



Quick Start Guide.

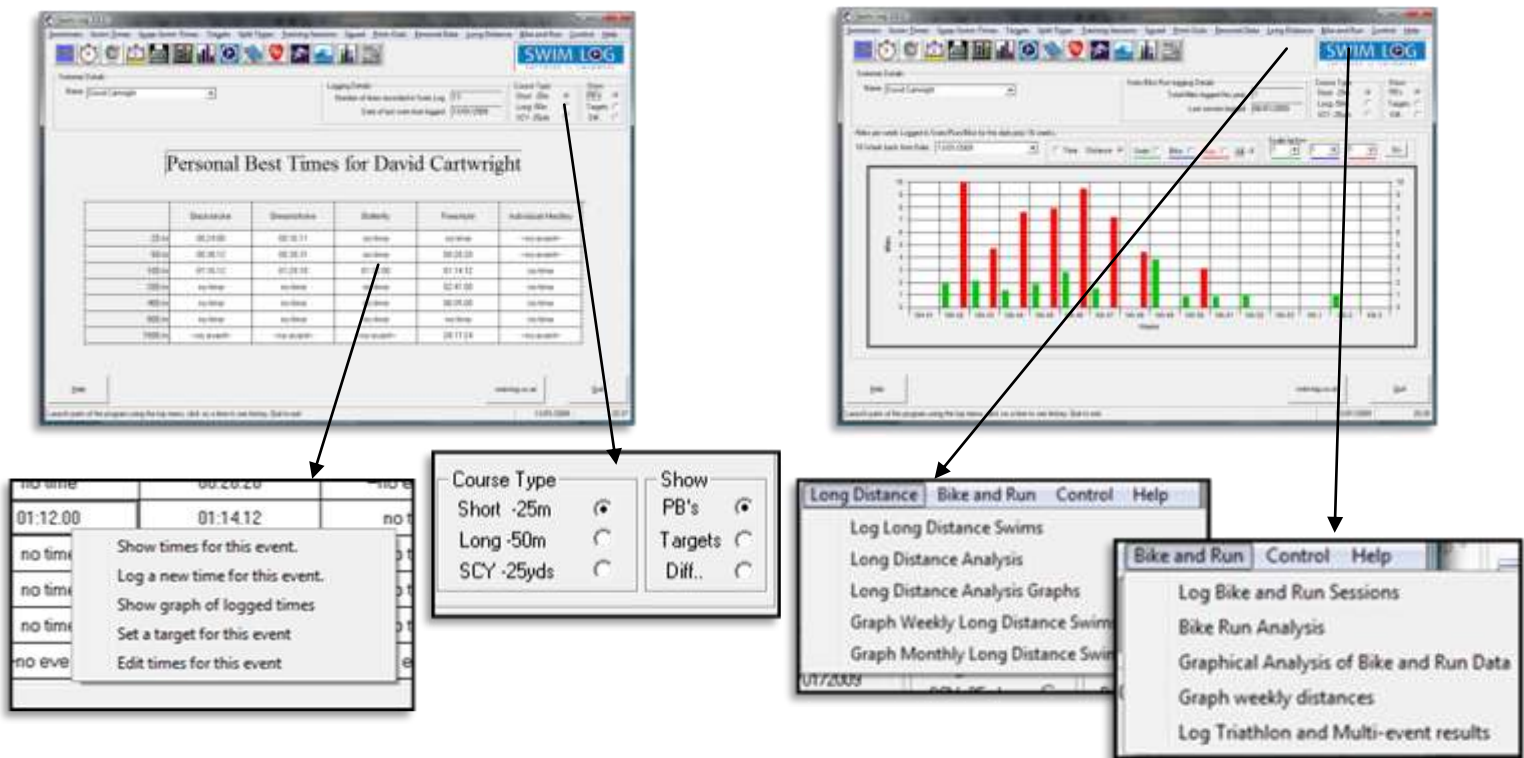
This guide outlines in one page some of the features of Swim Log and highlights what you can do with the program.

Swim Log is aimed at club swimmers, long distance swimmers and triathletes. It allows you and any number of others to keep records of your best times, training and personal development; set targets, make Pace swimmers, and can even warn you of future events. All data is kept securely in the Swim Log Database and can be displayed in graphical form and analysed with ease.


Swim Log is a simple to use Windows based program with the many features available from either the text menu or icons along the top.



On starting Swim Log can be configured to show your best times if a club swimmer concerned with PB's (left) or recent training data if a triathlete or long distance swimmer (right).



From the main screen swimmers can switch between times logged in any of 3 size pools, or toggle the screen between PB's, Targets and the difference. A click on an event cell offers various options that will carry over the distance, stroke, swimmer and course. Long distance swimmers and triathletes have all the options shown in the menu blocks above or can use the appropriate icons from the tool bar.

To get started click on the left most swimmer icon  and set yourself up. From there you may want to visit the Control screen and set your options. After that simply explore the program by logging new data or examining some of the sample data that has been provided. We always welcome queries and development suggestions to support@swim-log.co.uk.