

## How to Commit/Sign Up for a Meet/Event

- Sign in to your team's website.
- Click Events & Competition > Team Events in the side menu.
- Click your desired event's Attend/Decline or Edit Commitment button.
- Click the name of the athlete whom you want to attend.
- Click the Declaration dropdown and click Yes, please sign [Name] up
  for this event (or No, thanks, [Name] will NOT attend this event,
  enter any Notes, and then click Save Changes).
- If applicable, enter any Notes you want the coach to see.
- If a team admin has allowed you to select events, check the boxes of the events you want your athlete to enter.
- Red times indicate your athlete is not qualified to enter those events.
- Events you choose are subject to coach approval.
- Otherwise, select which days and sessions your athlete will attend,
   and a coach will then pick which events your athlete will enter.
- You may click a day/session button to see scheduled events.
- When finished, click Save Changes.
- Repeat for all other athletes you may have.