County Level	**North Lanc's Level 2**	**North Lanc's Level 2**	**North Lanc's Level 3**	**North Lanc's Level 3**
Training Days	**Training Days**	**Training Days**	**Training Days**	**Training Days**
6-8am Monday				
8-9pm Monday	9-10pm Monday	8-9pm Monday	Monday 7.30-8.30pm(Tar)	Monday 7.30-8.30pm(Tar)
9-10pm Tuesday	9-10pm Tuesday	6-8pm Tuesday	8-9pm Tuesday	8-9pm Tuesday
8-9pm Wednesday	8-9pm Wednesday	8-9pm Wednesday(Tar)	7-8pm Wednesday(Tar)	6-7pm Wednesday(Tar)
9-10pm Thursday	9-10pm Thursday	7.30-8.30pm Thursday (Tar)	7.30-8.30pm Thursday (Tar)	
5-6.30pm Saturday	5-6.30pm Saturday	3.30-5pm Saturday		
8-10am Sunday				
4-6pm Sunday	6-7pm Sunday	6-7pm Sunday	3-4pm Sunday	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	**400m IM/**		**White Level 4**	**200m IM**		**White Level 3**	**200m IM**		**White Level 2**	**100m IM**		**White Level 1**	**100m IM**
	Open	**200m IM**		Open			12-13 year olds			11-12 year olds			9-11 year olds	
1	Owen Rasburn(2003)	5:55.66	1	Joshua Halsall(2004)	2:52.67	1	Owen Whittaker(2006)	3:04.08	1	Elisabeth Cairns(2007)	1:41.68	1	Chloe Williamson(2009)	1:59.02
2	Mia Ascroft(2005)	6:00.69	2	Lucy Ball(2003)	2:53.55	2	George Lee(2006)	3:07.92	2	Molly Townshend(2008)	1:41.84	2	James Tunstall(2009)	2:00.11
3	Olivia Miller(2005)	6:03.13	3	Olivia Robinson(2006)	2:55.06	3	Grace Adams(2006)	3:09.38	3	Katie Welsby(2007)	1:42.96	3	Lowri Whittaker**(2010)**	2:04.34
4	Thomas Roberts(B/F Arms)(200	6:07.54	4	Joshua Pearce(2004)	2:55.71	4	Kaitlyn McKenna(2006)	3:20.65	4	Lotti Williams(2008)	1:45.26	4	Adam Jacobs(2009)	2:05.31
5	Poppy Elliott(2004)	6:08.85	5	Mia Parkin(2004)	3:02.52	5	Lola Pearce(2007)	3:20.87	5	Harry Wright(2008)	1:45.81	5	Jacob Dove**(2009)**(B/C-BR 90 °	2:06.11
6	Joseph Cairns(2005)	6:16.78	6	Cerys Howells(2003)	3:13.52	6	Lauren Cross(2007)(BR Hands	3:23.00	6	Adam Boocock(2007)	1:46.76	6	Chloe Whittington(2010)	2:13.54
7	Sophie Welsby(2005)	6:16.08	7	Eva Bowen(2005)	3:15.62	7	Nikhil Cassie(2007)	3:30.38	7	Naomi Sait(2008)	1:48.13	7	Sebastian Hailwood(B/C-BR Tur	2:15.95
8	Hannah Brown(2005)	6:31.75	8	Mia MacFarlane Prosser(2004)	3:17.68	8	Daniel Kenney(2007)	3:36.00	8	Zoe Lynas(2008)	1:49.86	8	Emily Williams(2009)	2:19.01
	Eve Pedley(2005)	6:58.29	9	Annie Pearce(2003)	6:15.77	9	Henry Neville(2007)	3:36.31	9	Chelsey Singleton(2008)	1:50.54	9	Ben Welsby(2010)	2:20 59
	Lewis Winston(2003)	5:43.17	10	Alicia Taylor(2003)	6:18.41	10	Max Pugh(2007)	1:38.65	10	Amy-Jo Worden(2009)	1:55.87	10	Angus Beck(BR Arms to hips, B	2:26.84
	Jasmine James(2003)	5:55.15		Grace Thomson(2002)					11	Evan Taylor(2008)	1:56.92	11	George Brady(2009)	2:05.04
	Kate Dutton(2003)	6:01.04							12	Matthew Bates(2009)	1:57.43	12	Charlie Butler**(2009)**	2:32.09
	Rachel Baldwin(2005)	6:15.40								Leon Stott(2008)	1:58.24		Neve Ascroft(2010)	2:42.41
										Julia Cizynska**(2008)**	1:59.36			
		400m F/C			**400m F/C**									
1	Olivia Miller(2005)	5:17.55		Alicia Taylor(2003)	5:36.07									
2	Owen Rasburn(2003)	5:24.71		Annie Pearce(2003)	5:42.26									
3	Mia Ascroft(2005)	5:24.84												
4	Joseph Cairns(2005)	5:26.71												
5	Thomas Roberts(2003)	5:30.62												
6	Poppy Elliott(2004)	5:39.39												
7	Sophie Welsby(2005)	5:44.21												
8	Hannah Brown(2005)	5:54.67												
	Eve Pedley(2005)	5:59.75												
	Lewis Winston(2003)	5:10.51												
	Jasmine James(2003)	5:16.05												
	Kate Dutton(2003)	5:23.51												
	Rachel Baldwin(2005)	5:53.36												

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 Harrison Linley 21.52 PB

Most Improved 200m IM (White)

Well Done James Tunstall 16.93 PB

Most Improved 100m IM (White)

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 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 mau 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.