

## **2010 Capital Athletic League Invitational (3-6-10)**

### **Athletic.net Online Entry Instructions**

1. Locate your team and sign up for a free coach account. (If you already have an account, have the CAL Finals on your season calendar, and have entered your team roster skip to step 4.)
  - Go to [www.athletic.net](http://www.athletic.net).
  - On the main athletic.net page under the *Track and Field* heading click **High School**.
  - Locate **California** then click.
  - Click the **Sac-Joaquin** link near the bottom of the page.
  - Under the list of schools find **your school** and click.
  - On your team page under the *Info for Coaches* heading click **Sign up for a free account** and then follow the instructions.
  - After receiving the confirmation email, proceed to step 2.
  
2. Enter season calendar
  - Sign into [www.athletic.net](http://www.athletic.net) with your email and password, and click your team name in the left navigation menu.
  - Click **Edit Calendar** on the *Coach Tools* bar near the top of your team page.
  - Under *Add Event* and next to *T&F Meet* select the date **3/6/2010** and then click the **Add Meet by Date** button. The next page will ask which region the meet is in so select **CA: Sac Joaquin** and click **Next**.
  - Click **Select** on the line that says: *Bella Vista HS, Fair Oaks, CAL Invitational*.
  - Review the information and click **Save**.
  
3. Add Athletes to your team roster
  - Go back to your team page by clicking the **School Track and Field Home** link (above *Coaches Tools bar*) in the upper left corner of the page.
  - You will next need to add athletes to your roster so under *Info for Coaches/Track List* click **Add athletes to your team roster**.
  - Start entering athletes first and last names, grade in school, and gender by simply typing them into the appropriate boxes and selecting grade and gender from the scroll down menu.
  - Click **Add Athlete** every time to enter each athlete.
  
4. Register athletes for the Capital Athletic League Invitational
  - Back on your team page click **CAL Invitational** in the calendar to the left then click **Register Athletes**.
  - Click on the **athletes name** to begin entering that athlete.
  - To enter athletes into specific events select the division scroll down arrow next to the events you want to put them in and choose **Varsity or Frosh/Soph**. NOTE: Remember that girls are varsity only.
  - Finally click the **Update** button to save changes.