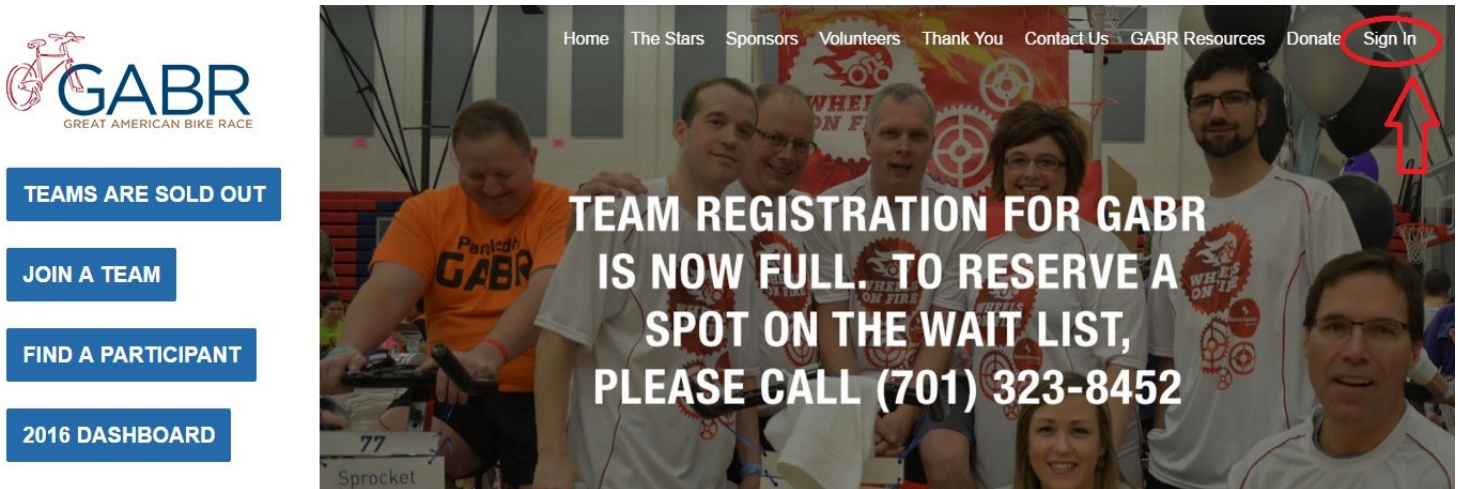


# How to: Assign Heats

**Step 1**—Go to the website [gabr.sanfordhealth.org/Bismarck](http://gabr.sanfordhealth.org/Bismarck) and click Sign In in the top right corner.



**Step 2**—Enter your username and password then click sign in.

**Step 3**—Hover over MyGABR in the top right corner and select Edit Team from the drop down menu.

**Step 4** —Click Update Info. next to the appropriate rider

Records per page: 30

Row#	Rider Name	Team Name	Shirt Size	Heat	Team #	Rider #	Bike #	Update Info
1	Sara Haugen	Foundation	M	-	-	-	-	Update Info

Pages : 1 | first | prev | 1 to 1 of 1 rows | next | last

**Step 5** —Update the shirt size if needed and select a heat time from the list. Save changes.

First Name : Sara

Last Name : Haugen

Team Name : Foundation

Shirt Size : M

Edit Heat :

- UnAssign
- 09:30 AM
- 10:00 AM
- 10:30 AM
- 11:00 AM
- 11:30 AM
- 12:30 PM
- 01:30 PM
- 02:00 PM
- 09:00 AM
- 12:00 PM
- 01:00 PM

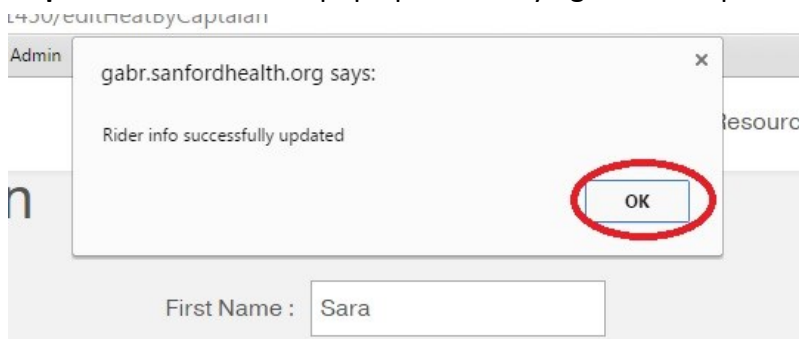
Team # : -

Rider # : -

Bike # : -

Save Changes

**Step 6** —Click ok on the pop up box verifying that the updates were made.



**Step 7**—Repeat as necessary until all riders are assigned a heat time.

**Please note**, once you assign a heat it will disappear from the list. To make changes you will have to go into riders and mark them as UnAssign before using that time for a different rider.