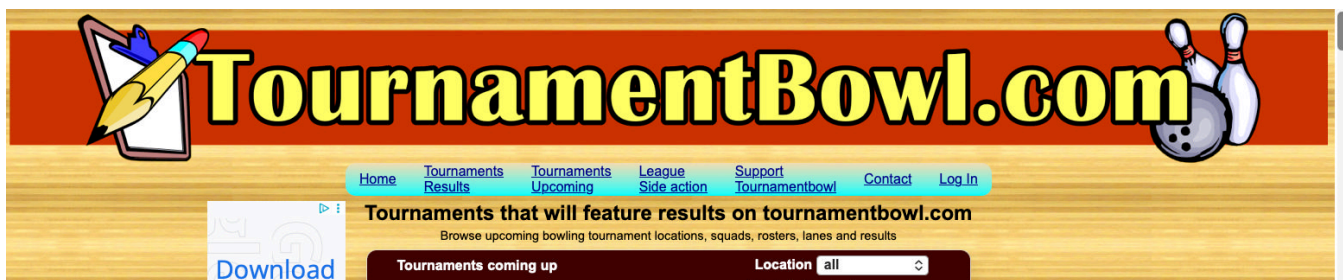
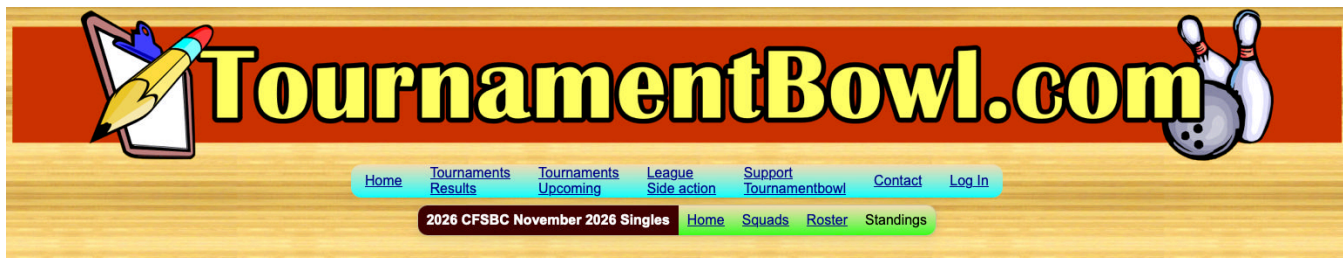


1. Once you open the link to [TournamentBowl.com](http://TournamentBowl.com) you can choose the link called Tournaments upcoming in the Blue header.

2. This will take you to a page with a header like the one below. This page has a Dark colored bar with “Tournaments coming up” and “Location all”



3. Change the all to FL with the pop up list. Once you make this change to FL you can scroll down the list to see the CFSBC link to our tournament for that month. Click on that link.



4. The above header will appear and you can then click on the Roster tab in the green bar to see if you are in the tournament with your squad time assignment.

5. When the tournament is a couple of days out there will be a new tab that has your lane assignments. The day of the tournament a tab for brackets will appear as well in the green bar.

These same instructions with the only change being the first step can be used to retrieve the tournament results by clicking on the Tournaments Result tab..