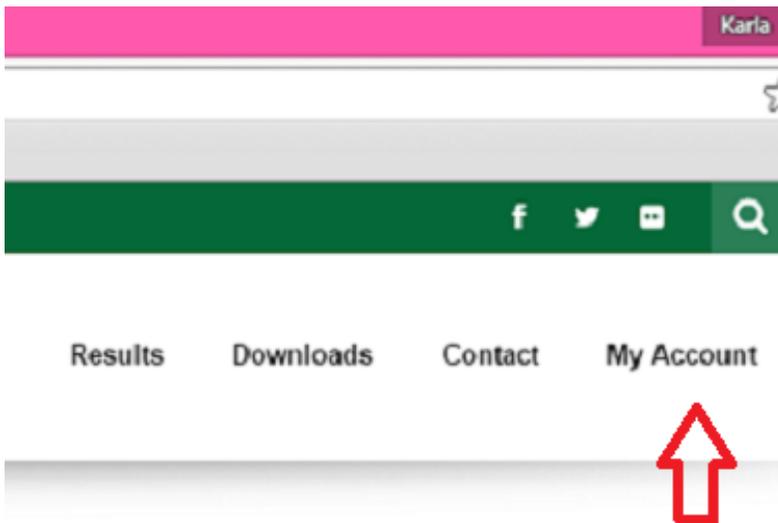


Meiringspoort Substitution Process

These step by step instructions are designed to help guide athletes through the Substitution Process of Meiringspoort21.

Kindly Note: Both the person with the entry and the substitute needs to complete the following Registration Process for the Substitution to be successful.

1. Go to the the following website: <http://www.aswd.co.za/>
2. Click on My Account (See red arrow below)



3. You'll need to CREATE a profile by clicking on "To register please Click Here" (See red arrow below).

Latest Article



2015 Meiringspoort 10km & 21.1km

2015 Meiringspoort 10km & 21.1km Athletics SWD (ASWD) as the custodian of road races in our area took on the responsibility of handling the online entry process on behalf of the organizing club, De Rust Striders (Meiringspoort 10km and 21.1km). Many months of planning, checking and testing of the process was done prior to the



LOGIN

Username or email address *

Password *

Login

Remember me

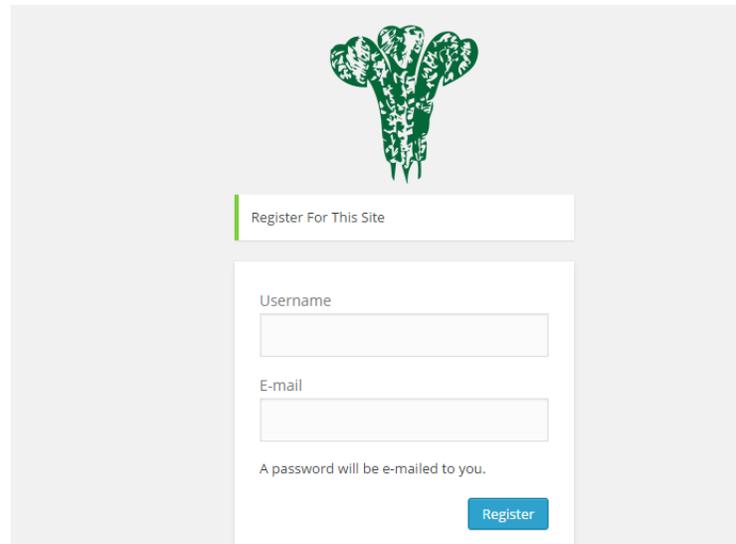
[Lost your password?](#)

REGISTER

[To register please Click Here](#)



- To register you will need to put in a Username and Email address. Make sure that the Email address you enter here is the same email which you used when you entered for the Meiringspoort Race. (Your entry is connected to your email address)



The image shows a registration form titled "Register For This Site". At the top is a green logo of a stylized tree or plant. Below the title are two input fields: "Username" and "E-mail". Below these fields is the text "A password will be e-mailed to you." and a blue "Register" button.

- After completing this step, check your Mailbox Inbox, where you should have received an automated email with your "**Password**" and a link. Click on this link.
- Here you will Login with your Username/Email Address and Password received in the automated email. (See red arrow below)

Latest Article

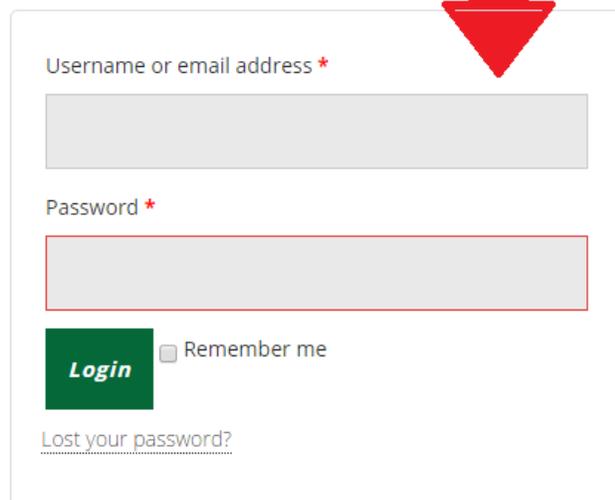


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LOGIN



The image shows a login form with two input fields: "Username or email address *" and "Password *". Below the password field is a green "Login" button and a checkbox labeled "Remember me". At the bottom is a link for "Lost your password?". A large red arrow points down to the "Username or email address" field.

7. After logging in with your Username/Email and Password, you will be directed to your Account/Profile. On your profile you will see the Meiringspoort Entry, with a Substitution link (In a green box) next to it. Click on this link.
8. By doing this, a new page will open up and you will be able to enter the Email Address of the person you want to substitute with.
9. You will only be able to search for this person's email address if he/she is already registered on the ASWD website. If not, then this person needs to register first before you can go ahead with the substitution.
10. They will need to complete the above mentioned registration process on the website.
11. After doing so, you can now type in the substitutes email address, and it will automatically pick them up, and give you a "**Pin**". (The Substitute will use this pin later to verify his substitution).
12. Then you click on "Continue with Substitution".
13. The Substitute can now Login on "My Account" with their Username/Email Address and Password (As received by email).
14. After Login they will need to enter the verification pin.
15. A link will then direct them to the Entry Form where they will submit all their details and complete their entry.