



## Instructions on Updating your PQT's to the Current Year

- Download the PQT file (zip.) to your desktop from the BCSSA Website under the Provincials page.
- Open your database in Meet Manager
- Go to 'File' and select 'Import'
- You will see an option called 'Time Standards'
- Your Time Standards window will open
- At the top of that window select 'Import'
- Select the PQT file that you saved to your desktop and select 'Open'
- This will update your PQT's

### **B.C. Summer Swimming Association**

#205 – 2323 Boundary Road, Vancouver, B.C. V5M 4V8

Telephone: **(604) 473-9447**

Facsimile: (604) 473-9660

Web Site: [www.bcs Summerswimming.ca](http://www.bcs Summerswimming.ca)