

mywaterworld.life

news release



Release 10, 30 March 2021

Take Your Times to The Next Level – Goal Setting with FINA Points

Have you set your swimming goals and target times for the year? If not, then the time do that is now and **mywaterworld.life** will help you establish your times using the FINA points system. Race day is far too late.

The 2021 masters' season is now well underway and in Australia we have nearly completed three months with Tasmania and West Australia, having already held championship events.

The recent release of [FINA World Top Ten rankings](#)¹ has once again set a spotlight on performance and provides an opportunity to establish times to aim for in 2021.

The [FINA points system](#) uses event and age group level world records as base times for the calculations of point. Those records are on the [MSA Information Portal](#).

mywaterworld.life has re-organised the FINA formula into:

$$\text{Base time in seconds} / (\text{Points} / 1000)^{1/3} = \text{your aim Time}$$

Now that looks complicated so mywaterworld.life has made it easy. We have created an easy-to-use calculator which you can [download](#). Do it now and start setting those goals.

This is what you will get.

Your current FINA points for this event are:	557
I would like to increase my FINA points to:	600
My new goal time for this event is:	02:34
Aim time for each 50	39
Current time per 50 is	40

Example with instructions is on Page 2.

¹ Just select rankings from the menu.

mywaterworld.life

news release



Establishing a goal time to lift your FINA points to a new level

The example below uses world record holder Karlyn Pipes-Neilsen's time for her 200m freestyle record which she set in 2009.

The worksheet you download already includes Karlyn's event details as example – just overtype all the details in the pale green shaded areas to get your target time for the FINA points you want to achieve.

My FINA Points Goal

by mywaterworld.life (C)



www.mywaterworld.life

My Name

What is the event?		
Stroke:	Freestyle	
Distance:	200	
Gender:	F	
Your Age Group:	45-49	
What is your current time for this event?	Minutes	Seconds
	2	38
World record	2	10
Your current FINA points for this event are:	557	
I would like to increase my FINA points to:	600	
My new goal time for this event is:	02:34	
Aim time for each 50	39	
Current time per 50 is	40	