 ht) | 2:27.45 | 1 | Jospeh Whalton(2010) | |
| 2 | Ellie Cameron(2001) | 2:41.73 | 2 | Jessica Lockett(2007) | 1:50.48 | 2 | Ryan Jones(B/C Turn o, BR Tur | 2:28.45 | 2 | Jamie Smith(2010) | Not Invited |
| 3 | James Martland(2001) | 2:46.23 | 3 | Hannah Mitchell(B/C-BR Turn 2 | 1:51.31 | 3 | Ben Snape(B/F Arms & Legs, B | 2:37.07 | 3 | William Smith(2010) | Not Invited |
| 4 | Nathanael Lockett(2002) | 2:47.31 | 4 | Charlotte Russ(2007) | 1:52.10 | 4 | Jack Blower(BR Legs, B/F Start | 2:42.83 | 4 | Theodore Wilson(2010) | |
| 5 | Alice Miller(2001) | 5:47.07 | 5 | Poppy Watson(B/F 1 hand touch | 1:52.80 | 5 | Elin Lynas(B/F-B/C Turn Front) | 2:53.22 | 5 | Joshua Burbrige(2010) | |
| 6 | Brandon Davies(2000) | 2:28.67 | 6 | Jade Jones(2007) | 2:01.91 | 6 | Pheobe Little(2010) | DNC | 6 | Finley Metcalfe(2011) | |
| 7 | Sam Ball(2000) | 2:33.22 | 7 | Alexandera Porter(2006) | DNC | 7 | Amy Carter(2008) | 1:58.80 | 7 | Matilda Carey(2011) | |
| 8 | Adam Barlow(2000) | 2:44.21 | 8 | | | 8 | Hannah Taylor(2009) | 2:44.36 | 8 | Casey Harley (2011) | |
| | | | 9 | | | 9 | Annie Wharton(2009) | | 9 | Harry Keogh(2011) | |
| | <i>Over 3 mintues split</i> | | 10 | | | 10 | Olivia Jeffery(2010) | | 10 | Philippa Rankin(2011) | |
| 9 | Cody Brown(BR 1 hand touch)(2 | 1:32.23 | 11 | | | 11 | | | 11 | Lucy Jepson(2011) | |
| 10 | James Baybutt(2005) | 1:36.11 | 12 | | | 12 | | | 12 | Isla Adams(2011) | |
| 11 | Elysha Hamer(2004) | 3:20.28 | 13 | | | | | | | Oliver Owens (2011) | |
| 12 | Matilda Simpson(2004) | 3:23.45 | 14 | | | | | | | Felicity Coward(2011) | |
| 13 | Poppy Hailwood(2002) | 1:34.58 | 15 | | | | | | | Esme Bretherton (2011) | |
| 14 | Sophie Martland(2004) | 1:45.09 | 16 | | | | | | | | |
| 15 | Harry Martland(2005) | DNC | | | | | | | | | |
| 16 | | | | | | | | | | | |
| 17 | | | | | | | | | | | |
| 18 | | | | | | | | | | | |
| 19 | | | | | | | | | | | |
| 20 | | | | | | | | | | | |
| 21 | | | | | | | | | | | |
| 22 | | | | | | | | | | | |
| 23 | | | | | | | | | | | |
| 24 | | | | | | | | | | | |
| 25 | | | | | | | | | | | |

47 65

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 Lowri Whittaker 28.57 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.