**Computer Program Walk Through**

1. **Team Roster Sheet** will be sent to you from teams attending your meet. You will then cut and paste each teams’ entries from each team roster to the next sheet call the Entry Form

You will use the [Mandatory Regional Meet Team Roster](https://6791024f-a0a1-4bff-973f-3dd9a7619666.filesusr.com/ugd/1521f7_dd4fbce68a1046b494fbb0bef4ddb563.xlsx?dn=Mandatory%20Regional%20Meet%20Team%20Roster.xlsx) sheet found on MHSPLA.com website: <https://www.mhspla.com/resources>.

Team Roster Sheet

A screenshot of a social media post

Description automatically generated

**Entry Sheet**

1. **Entry Sheet:**

DO NOT TYPE IN THIS RED AREA



A screenshot of a cell phone

Description automatically generated

1. Copy the following columns (Division, School, Weight, Lifter) first to the next tab E**ntry Form** as seen below. Then copy and paste the following columns one at time (Squat, Bench, Deadlift) to the **Entry Form**
2. **Then you will see your totals populate on the right**

Then you will be able to assign them platforms when you

have all lifters copied to this form.

A screenshot of a map

Description automatically generated

1. Then you will use the copy & paste form. IT will automatically populate when you have everyone added to the entry form Sheet

Copy & Paste Sheet

A close up of a logo

Description automatically generated

You will use this data to create lifter cards with Autocrat google sheets addon tool.

The following link is to a tutorial on how to use autocrat:

<https://youtu.be/SkpY2ODnncA>

You will use the following files with autocrat:

**PLATFROM LIFTERCARD SORT SHEET**

<https://docs.google.com/spreadsheets/d/1F9Mc70jYW_-Lb0Vrti_AK-EOksuZPox8JiyRp_TjVR8/edit?usp=sharing>

**2019-2020 Template Regional Platform Cards**

<https://docs.google.com/document/d/1nn_3J2nJkNTrltmT0tfoq--w2A0rUQZTOFnNTgKdKZg/edit?usp=sharing>