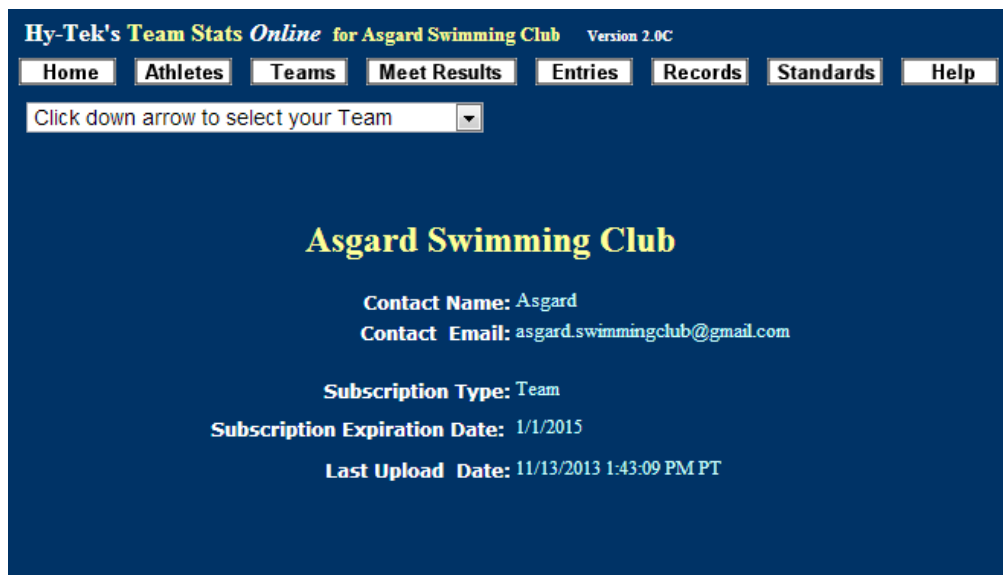




How to Use Sports-Tek.com¹ Team Stats Online

1. After clicking on the 'Swim Results' button you are brought to Sports-Tek's home page.



2. Click on the Athletes button to bring you do a list of all competing athletes.
3. To find your 'Record' click on the First letter of your surname (example below).



4. A list of all 'Surnames' beginning with the letter selected above are now displayed.

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
	Last	First	Age	Gen	Gr	Sub	YR	Team	Full Team Name																	
Times	Ravenscroft	Thomas	15	M	G			ASG	Asgard																	
Times	Rushe	Jake	13	M	G			ASG	Asgard																	
Times	Ryan	Cara	11	F	B			ASG	Asgard																	
Times	Ryan	Tori	9	F	R			ASG	Asgard																	

5. Select 'Time's from the column shown.

Course	Dist	Stroke	P/F	Time	Place	Pts	Date	Meet
SCM	25S	Free	F	21.56	4		5/18/2013	New Ross Spring Gala
All Yards	50S	Free	F	51.85	52		12/9/2012	NUIM Devils 2012
50 Free	25S	Back	F	25.72	2		5/18/2013	New Ross Spring Gala
50 Free	50S	Back	P	57.52	5		4/28/2013	Wexford Small Fry 2013
100 Free	25S	Breast	F	31.19	4		5/18/2013	New Ross Spring Gala
200 Free	200	Breast						

6. Now select the 'Course' type from the drop down list to view your athlete's times.

¹ PLEASE NOTE: Results are provided courtesy by Sports-Tek.com and Asgard Swimming Club accepts no responsibility for its accuracy or its website.