

Regional Level

Training Days

6.15am-7.15am Mondays Land Training
6-8pm Monday(Pen)
 6-8am Tuesday
 6-8pm Tuesday
 6-8am Wednesday
 8-9pm Wednesday
 6-8am Thursday
 9-10pm Thursday
 5-6.30pm Saturday

 4-6pm Sunday

Total Number of Hours 15.5

Green Level 7

Youth Program

Regional Level

Training Days

6.15am-7.15am Mondays Land Training
6-8pm Monday(Pen)
 6-8am Tuesday
 6-8pm Tuesday
 6-8am Wednesday
 8-9pm Wednesday
 6-8am Thursday
 9-10pm Thursday
 5-6.30pm Saturday

 4-6pm Sunday

Total Number of Hours 15.5

Green Level 6

Age Group Program

Regional Level

Training Days

6-8am Monday
 8-9pm Monday

 6-8pm Tuesday

 8-9pm Wednesday

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

Total Number of Hours 12.5

Green Level 5

No Micro

County Level

Training Days

8-9pm Monday

 6-8pm Tuesday

 8-9pm Wednesday (Tar)

 6-7.30pm Thursday (Tar)
 3.30-5pm Saturday
 8-10am Sunday(Invitation ONLY)
 4-6pm Sunday

Total Number of Hours 11 or 9

Green Level 4

12-13 year olds

County Level

Training Days

8-9pm Monday

 8-9pm Tuesday

 8-9pm Wednesday (Tar)

 6-7.30pm Thursday (Tar)
 3.30-5pm Saturday

 3-4pm Sunday

Total Number of Hours 7

Green Level 3

North Lanc's Level 2

Training Days

Monday 7.30-8.30pm(Tar)

 8-9pm Tuesday

 7-8pm Wednesday(Tar)

 6-7.30pm Thursday (Tar)

 3-4pm Sunday

Total Number of Hours 5.5

Green Level 2

9-11 year olds

North Lanc's Level 2

Training Days

8-9pm Tuesday

 7-8pm Wednesday(Tar)

 7.30-8.30pm Thursday (Tar)

 3-4pm Sunday

Total Number of Hours 4

Green Level 1

8-10 year olds

1	Ben Porter(2002)	7	1	Max Delaney(2005)	4	1	Jack Hepplestone(2006)	7	1	Hannah Morris(2007)	2:47.92	1	Archie Dandy(2008)	3:01.12	1	Assunta Russo(2008)	1:36.55	1	Megan Ellis(2010)	1:50.56	
2	Anna Dutton(2002)	10	2	Rosie Linley(2005)	13	2	Robert Littler(2006)	8	2	Danielle Brady(2006)	2:49.17	2	Joshua Keogh(2008)	3:04.09	2	Kate Roberts(2009)	1:39.12	2	Charlotte Middleton(2009)	1:52.95	
3	Lucy Handford(2001)	10	3	Oliver Pearce(2003)	14	3	Amelie Elliott(2006)	8	3	Ella Blundell(2006)	2:52.01	3	Harrison Linley(2007)	3:11.54	3	Harry Butler(2008)	1:39.14	3	Finlay Wharburton(2010)	1:53.55	
4	James Handford(2004)	6	4	Bradley Snaylam(2005)	19	4	Abbie Myers(2006)	9	4	Leo Taylor(2006)	2:56.11	4	Harry Ferson(2007)	3:16.18	4	Oscar Arkwright(2009)	1:39.40	4	Yasmin Elliott(2010)	1:54.61	
5	Kyle McKenna(2002)	42	5	Rebecca Ward(2005)	31	5	Heidi Hailwood(2006)	13	5	Megan Wheatman(2006)	2:57.31	5	Caleb Winston(2007)	3:15.65	5	Molly Tindall(2008)	1:43.74	5	Megan Ramsay(2009)	1:55.18	
6	Mason Barnsley-Fowler(2001)	42	6	Tom Arkwright(2005)	42	6			6	Grace Lackie(2007)	3:05.36	6	Olivia Simpson(2007)	3:19.53	6	Seth Gregson(2009)	1:45.67	6	Elizabeth Adam(2010)	1:57.46	
7	Ella Snaylam(2002)	42	7		7				7	Reuben Kay(2007)	3:08.40	7	Lily Schofield(2007)	3:20.36	7	Jemima Buglass(2009)	1:48.03	7	Leah Rasburn(2009)	1:58.56	
8	Pia Murray(2002)	42	8		8				8	Megan Doherty(2007)	3:09.23	8	Gabrielle Bane(2007)	3:23.43	8	Rhys Pownall(2009)	1:48.23	8	Johnny Wright(B/C-BR Turn o)(2	1:58.52	
								400m IM			Georgia Brockbank(2006)	3:03.38		Emily Wade(2008)	1:29.70	9	Natalia Lawton-Jimenez(2009)	1:50.91	9	Maiya Taylor(2010)	2:00.21
								Amelie Elliott(2006)	5:45.36				Caitlin Wolstenholme(2008)	1:30.00	10	Tom Jepson(2009)	1:52.85	10	Abigail Simpson(2009)	2:01.61	
								Abbie Myers(2006)	5:56.90				Olivia Ballard(2008)	1:35.41		Richard Balwin(2008)	1:43.79				
								Robert Littler(2006)	5:57.24												
								Heidi Hailwood(2006)	6:11.36												
								400m F/C													
								Jack Hepplestone(2006)	5:08.37												
								Abbie Myers(2006)	5:15.44												
								Robert Littler(2006)	5:15.71												
								Amelie Elliott(2006)	5:19.39												
								Heidi Hailwood(2006)	5:21.25												

Red Time, Last Time Trial

PB
DQ Turns
DQ Strokes
Well Done Megan Doherty 17.24 PB
Most Improved 400m/200m IM Time (Green)

Only One Group move per time trial,

Blue Time, First Time Trial

Chief Coach Time Trial

Red Time, Last Time Trial

PB
DQ Turns
DQ Strokes
Well Done Yasmin Elliott 28.75 PB
Most Improved 100m IM Time (Green)

Only One Group move per time trial,

Blue Time, First Time Trial

Chief Coach 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 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 your lead coach who will be able to identify a more suitable group.

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

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