



High School Credit - External Sports Credit Program

External credits are available for swimmers registered with Swim BC who have met the following criteria:

- **Athlete 10:** Provincial Championships- 14 & U Females Qualifying Time or Provincial Championship - 15 & U Males Qualifying Time
- **Athlete 11:** Canadian Junior Championships 15 yr-old Females or 16 yr-old Male Qualifying Time
- **Athlete 12:** Canadian Swimming Championships 16 yr-old Female or 17 yr-old Male Qualifying Time; or the Canadian Trial Open Qualifying time

Regardless of when the performance was achieved, the times will be compared against the current season's time standards to make the determination of a swimmer's eligibility for credit; the current time standards can be found on our website [here](#).

To apply for credit, qualified individuals must make a written request by email, outlining the following:

1. Credit(s) they would like to apply for;
2. One or more events, including the achieved time and competition it was achieved, in which they have the applicable time standards (see below); and
3. Applicant's mailing address.

Swim BC will then mail the applicant a letter which can be presented to one's counsellor at their school.

In order to provide details regarding achieved times for events, complete the following steps:

1. Log into your parent [Swimming Canada account](#).
2. Select a swimmer. If you haven't added your swimmer before, you will need to do so before proceeding.
3. Click on Settings.
4. Select the race that your swimmer achieved their times in (if there are multiple times achieved, please just use one).
5. Click on savelist.
6. Choose the year and whether it was Short Course (SC) or Long Course (LC).
7. Click on Show.
8. Click on Time.
9. Print and scan this proof of time to Swim BC or use your snipping tool and attach to your email.

For more information, visit [here](#).