

Dummy's guide to Attackpoint

Register on Attackpoint (Only the first time)

- Type www.attackpoint.org into your Internet Explorer
- Click on the Register link.
- Enter the information as requested. and then click on the Register button.
- Once you have registered, you can log in

Update your Profile

- Type www.attackpoint.org into your Internet Explorer and login with your username and password
- Click on the Edit Your Profile / Preferences link.
- Enter your information as requested.
- Enter your GOC ID in the field for SportIdent Card #. If you do not know your GOC ID then look on the Short Course log or send Richard an email at richardsflund@gmail.com
- If your GOC ID is entered, new splits will be automatically allocated to you.
- Click on the Update button to save your changes.

View your splits

- Click on the Racing Tab and then the splits link.
- If the race is not under the recent events list, click on the year further down the screen. Click on your race.
- The splits are shown in table format.
- Click on the Show Graph button to view the graphical splits
- Click on the sa link below each name to view split analysis.
- Click on the person's name to see their profile.

Manually loading splits

- Go to the race
- Click on Add Splits or Reruns
- Load your times as per the instructions.
- Click the submit button

View your ranking

- Click on the Racing Tab and then the rankings link.
- All members who have ranking points are shown in order
- The allocated points for each race are below the ranking list.

Add your training

- Click on the log tab.
- Your training log is shown on the page.

- Click on the [add training](#) link
- Now you can enter all the training that you have done in as much detail as you prefer.\
- You also need to log your races as well to form part of your training.

Join our *Group*

- We have set up a group called South African Orienteers
- Click on the Community tab then on [South African Orienteers](#)
- This page shows members training for the last 7 days, events that they are entered for and splits that they have got.