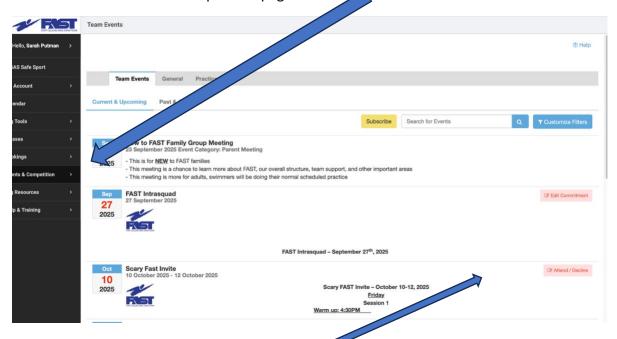


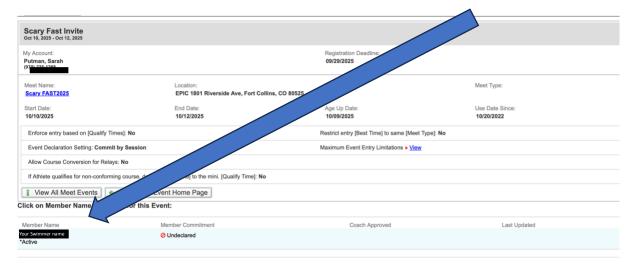
Signing Up for a Meet



- 1. Log into your account on the FAST website.
 - a. Find the Events and Competition page



- 2. Click on the "Attend/Decline" for meet needed
- 3. Your Swimmer or swimmers name will be shown here

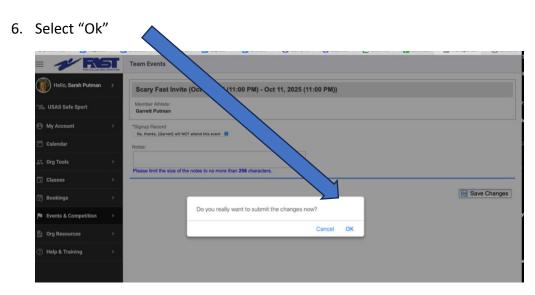


4. Click on the Name needed to be declared



5. Select appropriate response for your swimmer. Some meets will list multiple day options to sign-up. Please select the appropriate options. Enter a note to the coach if necessary. Please remember coaches select events with input from the swimmer.





7. Your Swimmer Commitment will show here:

