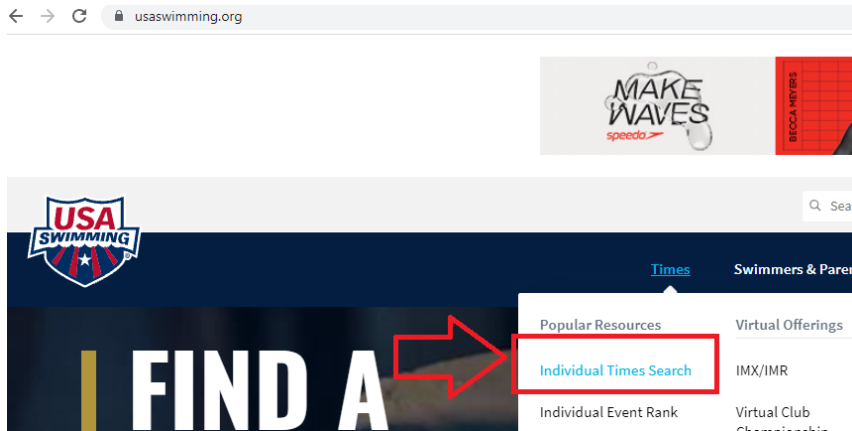


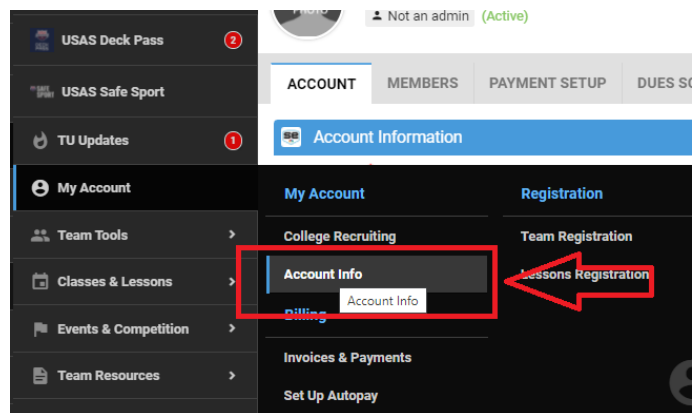
HOW TO CHECK YOUR SWIMMER'S TIMES

There are a few ways to check your swimmer's times.

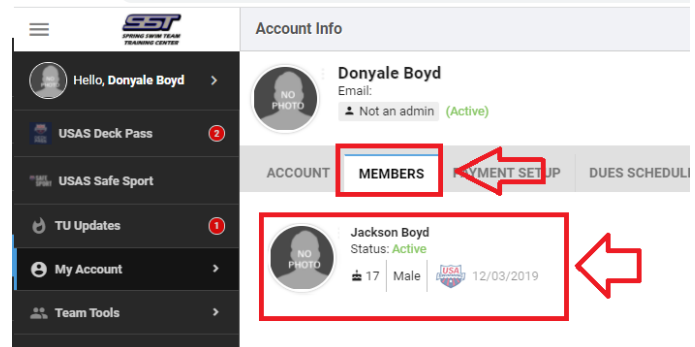
1. On USASwimming.org – You can click on the Times tab and then Individual Times Search



2. On Springswimteam.com – You can check your swimmer's times by clicking the following
My Account
Account Info



Members
YOUR SWIMMER
BEST TIMES tab

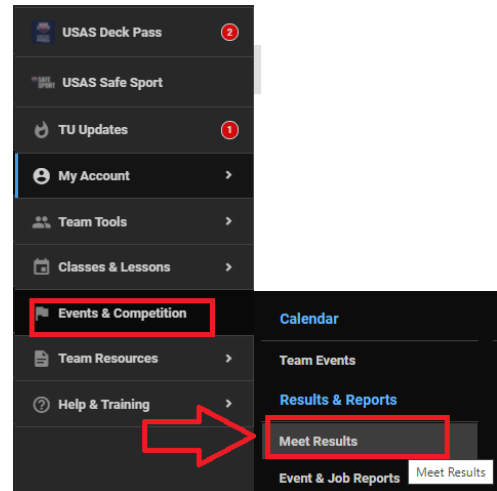


DETAILS	ATTENDANCE	BEST TIMES	MEET RESULTS
Short Course Yards (SCY)			
Event	Time		
25 Free	0:17.99 Y		
50 Free	0:39.98 Y		

- When signing up for swim meets, sometimes you will need to know your swimmer's times and how they compare the National Time Standards. You can see these on USASwimming.org as shown in #1 above OR you can see this on Springswimteam.com
Follow these steps:

Events & Competitions

Meet Results



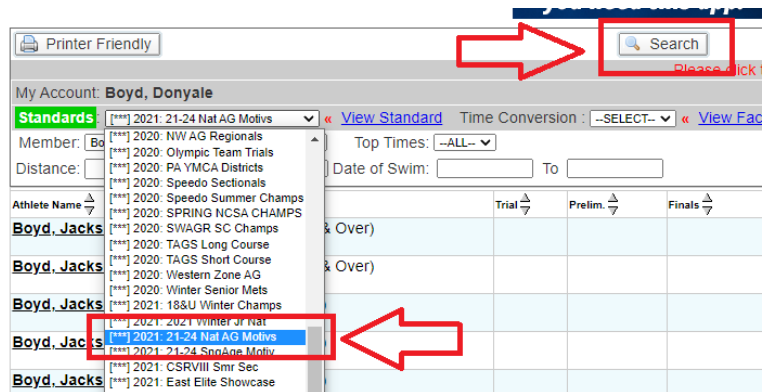
In the dropdown box next to STANDARDS, choose

*****] 2021: 21-24 Nat AG Motivs.**

That stands for National Age Group Motivational Time Standards.

There are other time standards available, but these are the standards you will most often use.

Click SEARCH at the top



You can filter the list to make it easier to find exactly what you need.