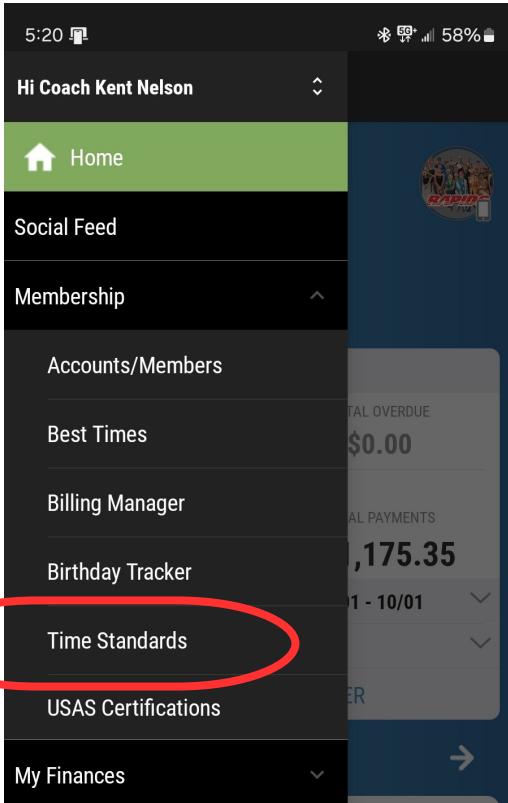


TIME STANDARDS IN ON DECK

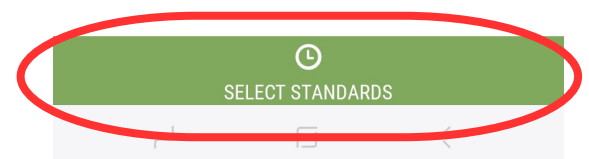
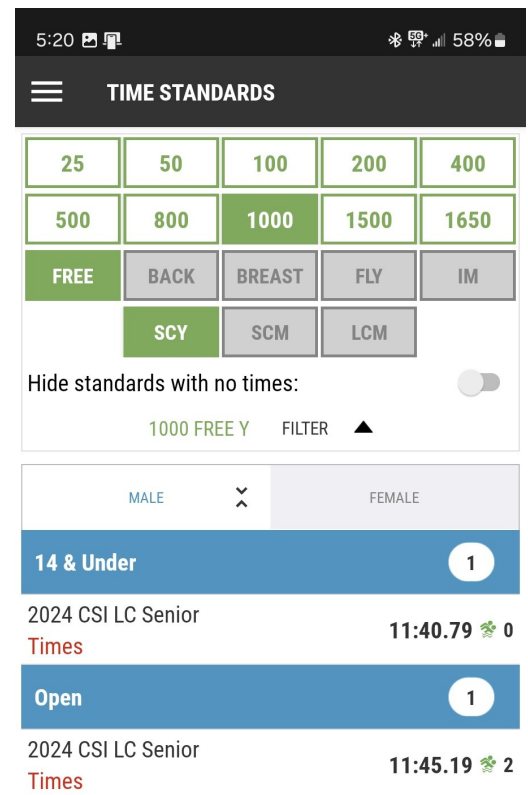


← STEP 1

- Log into ONDECK
- Select MEMBERSHIP
- Select TIME STANDARDS

STEP 2 →

- When you are in TIME STANDARDS, select “SELECT STANDARDS” from the green button on the bottom.



TIME STANDARDS IN ON DECK

5:20 58%

← SELECT TIME STANDARDS

AVAILABLE TIME STANDARDS SELECTED TIME STANDARDS

My Region (Colorado Swimming), Colorado Swimming, My Team (Rocky ...)

2024 - 2025

Type to search for standard name or description

Select up to 47 Standards by Region

AVAILABLE TIME STANDARD(6)

MY REGION (COLORADO SWIMMING)

- ✓ 2024 CSI LC AG State ? →
- ✓ 2024 CSI LC Senior ? →
- ✓ Seasonal Club 2024 ? →
- ✓ Senior Meet QTs ? →
- ✓ Silver State Champs ? →

MY TEAM (ROCKY MOUNTAIN RAPIDS)

- ✓ CSI STATE CUTS ? →

← STEP 3

- Select CSI STATE CUTS from the MY TEAM Menu. If you do not see my team, see step 3A

STEP 3A →

- From the MY REGION tab, select MY TEAM (you can uncheck my region).

5:21 58%

SELECT ITEM

- ☐ View all
- ☒ My Region (Colorado Swimming)
- ☒ My Team (Rocky Mountain Rapids)
- ☐ Team Records
- ☐ National
- ☐ Adirondack Swimming
- ☐ Alaska Swimming
- ☐ Allegheny Mountain Swimming
- ☐ Arizona Swimming
- ☐ Arkansas Swimming
- ☐ Border Swimming
- ☐ Central California Swimming
- ☐ Central Zone region

TIME STANDARDS IN ON DECK

5:21 5G+ 58%

← MEMBER'S BEST TIMES

Madison Alexander
Active | 14 | F | Registered
Senior Silver | PINE CREEK HIGH SCH...

Showing 18 of 35 Best Times SORT

Time Standard: **SELECT**

SHORT COURSE YARDS (SCY) 18

Tap time to convert

25 Free	16.22 Y	🕒
2/15/20 2020 CO CMA Valentine's Open		
50 Free	29.31 Y	🕒
2/10/24 2024 CO LOVE Sweetheart Last C		
100 Free	01:05.07 Y	🕒
1/13/24 2024 CO PPA January Meet		
200 Free	02:16.25 Y	🕒
2/10/24 2024 CO LOVE Sweetheart Last C		
500 Free	05:57.60 Y	🕒

← STEP 4

- Exit the TIME STANDARD MODULE and select BEST TIMES under MEMBERSHIP
- From the BEST TIMES select the GREEN BUTTON next to Time Standard

5:21 5G+ 58%

← SELECT TIME STANDARDS

My Region (Colorado Swimming), My Team (Rocky Mountain Rapids), Color... 2024 - 2025

Type to search for standard name or description

AVAILABLE TIME STANDARD(6)

MY REGION (COLORADO SWIMMING)

- ☐ 2024 CSI LC AG State *i*
- ☐ 2024 CSI LC Senior *i*
- ☐ Seasonal Club 2024 *i*
- ☐ Senior Meet QTs *i*
- ☐ Silver State Champs *i*

MY TEAM (ROCKY MOUNTAIN RAPIDS)

- ☐ CSI STATE CUTS *i*

SHORT COURSE YARDS (SCY) 18

Tap time to convert

25 Free	16.22 Y	🕒
2/15/20 2020 CO CMA Valentine's Open		
50 Free	29.31 Y	🕒
Next Cut +0.82s - SLV		
2/10/24 2024 CO LOVE Sweetheart Last C		
100 Free	01:05.07 Y	🕒
Next Cut +2.68s - SLV		
1/13/24 2024 CO PPA January Meet		

STEP 5 →

- From the select time standards window, select the CSI STATE CUT. UNCHECK any other cuts.
- Return to your BEST TIMES and you will see cuts made and how far they are from the next available cut.