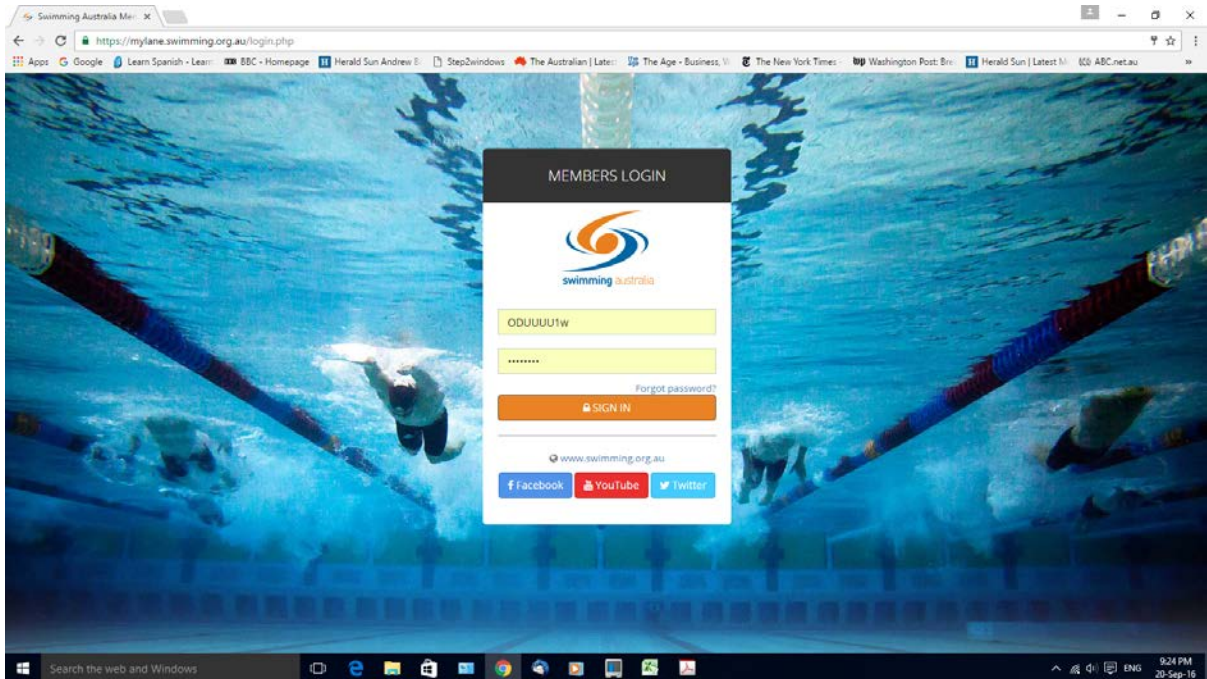
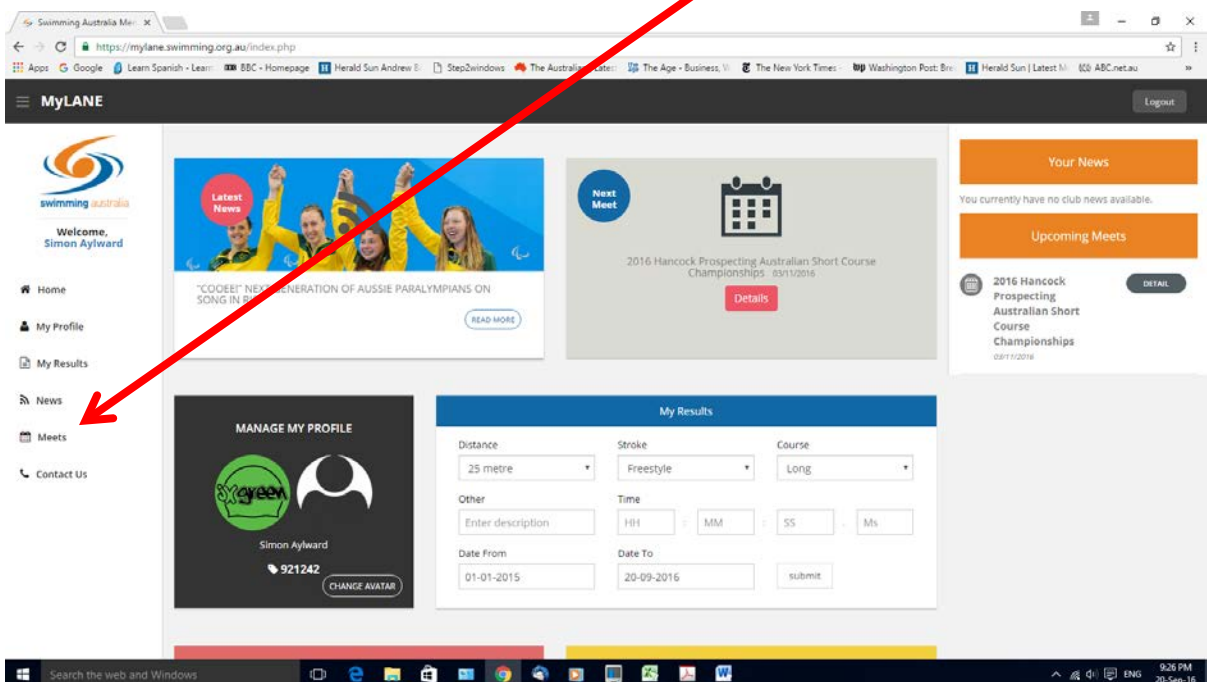


