

## Checking Your Best Times on [www.swimconnection.com](http://www.swimconnection.com)

1. Visit [www.swimconnection.com](http://www.swimconnection.com) (it is a different website than the OME site)

2. Look to the bottom of the page and click on [Pacific Swimming](#).

See Club Pages Central for:

[Montana Swimming](#) [Ohio Swimming](#) [Pacific Swimming](#)

3. Click on the [Swimmers](#) link.

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4. In the Swimmer Name Box, type the swimmer's last name, comma, then their first name (Last, First).

5. Find your swimmer's name on the list and click on it (*make sure to choose the correct team and age*).

6. The first screen will display all of your swimmer's best times from the **CURRENT** season, in PC (Pacific Swimming) standards. You can print this list or reference it for meet registration.

- a. The first 5 columns show the best time swam for each event at a USA sanctioned swim meet (*Disqualified-DQ swims will not be listed*).
- b. The last 4 columns show the next goals for that particular time standard (see 7e below).

Best Times									
All Courses / No conversion / Current Season Results ONLY									
Event	Time	C	S	Age	Next Goal		How Far		
					S	Time	Secs	%	
50 Free	25.19	50M	AAA	15.1	AAAA	24.39	0.80	3.2%	
100 Free	48.74	25Y	AAA	14.8	AAAA	47.49	1.25	2.6%	
200 Free	1:51.01	25Y	AA	14.7	AAA	1:48.69	2.32	2.1%	
400 Free	4:37.76	50M	A	15.0	AA	4:36.69	1.07	0.4%	
500 Free	5:13.40	25Y	A	13.4	AA	5:07.79	5.61	1.8%	
1000 Free	10:58.89	25Y	A	14.4	AA	10:38.29	20.60	3.1%	
100 Back	59.14	25Y	A	14.7	AA	57.29	1.85	3.1%	
100 Breast	1:08.24	25Y	BB	15.3	A	1:07.89	0.35	0.5%	
100 Fly	57.47	25Y	A	15.2	AA	56.49	0.98	1.7%	
200 Fly	2:14.86	25Y	BB	15.2	A	2:11.39	3.47	2.6%	
200 IM	2:06.48	25Y	AA	14.8	AAA	2:01.29	5.19	4.1%	
400 IM	4:36.17	25Y	A	14.6	AA	4:32.19	3.98	1.4%	

7. From this page, you can also pull up different information about the times. Here are some important highlights:

- a. Course: You can filter to see only Long Course Meters (LCM), Short Course Yard times (SCY). (**25Yards, 50Meters**)
- b. Convert: You can convert a LCM time to an equivalent SCY time or vice versa.
  - i. **NONE** will keep the times the same (no conversion)
  - ii. **25Y**: Will convert all your times to SCY times
  - iii. **50M**: Will convert all your times to LCM
- c. Archive: Displays your best times based on previous seasons (*\*this feature is only available if you pay for an online account. If you would like to see your full report, email or ask a coach on deck*).
- d. Meet: **YES/NO**: Displays the meet and date where the time was achieved.
- e. Std: See your times and goals from other swimming standards. Most of our meets are in **PC** (B, BB, A, AA, AAA, AAAA) time standards. Use this to see how far you are away from the **JO** (Junior Olympic), **FARW** (Far Westerns), or **SEN** (Senior) time standards.

If you run into any problems, email us at [mtwswim@gmail.com](mailto:mtwswim@gmail.com) or see a coach on deck!