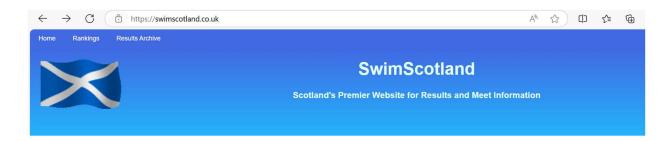
# Guide to the Swimming Results and Rankings website

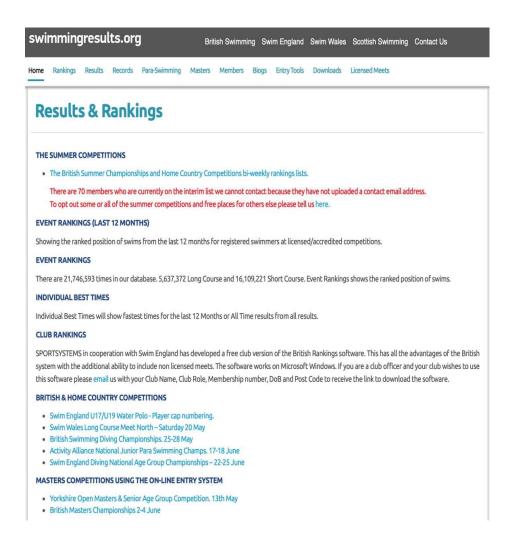
#### https://www.swimmingresults.org/

The rankings website gives you access to a wealth of useful information.

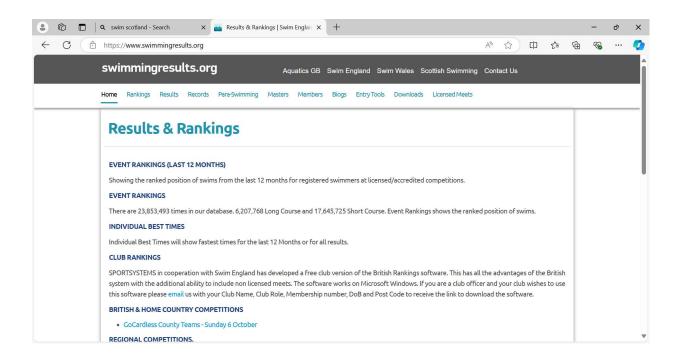
You can access your own times or other swimmers by either searching by surname or with your Scottish Swimming number.

The home page holds information relating to upcoming National events. Across the top of the page there are various tabs you can select to find out lots of different information. It is well worth have a look around the site.





## To find personal times select Rankings – ie for the last year (12months)



# Then Individual Best Times of all time or for the year

# **Individual Best Times**

Use either your surname or SASA number to see all your personal Bests.

You can filter by Period either All Time or Last 12 Months

Individual Best Times allows you to view Personal Best Times for the Last 12 Months or All Time.



Personal bests for All Time licenced galas are shown as long course (50m pool) and short course (25m pool)

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.91	29.20	491	02/07/23	Scottish National Open Championships	Tollcross	SCO2054	1
100 Freestyle	1:05.18	1:03.90	499	29/04/23	University of Aberdeen Age Group Open	Aberdeen	SCO2021	1
200 Freestyle	2:24.81	2:22.40	473	23/02/24	Scottish Schools Swimming Championships	East Kilbride	SCO2153	1
400 Freestyle	4:59.81	4:55.10	483	12/07/24	Scottish Summer Meet 2024	Aberdeen	SCO2214	1
800 Freestyle	10:25.73	10:16.40	465	03/02/23	ND Age Group Championships 2023 R2	Aberdeen	SCO1987	1
50 Breaststroke	45.34	44.60	266	29/04/23	University of Aberdeen Age Group Open	Aberdeen	SCO2021	1
100 Breaststroke	1:41.68	1:40.40	250	30/04/23	University of Aberdeen Age Group Open	Aberdeen	SCO2021	1
50 Butterfly	33.47	32.90	388	04/02/23	ND Age Group Championships 2023 R1	Aberdeen	SCO1977	1
100 Butterfly	1:15.23	1:14.20	401	13/07/24	Scottish Summer Meet 2024	Aberdeen	SCO2214	1
200 Butterfly	3:06.77	3:05.10	277	05/02/23	ND Age Group Championships 2023 R1	Aberdeen	SCO1977	1
50 Backstroke	37.94	37.40	354	29/04/23	University of Aberdeen Age Group Open	Aberdeen	SCO2021	1
100 Backstroke	1:18.75	1:17.70	385	05/02/23	ND Age Group Championships 2023 R2	Aberdeen	SCO1987	1
200 Backstroke	2:44.42	2:42.40	420	03/03/24	North District Age Groups Rd 2 2024	Aberdeen	SCO2159	1
200 Individual Medley	2:51.17	2:48.80	400	15/04/23	Scottish National Age Group Championships	Aberdeen	SCO2016	1
400 Individual Medley	5:57.04	5:52.10	412	13/04/23	Scottish National Age Group Championships	Aberdeen	SCO2016	1