## How to Enter Friday Night Swim Club

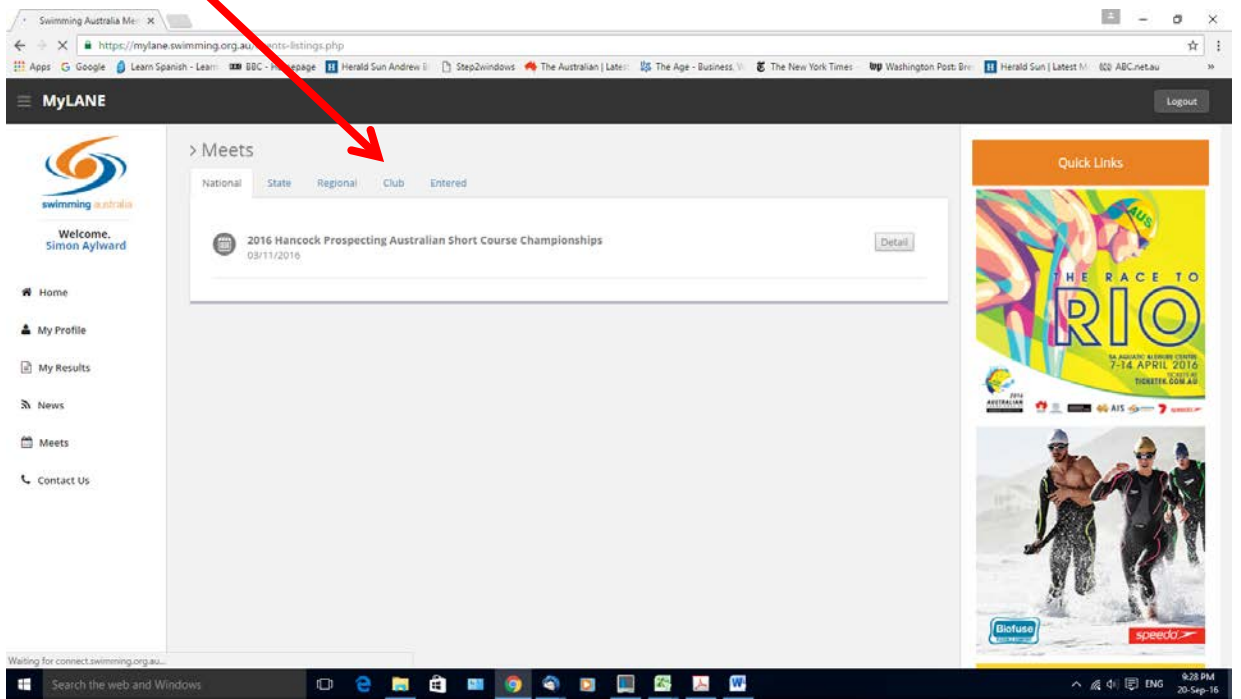
1. Go to [mylane.swimming.org.au](https://mylane.swimming.org.au)
2. Enter the username and password for the swimmer you wish to enter. You should have received an email from the SPW Registrar with these details.



