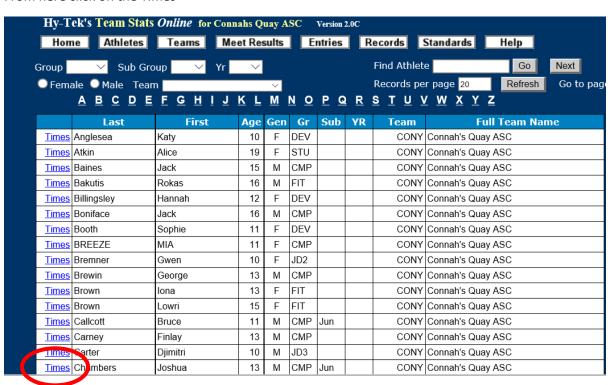
Entry Page at http://www.sports-tek.com/tmonline/index.asp?STRIPPED=ConnahsQuayASC

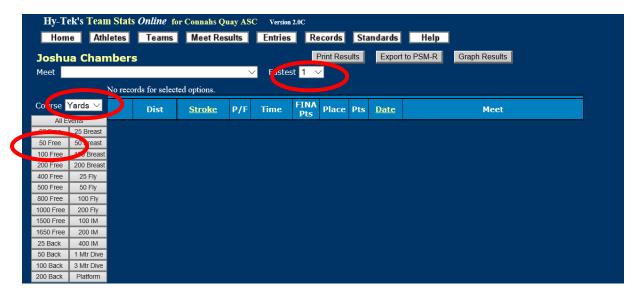
Select athletes



From here click on the Times



On this you then have a range of options. Select either LCM or SCM for 50 or 25 metre pool times and then you can select distance or stroke. You can also select the number of results you see



And here you go



Using the options you can vary what you see – but I'll let you find that out ☺

John