#### **Short Course**

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.96	29.70	496	07/09/24	SASA North District Sprint Championships 2024	Aberdeen	SS242093	2
100 Freestyle	1:02.81	1:04.10	512	08/06/24	HST Club Summer Meet 2024	Inverness	SCO2209	2
200 Freestyle	2:18.39	2:20.90	506	09/06/24	HST Club Summer Meet 2024	Inverness	SCO2209	2
400 Freestyle	4:55.45	5:00.20	479	22/06/24	North District Development Meet 2024	Inverness	SCO2211	2
800 Freestyle	10:10.14	10:19.50	479	07/10/23	North District Distance Meet 2023	Fraserburgh	SCO2071	2
1500 Freestyle	19:41.13	19:58.50	454	08/10/23	North District Distance Meet 2023	Fraserburgh	SCO2071	2
50 Breaststroke	40.97	41.70	332	02/06/24	Nairn IM Challenge Meet 2024	Inverness	SCO2203	2
100 Breaststroke	1:27.80	1:29.20	358	09/06/24	HST Club Summer Meet 2024	Inverness	SCO2209	2
200 Breaststroke	3:09.21	3:12.00	359	25/06/23	North District Development Meet 2023	Inverness	SCO2053	2
50 Butterfly	32.09	32.70	438	02/06/24	Nairn IM Challenge Meet 2024	Inverness	SCO2203	2
100 Butterfly	1:12.66	1:13.70	411	09/06/24	HST Club Summer Meet 2024	Inverness	SCO2209	2
200 Butterfly	2:44.67	2:46.60	383	25/06/23	North District Development Meet 2023	Inverness	SCO2053	2
50 Backstroke	33.72	34.30	419	07/09/24	SASA North District Sprint Championships 2024	Aberdeen	SS242093	2
100 Backstroke	1:12.94	1:14.00	426	18/05/24	Westhill Invitational Meet 2024	Westhill	SCO2195	2
200 Backstroke	2:31.37	2:33.60	485	09/06/24	HST Club Summer Meet 2024	Inverness	SCO2209	2
200 Individual Medley	2:37.28	2:39.80	465	08/06/24	HST Club Summer Meet 2024	Inverness	SCO2209	2
400 Individual Medley	5:35.99	5:41.20	457	24/06/23	North District Development Meet 2023	Inverness	SCO2053	2
100 Individual Medley	1:14.69	1:14.70	433	02/06/24	Nairn IM Challenge Meet 2024	Inverness	SCO2203	2

It will show all the swimmers times and events and where those personal bests were achieved and the meet level.

You can then scroll down further for more information about each event and distance by clicking on a specific event and distance.

This shows then shows a graph of time improvements from the very first time the event was swum to the last time it was swum.