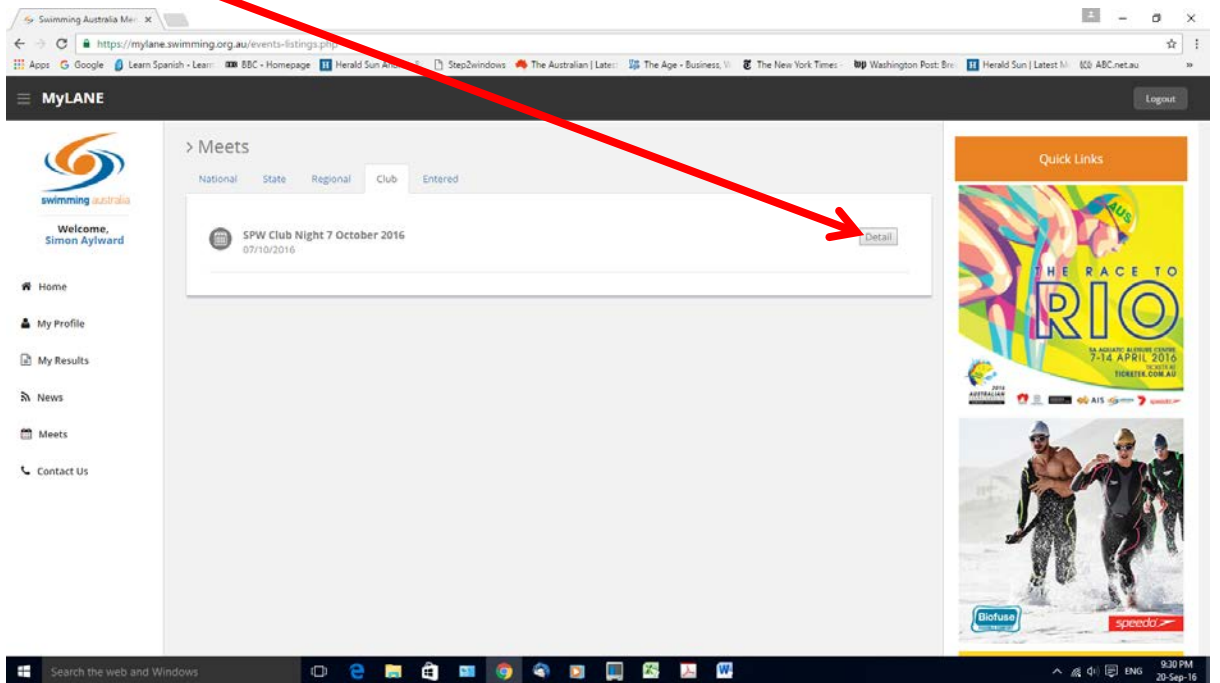
3. Click on "Meets" on the left hand side of the screen



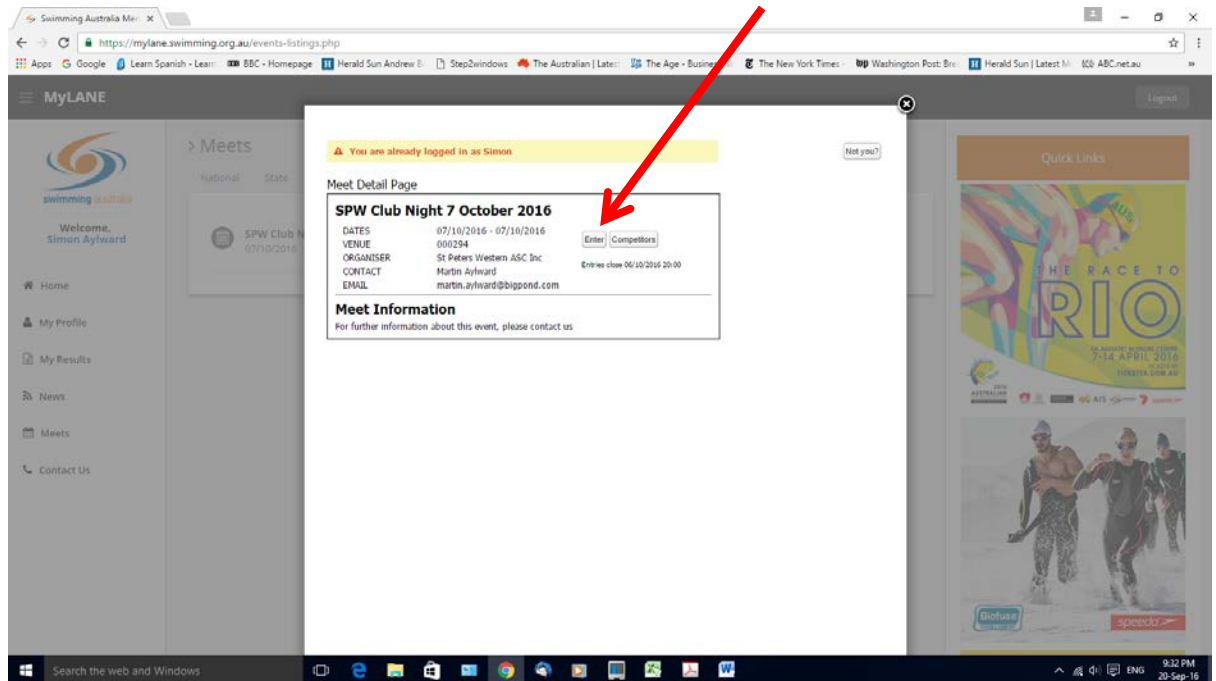
4. Click on "Club"



