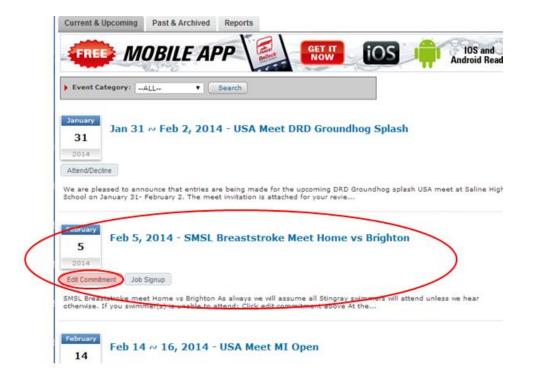
Meet Sign out Instructions

*Note these instructions apply to SMSL meets for Stingray swimmers. All Stingray swimmers will be automatically added to all SMSL meets and must sign out if they are unable to attend. Mini-Rays will have a different process and receive a separate email. USA meets are slightly different as well and instructions are given as needed.

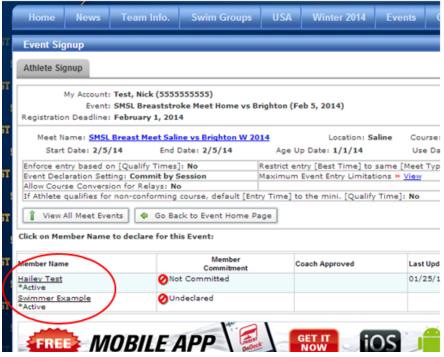
- 1. Sign-in to your account.
- 2. Click the events tab



- Find the meet you wish to sign out of (in this example Feb 5, 2014 SMSL Breaststroke Meet Home vs Brighton)
- 4. Click on Edit Commitment



5. Select the swimmer you would like to sign out.



- 6. On the drop down menu select "No, thanks, [name] will not attend this event"
- 7. Click save changes



8. Repeat steps 5-7 for any additional swimmers who cannot attend