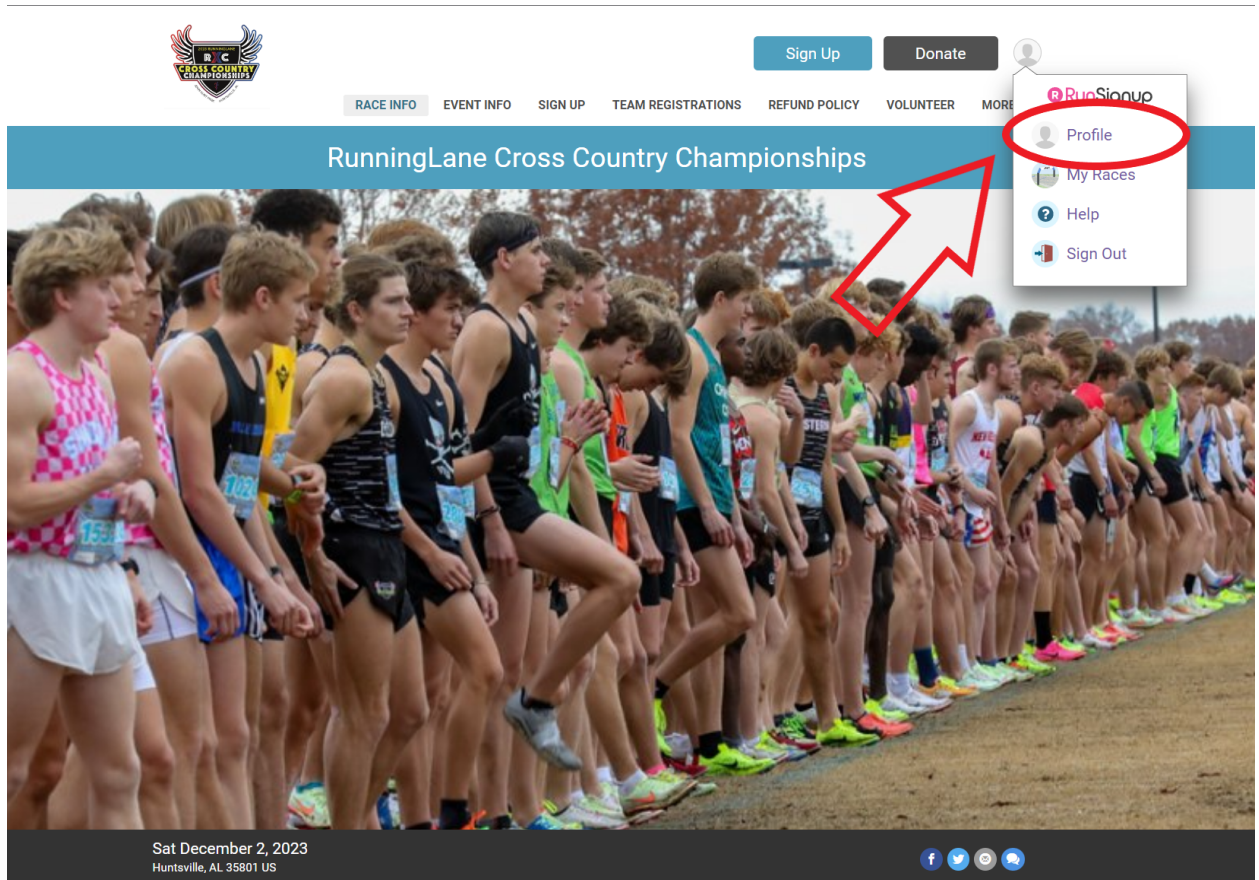


# RunningLane Seed Time Update Instructions

Instructions for editing your Seed time for the RunningLane Cross Country Championships. If you follow these step by step instructions your times will be automatically imported into the performance spreadsheet at least once per week.

**Step One:** Login to your RunSignup profile.



**Step Two:** Select the Athlete/profile of the athlete you have registered for RunningLane. Then click “Manage Registration”.