5. Click on "Detail"

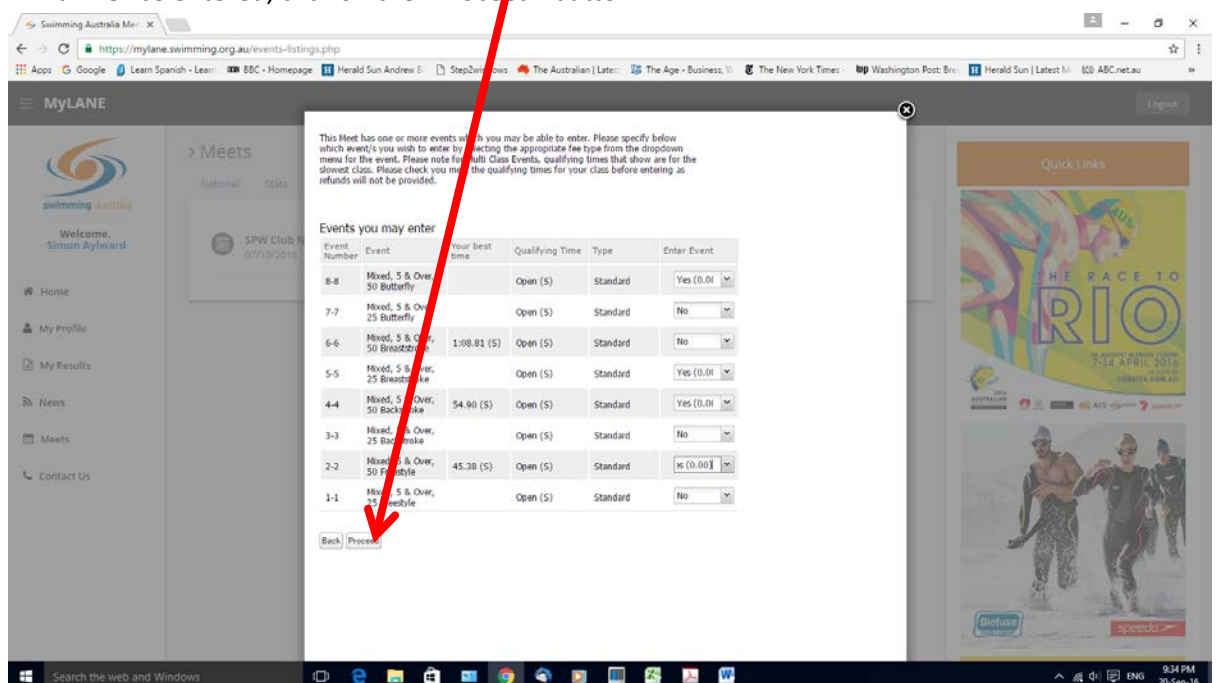


6. Ensure that the swimmer name is correct and then press “Enter”

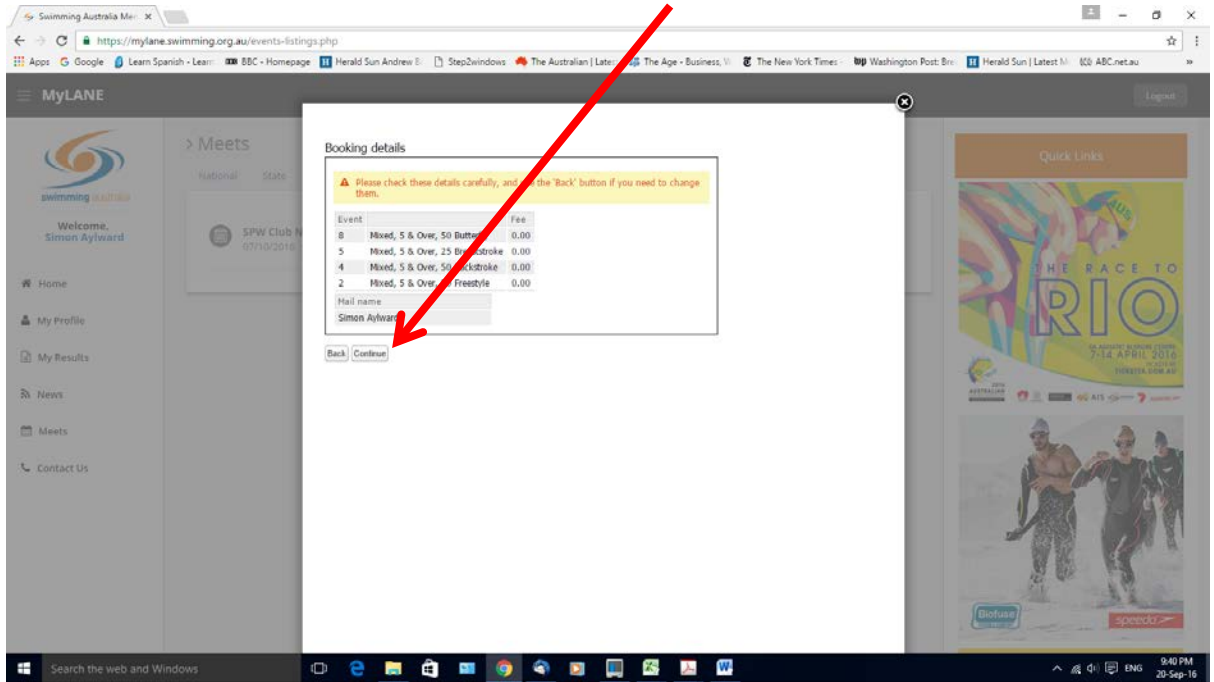


7. Enter ‘Yes’ in the events that you wish to enter.

- a. Only enter either a 25m or 50m distance for each stroke, not both.
- b. If you are unsure, enter the 25m events.
- c. To enter a 50m event the swimmer must have swum the following qualifying times for 25m:
  - i. Freestyle – 23 seconds
  - ii. Butterfly – 25 seconds (and have approval from a coach)
  - iii. Backstroke – 27 Seconds
  - iv. Breaststroke – 28 Seconds
- d. Once entered, click on the “Proceed” button



Verify that the events are correct and then press "continue"



Congratulations, if you see the screen below!!

If note, please email [martin.aylward@bigpond.com](mailto:martin.aylward@bigpond.com)

