![XCStats.com logo]

Using XCStats Goal Setting

To Register

Note: You will only be able to register after you have run your first race.

1. Click on "Create account" on your team's XCStats Home Page.
2. Enter the Registration Code you received from your coach.
3. Fill in the Runner Registration form. Please select *your* name from the pull down menu. Add parent names and addresses if requested. Submit the form.
4. You will receive an email with a confirmation link. Click the link to confirm and create your account and login!

Runners Login

Email Address:

Password:

Submit

Create account: Boys
Create account: Girls
Lost Password?

Runner Registration

Enter info

Email Address:
Create Password: (7 to 15 letters and numbers only, with at least 1 number).
Confirm Password:
Select Your Name:

Additionally, to help with planning and team communications, the coach as asked for the email addresses equivalent. Please enter up to four below.

	Parent Email Address:
Name 1:	
Name 2:	
Name 3:	
Name 4:	

Submit Registration

Layout of a Runner's My Goals Page

Do you run track? If so, click here to enter your marks. They will appear on your XCStats career page.

Area to enter a season-long goal, if requested by your coach.

Graphs of your past results on courses your team will run this year. The dashed lines reflect the goals you have set for upcoming races.

My Goals Page

Career Page   Enter My Track Times   Edit My Account
Lynbrook XCStats By Season Page

Based on instructions from your coach, use this page to set a season goal and goals for individual races. Please note that all information is visible to your coach.

My Season Goal

If your coach has asked you to enter your goals for this season, do so here:

Save Goal

To Set Goals

After your team's schedule has been entered into XCStats, this area will show those events. It will be a complete list, so not all runners will participate in all the events shown. Enter a goal for the upcoming race as instructed by your coach. If you have run it before, you can use the graphs on the right to help you set a challenging but realistic goal. You can also enter pre-race notes, such as your training plan or race strategy. Your goals and notes can be changed up until the day of the race.

Set Goals for Individual Events

1. Upcoming Events

In this section, enter a time goal along with notes, if desired, for the races you will be participating in. All entries will remain in this section and are editable until the morning of the race. After the race is run, this race will "move" to section 2, where you can enter post-race comments. To delete a goal before the race is run, remove the value in the Min column and select save.

Date	Event	Course	My Goal Min	My Goal Sec		Pre-Race Notes:
3/5	Central Park Invitational	Central Park	13	15	Save	Need to strengthen my kick
3/12	Artichoke Invitational	Half Moon Bay HS	13	59	Save	
3/19	SCVAL Crystal Springs	Crystal Springs	17	06	Save	
3/26	Mustang Scrimmage	Homestead HS			Save	
4/2	Lynbrook Invitational	Lynbrook HS	12	10	Save	
4/9	DAL Finals	Crystal Springs	19	00	Save	
4/16	CCS Finals	Crystal Springs			Save	
4/23	CA State Finals	Woodward Park			Save	

Upcoming Courses

To help you set appropriate goals for your upcoming races, below are charts of your past results on those courses. Click on each chart to see mouse-over text which displays your finish time and pace.

Central Park - 2.30 mi.

After the race, your results will be shown here. Hopefully you met your goal! You can enter post-race comments, such as how you felt during the race or ideas you have for future training.

2. Enter Post-Race Comments

Once you add your post-race comments, this race will "move" to section 3 below. The actual race results will be shown when available.

Date	Event - Course	My Goal	Time	Imp	Pre-Race Notes	Enter Post-Race Notes	Store
2/25	Saratoga Scrimmage - Saratoga HS	11:30	11:20	LR, PR, PG	Do lot's of speed work		Store

3. My Goal-setting History

This is a list of all the races where you set a goal, both this year and previous.

2008 Season

Date	Event - Course	My Goal	Time	Imp	Pre-Race Notes	Post-Race Notes
2/11	Lynbrook Center Meet - Lynbrook HS	12:20	12:13	PG	go out fast	need to work on my kick

Half Moon Bay HS - 2.25 mi.

Crystal Springs - 2.95 mi.

Homestead HS - 2.35 mi.

Once you "Store" the goal, it will appear in the Goal Setting History area.