# Below the graph will be swims in time order and date order

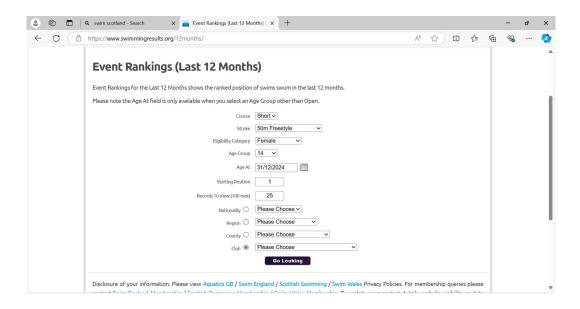
Swims in T	ime Order						
Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
28.96	496	Н	07/09/24	SASA North District Sprint Championships 2024	Aberdeen		2
29.10	489	Н	09/09/23	SASA North District Sprint Championships 2023	Aberdeen		2
29.16	486	F	09/09/23	SASA North District Sprint Championships 2023	Aberdeen		2
29.51	469	F	07/09/24	SASA North District Sprint Championships 2024	Aberdeen	Inverness	2
29.56	466	Н	14/09/24	Thurso Open	Thurso, Scotland		2
29.57	466	F	26/11/23	North Distirct Age Groups Meet 2023	Inverness		2
29.70	460	F	09/06/24	HST Club Summer Meet 2024	Inverness		2
29.84	453	F	19/05/24	Westhill Invitational Meet 2024	Westhill		2
29.86	452	F	14/09/24	Thurso Open	Thurso, Scotland		2
30.03	445	F	21/05/23	Westhill Invitational Meet 2023	Westhill		3
30.04	444	F	02/06/24	Nairn IM Challenge Meet 2024	Inverness		2
30.16	439	F	06/05/23	Thurso Mini Meet	Thurso		2
30.63	419	F	27/11/22	ND Age Group Meet 2022	Inverness		2
30.66	418	Н	12/11/22	Aberdeen Nifty 50s	Aberdeen		2
31.03	403	F	12/06/22	Westhill Invitational Meet	Westhill		3
31.13	399	Н	17/09/22	42 Thurso Open Meet 2022	Thurso		2
31.62	381	Н	19/02/22	Elgin ASC Spring Meet 2022	Buckie, Scotland		2
32.58	348	F	07/05/22	Thurso Mini Meet	Thurso		3
41.29	171	F	19/10/19	Alloa Graded Meet 2019	Stirling	Inverness	2
42.19	160	F	16/02/20	Elgin ASC Spring Meet 2020	Elgin	Inverness	2

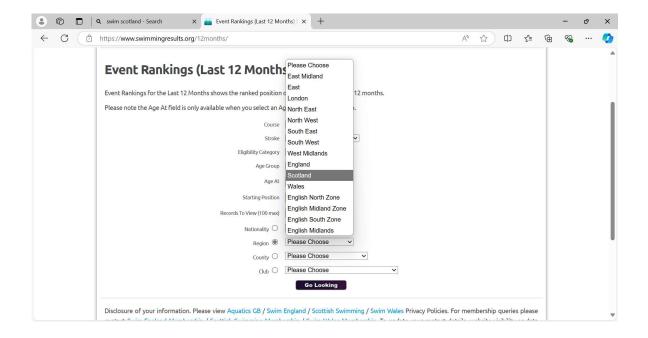
Swims in Da	ate Order						
Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
29.86	452	F	14/09/24	Thurso Open	Thurso, Scotland		2
29.56	466	Н	14/09/24	Thurso Open	Thurso, Scotland		2
29.51	469	F	07/09/24	SASA North District Sprint Championships 2024	Aberdeen	Inverness	2
28.96	496	Н	07/09/24	SASA North District Sprint Championships 2024	Aberdeen		2
29.70	460	F	09/06/24	HST Club Summer Meet 2024	Inverness		2
30.04	444	F	02/06/24	Nairn IM Challenge Meet 2024	Inverness		2
29.84	453	F	19/05/24	Westhill Invitational Meet 2024	Westhill		2
29.57	466	F	26/11/23	North Distirct Age Groups Meet 2023	Inverness		2
29.16	486	F	09/09/23	SASA North District Sprint Championships 2023	Aberdeen		2
29.10	489	Н	09/09/23	SASA North District Sprint Championships 2023	Aberdeen		2
30.03	445	F	21/05/23	Westhill Invitational Meet 2023	Westhill		3
30.16	439	F	06/05/23	Thurso Mini Meet	Thurso		2
30.63	419	F	27/11/22	ND Age Group Meet 2022	Inverness		2
30.66	418	Н	12/11/22	Aberdeen Nifty 50s	Aberdeen		2
31.13	399	Н	17/09/22	42 Thurso Open Meet 2022	Thurso		2
31.03	403	F	12/06/22	Westhill Invitational Meet	Westhill		3
32.58	348	F	07/05/22	Thurso Mini Meet	Thurso		3
31.62	381	Н	19/02/22	Elgin ASC Spring Meet 2022	Buckie, Scotland		2
42.19	160	F	16/02/20	Elgin ASC Spring Meet 2020	Elgin	Inverness	2

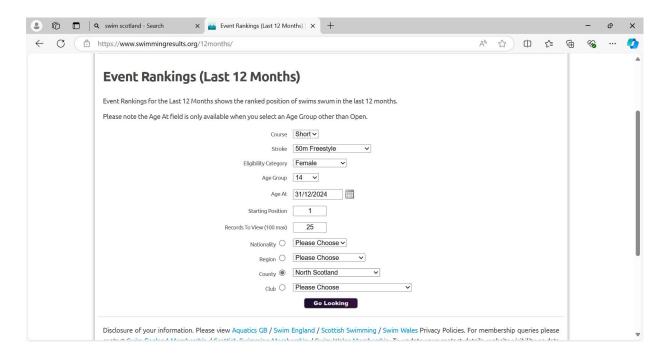
You can also use the rankings database to see how your swims stack up against other swimmers from the club.

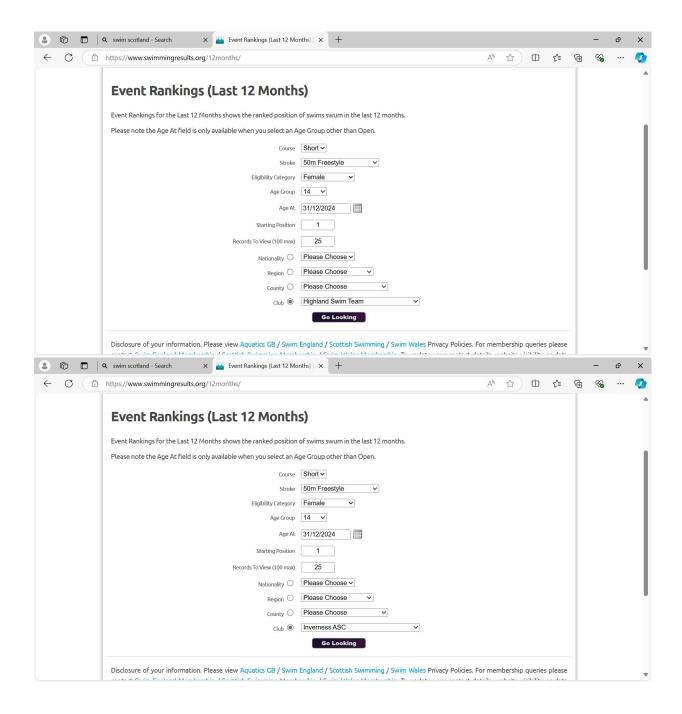
You can look by age on day, age at end of year, by Club (IASC) (HST) North District against the whole country and by Home Nation (England, Scotland, Wales etc) and by whole of UK. You can change the time frames of your search between All time or Last 12 Months. You can search by course type long course 50m and short course 25m. However, as a standard you should always use rankings for the last 12 months, age at end of year, also select the age your swimmer will be at the end of the year to make any meaningful comparison.

### Select Rankings – Event Rankings (Last 12 months)









Once you have filled in the information you wish to access e.g. Long course, girls, age 15, at end of year, 200m breaststroke, North District, IASC etc, last 12 months. You can only display 100 swimmers at a time, so you will need to estimate a starting position if you are looking for your swimmer.

# Rankings Event Rankings (Last 12 Months) Female - Short Course - 50m Freestyle - North Scotland - 14 Years Age Group - At 31st December 2024 Rank Name Ranked Club YoB Meet Name Venue Level Date Time FINA

The rankings data base is very useful especially if your swimmer achieves British or Summer Meet consideration times.

Knowing where you are ranked gives you some idea of whether your swimmer is likely to be selected or not for events at this level

In the last column you will see a number under the heading FINA. FINA or World Aquatics as it's now called, operate a points system that is used within swimming to score and rank swims to determine a swimmer's performance across different events and distances.

The higher the FINA point score, the better the swimmer's performance is considered to be relative to other swimmers in the same event.

For a truly accurate ranking position you will need to convert your best time so that you have both a long course and its short course equivalent. Then look at the rankings of the other course type to see where that time would slot in. You need count all the names above that position that do not appear in the other list and add that number to previous rank to give your overall position.