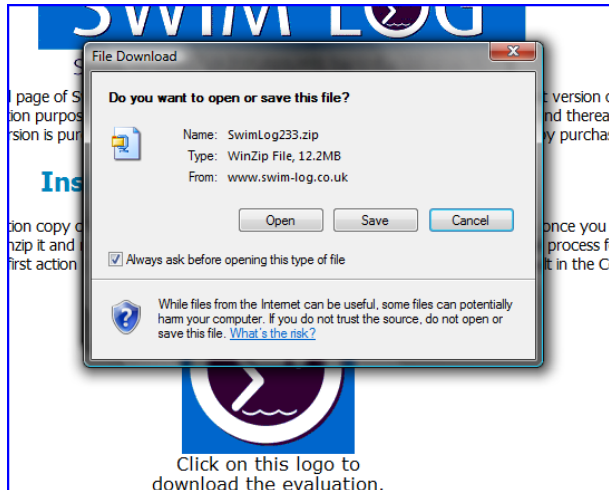
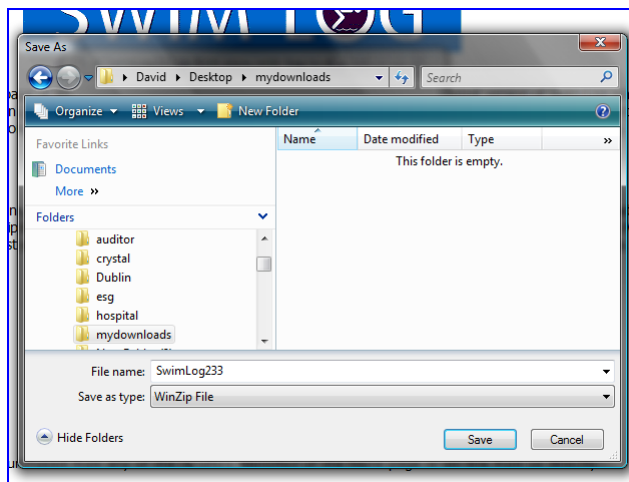


A guide to downloading and installing the Swim Log trial.

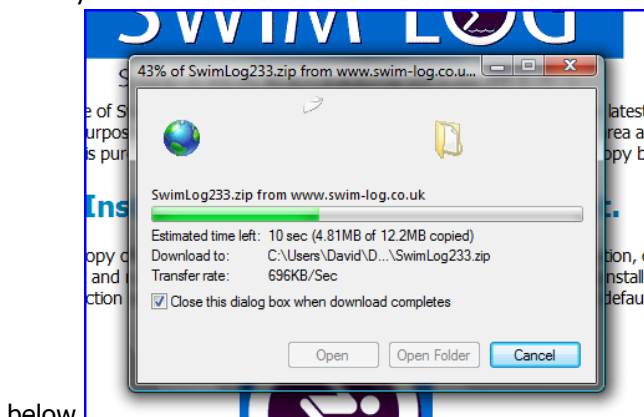
Once you have got to the download page and clicked on the large Swim Log icon you may get the message shown below.



From here click on the SAVE option and select where you want the file to be saved.

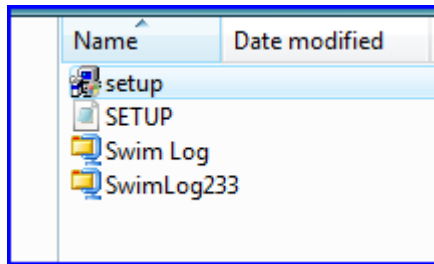


Once you have clicked Save the file will be downloaded and you may see a screen as



below.

Once saved you then need to open the location where you saved it and Right Click on the file SwimLog233.zip. You may get various options to unzip or extract the files. Choose any of these and you will be left with some new files as shown below.



Now highlight the top setup program and either double click or Right Click and select Open. This will start the Swim Log installation. Once complete you should then be able to access Swim Log from the START button – All Programs – Swim Log – Swim Log.

Any problems please contact support@swim-log.co.uk and we will do our best to help.