

How To Guide

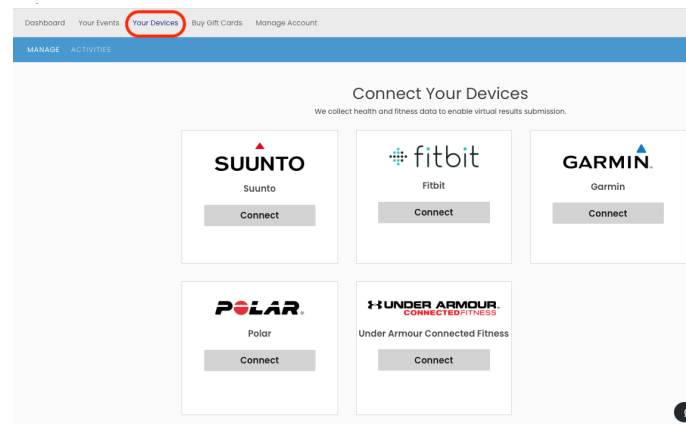
Submit Results & Connect Your Wearable Device

LOG INTO YOUR PARTICIPANT ACCOUNT

Inside your participant account you will have access to your registration, event products, and more. To view your account: <https://manage.hakuapp.com/login/m3s-sports.org>

TO ADD FROM WEARABLE

1. Click on **Your Devices** at the top of the screen
2. In the **Manage** tab, click connect under your device.
3. You will be prompted to log into your wearable device.
4. To submit your time, click on the **Your Events** tab.
5. Select your registration
6. Click **Submit Activity** and **Log New Activity**
7. Select **Add from Wearable**
8. The data from your device will be displayed
9. Click **Select** to choose an activity to submit your results.



TO ADD MANUAL ACTIVITY

1. Click on **Your Events** or **Submit Results** if you see the pending notification in your account.
2. Select the event you are submitting time for & click View Registration
3. Click **Submit Activity** down arrow v, then **Log New Activity**
4. Select **Add Manual Activity**
5. Enter Your Total Finish & Click **Submit**
6. You can edit or remove your submission & Go to the Results Page!