The screenshot displays the RunningLane user interface. At the top, a user profile is shown with a placeholder icon, a name, a date of birth (September 20, 2000), and a location (Huntsville, AL 35802 US). To the right of the profile, a list of account management options is provided: OAuth2 Authorizations, Emergency Contact, Giveaway Preference: Shirt — Female M(1 more), Create Separate Profile for this Sub-Account, Delete Sub-Account, and Transfer to Another User. A red arrow points from the profile section down to a grid of athlete selection buttons. The grid contains buttons labeled with letters (S, A, A, A, I, M, M, N, N, S, V) and names, representing different athletes. Below the grid, there are four tabs: Upcoming Events, Past Events, Results, and Deferrals. The 'Upcoming Events' tab is active, showing details for the 'RunningLane Cross Country Championships' on December 2, 2023, at 10:00am CST. The event location is Huntsville, AL 35801 US, and the event is 'RunningLane Cross Country Championships 5k (Girls)'. The registrant's name is redacted. A red arrow points from the 'Manage Registration' link in the event details to the right. Another red arrow points from the 'Manage Registration' link to the 'Manage Registration' link in the event details.

Sub-Account of Sean [redacted]  
[redacted]  
September 20, 2000  
Huntsville, AL 35802 US

OAuth2 Authorizations  
256 [redacted]  
Emergency Contact — [redacted]  
Giveaway Preference: Shirt — Female M(1 more)  
Create Separate Profile for this Sub-Account  
Delete Sub-Account  
Transfer to Another User

Select the athlete that you registered.

Switch Account

S [redacted] A [redacted] A [redacted]  
A [redacted] A [redacted] I [redacted]  
M [redacted] M [redacted] N [redacted]  
N [redacted] N [redacted] S [redacted]  
V [redacted]

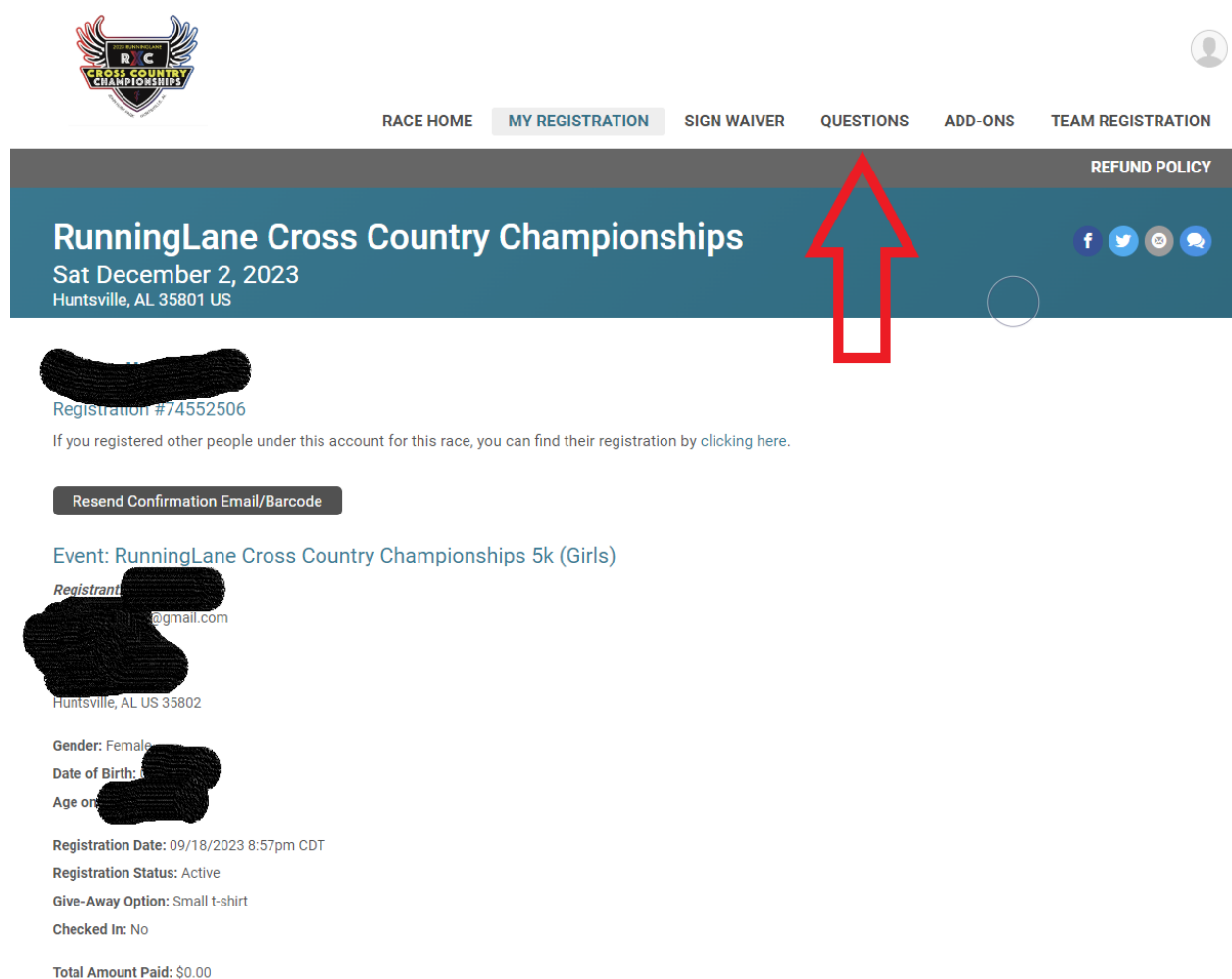
Upcoming Events Past Events Results Deferrals


