

How to Register for a Meet

1. Log onto your account for SOL Swim Team
2. Click on either the “events” tab or find the meet on the homepage
3. Find the meet you want to attend
4. Click edit commitment
5. Click on your swimmer’s name
6. Select Yes or no from the drop down menu
7. Click Save

Your Coach will go in and approve the events that were selected before they get sent in.

Please make sure that you check the event numbers to which events are which days. Most meets are 2 days long and have different events on different days. Ask your Coach if you have any questions.