

HEARTLAND GOLDEN GAMES

INSTRUCTIONS FOR REGISTERING ONLINE AT www.directathletics.com

1. If you are registered as an Athlete with Direct Athletics, go to www.directathletics.com and put in your Username and Password and Log In.
2. If you are NOT already registered as an Athlete with Direct Athletics, go to www.directathletics.com and click on the **Sign Up** tab.
3. Under **Select an account type**, click on the **Athlete Account** box
4. Complete the Athlete Information.
 - Do not put anything in the School Year box.
 - Do not put anything in the AAU box.
 - BUT, DO PUT IN YOUR USATF#, If you are a USATF Member.
 - To sign up as a USATF Member, go to <http://www.usatf.org/Products---Services/Individual-Memberships.aspx> You will then be eligible to receive a USATF Championship Medal for the Sanctioned Senior Masters Championships.
5. Hit SUBMIT.
 - You should be registered with Direct Athletics at that point.

THEN, YOU MUST REGISTER FOR THE HEARTLAND GOLDEN GAMES AND SELECT YOUR EVENTS:

1. Go to www.directathletics.com and Log In.
2. Find Meets to Enter
3. Type in the meet name, "Heartland Golden Games"
4. Click on the link to Heartland Golden Games
5. Click "Enter Now"
6. Continue if the information shown is correct.
7. Select your event(s).
8. Runners, be sure to give your most recent times or your best guess as to your times now.
9. Hit SUBMIT.

You are done and the good news is that you are now registered as an athlete for any Shocker Track Club meet in the future and will only have to Log In and select the meet and your events next time.

Contact Larry Staton at 316-214-4655 or STCsprinter@gmail.com for questions.