**2 DEC 2023**  
10:00am CST

**RunningLane Cross Country Championships**  
Huntsville, AL 35801 US  
Event: RunningLane Cross Country Championships 5k (Girls)  
Registrant: [redacted]

Manage Registration  
Resend Confirmation  
Contact Race  
View Race Page

**Step Three:** Select the “Questions” tab at the top of the page where you can then edit your answers.











RACE HOME MY REGISTRATION SIGN WAIVER QUESTIONS ADD-ONS TEAM REGISTRATION REFUND POLICY

## RunningLane Cross Country Championships

Sat December 2, 2023  
Huntsville, AL 35801 US



   





  
Registration #74552506  
If you registered other people under this account for this race, you can find their registration by clicking here.

[Resend Confirmation Email/Barcode](#)

Event: [RunningLane Cross Country Championships 5k \(Girls\)](#)

Registrant:   
@gmail.com  
Huntsville, AL US 35802

Gender: Female  
Date of Birth:   
Age on: 

Registration Date: 09/18/2023 8:57pm CDT  
Registration Status: Active  
Give-Away Option: Small t-shirt  
Checked In: No  
Total Amount Paid: \$0.00

**Final Step:** Make your changes and don't forget to click "Update Responses", your updated performance will automatically be populated into the Performance Spreadsheet once a week!

[RACE HOME](#)[MY REGISTRATION](#)[SIGN WAIVER](#)[QUESTIONS](#)[ADD-ONS](#)[TEAM REGISTRATION](#)[REFUND POLICY](#)

## RunningLane Cross Country Championships

Sat December 2, 2023

Huntsville, AL 35801 US

### Registration #74552506

Emergency Contact Name \*

Sean

Emergency Contact Phone \*

25

Grade of athlete? \*

12th

What is your best verifiable 5k time in the last year? \*

Hrs

20

Mins

07

Secs

Please provide a link to your 5k seed time result? \*

Enter your milesplits profile here, direct link to your athlete profile that will show the updated time!

What are your travel plans for RXC? \*



Driving in



Renting a house/room



Staying with friends



Staying at a hotel



Other

If your personal best time that you submitted was run at altitude, please list the elevation of that town/ city. If your PR is run at sea level, leave this question blank.

Update Responses

Don't forget to Update your response!