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PUBLIC User Level:

How to find a Gym:



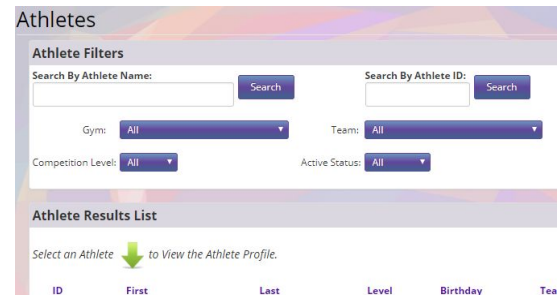
- Step 1: Open INSIGHT Website
- Step 2: On the homepage, Filter Association - Then Click: **GYMS**
- Step 3: Filter the list (If needed) Choose your Region – East, West, or All
- Step 4: Choose your gym's name and choose the season you want to find

How to find a Team:

- Step 1: Open INSIGHT Website
- Step 2: On the homepage, Filter **Association** - Then Click: **TEAMS**
- Step 3: Choose your **Gym** Filter
- Step 4: Choose the **Team** you are looking for and the Filter the Season you want to find

How to find your athlete, athlete number, or athlete's level:

- Step 1: Open INSIGHT Website
- Step 2: Click the 'Athletes' button on the menu
- Step 3: Use the filters to reduce your search results
- Step 4: Scroll through the list to find the athlete



How to look up meet results:

If the meet is currently ACTIVE

- Step 1: Click the 'Meets' button on the top of the page
- Step 2: Click on the 'ACTIVE Meets' Tab and make sure you are in the right season
- Step 3: For information like time, location, overall top gymnasts, click on the details tab
- Step 4: For live time scoring, click on the Scores button

If the meet is UPCOMING

- Step 1: Click the 'Meets' button on the top of the page
- Step 2: Click on the 'UPCOMING Meet' Tab
- Step 2: Click on the Meet Details button, and you can find the Meet Information

If the meet is COMPLETED

- Step 1: Click th 'Meets' button on the top of the page
- Step 2: Select the competition season for the meet you are looking for
- Step 3: Scroll down to the date of the meet or find the name listed under the column "Meet"
- Step 4: Click the 'Details' to find out information such as when and where the meet was
- Step 5: Click 'Scores' to find meet results

Understanding meet scores:

- Step 1: Athletes are listed in the results page based on their place in the All-Around
- Step 2: In the 'vault', 'bars', 'beam', and 'floor' columns the score highlighted in yellow is the 1st place gymnast on that event
- Step 3: If the meet includes more than one session, division, or level you can specify the group you are looking for on the top of the page

Create an Account for Personalized INSIGHT Access

- ★ This allows for following your favorite Athletes and their results
- ★ This gives you the chance to enable INSIGHT Score Alerts

How to create an Account:

- Step 1: Click the 'Login' button on the top right corner
- Step 2: Click 'Register For an Account' on the bottom of the pop-up box
- Step 3: Enter your Name, Email, and create a Password

Forgot your password:

- Step 1: Click the 'Login' button on the top right side of the screen
- Step 2: Click 'Forgot Your Password?' located under the 'Login to INSIGHT' button
- Step 3: Enter your email address, that is linked to your INSIGHT account into the box
- Step 4: Click 'Reset and Email Me My Password'
- Step 5: It will ask if you are sure, Confirm you are resetting your password - Click 'OK'
- Step 6: Find the email from INSIGHT (if you cannot find it, check your spam or other folders)
- Step 7: Follow the directions in the email, with your new password

FAQ's

Public User Level:

Q:

A: