



Athlete Guide

Your training, your marks and your team, in one app

FieldSync Pro is where your coach puts your practices and the work for each one, and where you log your splits and your marks. Your bests and charts build themselves as you go. This guide shows you everything the app can do.



iPhone

App Store, search FieldSync Pro
apps.apple.com/app/id6812147578



Android

Google Play, search
FieldSync Pro
play.google.com, FieldSync Pro



Web browser

Any computer or
Chromebook
pro.fieldsync.live

Your first three minutes

1

Sign up

Choose Athlete, pick your school or club, enter the code we email you.

2

Two questions

Pick your units, then turn on notifications.

3

Join your team

Type your coach's team code on Home and tap Join.

4

Pick your events

This puts you in the right practice group.

5

Log a mark

Progress, then Log progress, after any meet or practice.

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1 Your account

Signing up

- 1 Open the app and tap **Sign up with email**. On iPhone you can tap **Continue with Apple** instead, and on Android **Continue with Google**.
- 2 Enter your name, choose **Athlete**, and start typing your school or club. Every NYC high school with a track team, and the city's track clubs, are already listed, so pick yours from the list.
- 3 Add your date of birth, email and a password, agree to the terms, and tap **Create Account**.
- 4 We email you a 6 digit code. Type it in and tap **Verify and Sign In**.

If you are 13 to 17 you can add a parent or guardian's email. We let them know you joined. It is optional. You need to be at least 13 to have an account.

Then the app asks a couple of quick questions. Pick **Imperial** or **Metric** for jumps and throws, and turn on notifications so you hear when a practice moves or gets cancelled. You can also start a Circle, or tap **Not now**.

Settings

Tap **Profile**, then **Settings**. You can change your name, email, password and units, and choose which notifications you get. **Your coaches** lists every coach who can see your marks and workouts, and you can remove one. You can also delete your account there.

2 Joining your team

Your coach gives you a team code, something like AB10CD2O. On **Home**, type it in the team code box and tap **Join**. You will see your team's name when you are in.

- New teams have a coach approve each athlete first, so you see **Request sent** and then **Waiting for approval** until a coach lets you in. An invite link works the same way. You can **Cancel request** if you used the wrong code.
- Got an email invite instead? Open it, or go to Profile, then **Teams**, and tap **Accept**.
- On another team too, like a club? Go to Profile, then Teams, and use **Join With Code**.

Tap your team in Teams to see the roster. Tap a teammate to see their bests, goals and badges, send them a message, or report or block them. **Leave Team** is at the bottom. Leaving means that team's coaches can no longer see your marks.

3 Your events

Your events put you in the right practice group, so you get the work meant for you, and let you log your results. Tap **Set my**

events on Home, or **Edit** next to My Events on Profile.

- 1 Choose **Running**, **Field events** or **Both**.
- 2 Tap every event you do. The first one you tap is your main event.
- 3 Check the list and tap **Save my events**.

Your coach can set your events for you too.

4 Home

Home is your day at a glance. At the top are **Messages** and **Alerts**. Below that you see:

Today	Your practice or meet today, when and where. On a free day it tells you when the next one is.
Your line	How your marks are moving, and All your personal bests .
Splits waiting	Sessions your coach set that still need your times.
Your team	Your team and how many are on it.
Announcements	The latest from your coach.

5 Messages and notifications

Messages

Tap **Messages** on Home to chat with people on your team. Your team chat is at the top, for athletes and coaches. It opens once your team has two adults on it, like a head coach and an assistant. If you are under 18, any chat with a coach always includes another adult. That keeps everyone safe.

Touch and hold a chat to mute it. A muted chat sends no notifications, and you stay in it. Touch and hold a message to report it, or open a teammate's profile and tap **Report or block**.

Announcements

When your coach sends an announcement it fills your screen until you tap **Got it**. Older ones are on the Announcements card on Home.

Notifications

Before each practice and meet you get a reminder with the time and the place.

You can hear about new training, messages, coach feedback, team invitations, goals from your coach, badges, circle requests and schedule changes. Turn each one on or off in **Settings**. Lightning alerts and announcements always come through. Tap **Alerts** on Home to see them all.

6 Training

The **Training** tab has your schedule and the work your coach set. At the top, **Calendar** shows every practice and meet as a list or a month, and **Sync to my calendar** puts them in your phone's own calendar.

A practice

Tap any practice to open it. It has three tabs.

Who is here	Who is at practice today.
My work	What your coach set for your group. Tick items off with Mark done or log what it asks for and tap Save .
Weather	The forecast and what it means for today.

At a meet the middle tab is **My results**, where you log your result in each event you were entered in. You can also tap **Log progress from this practice** to add a mark from that day.

See lightning? Tap **I saw lightning** to alert your coaches. Your coach decides when practice restarts, and everyone is told.

Can't make it? Tap **Can't make it?** on the practice, pick injured, unwell or away, and add a note if you like. Your coach is told right away and decides if you are excused. **I can make it after all** takes it back. [app 1.0.8, website now](#)

Running sessions

Under **Assigned work** you find the running sessions your coach prescribed, grouped by practice.

- Type your time for each rep. Your target shows under each one.
- Tap **DNF** on a rep you did not finish. Ran it without a watch? You can mark the session done with no times.
- For timed efforts, log the distance you covered.
- Add a note under **How did it go?** and tap **Save**. Only you and your coach see it, and your coach is told.
- Your coach's reply shows right under your splits.

Sessions you have not logged yet are marked **Still waiting on your splits**.

Your own training

Runs, rides, swims, lifts and anything else you do on your own: tap **Log your own training** at the top of Training, with how long, how far and how it felt. Your coaches see it on your page.

Weekly programme

If your coach wrote you a weekly programme, tap **Weekly programme** in Training to see each day's exercises, sets and reps. Tap **Mark this week complete** when you are done.

7 Logging your marks

Tap **Progress**, then **Log progress**. The app asks one question at a time.

- 1 Field event or running event, then which event.
- 2 How far, how high, or your time. Use metres or feet and inches, whichever you have.
- 3 Where it was: a practice, a meet, or **Training on my own**, and the date.
- 4 Anything to add, like a note or a video of a jump or a throw. Then check it and tap **Save**.

At a meet in an event held indoors and outdoors, the check shows the season it counts for, like **2026 Outdoor**. Tap **Switch** if it was the other one. [app 1.0.8, website now](#)

Each event has its own card with your chart. Tap one to see every mark, add another, or delete a mistake. When your coach leaves feedback on a mark, it shows right under it, and Progress tells you when your coach last looked at your marks.

Logged the same meet result twice? The app asks if you want to replace it or keep both.

Videos

A video can be up to 15 seconds. Before it is kept, its sound and the place it was filmed are removed. Choose who can watch your videos in **Settings**: only you, your coaches, your team, or your team and your circles. You can remove a video any time.

8 Seasons, bests and goals app 1.0.8, website now

Your marks are kept by season, named the way results sites name them, like **2026 Outdoor**. Indoor runs from late fall into March and is named for the year it ends. Your coach can set your team's dates.

Progress opens on the season under way. Switch seasons, or **All time**, with the buttons under your event. A new season starts fresh, and your PRs carry over.

PRs come from meets, with indoor and outdoor kept apart. Your best in practice has its own line. Tap **All your personal bests** on Home to see them all.

Goals

Under **My goals** on Progress, set a goal for each of your events this season, with a target and a date if you like. Your coach can set goals for you too. When a season ends, a goal you did not reach is offered for the next one: **Keep it**, or **Not this season**. Teammates and your circles can see your goals.

9 Badges and your streak

Badges come in Common, Rare, Epic and Legendary. Open **All badges** from Profile to see how many you have earned. Tap any badge to see how it is earned. You get a notification each time you earn one.

Your **Session streak** goes up by one each time you log your splits for a session your coach sets you. Rest, injured and excused days never break it. Only a set session you did not log does.

10 Apple Health iPhone

Run with a watch? Bring your runs in instead of typing them twice.

- 1 Go to **Training** and tap **Runs**, then **Bring in my runs**.
- 2 iPhone asks which Health data to share. Turn on what you want to share, then tap **Allow**.
- 3 Your runs appear. Tap one and **Match to a session** to use its laps as your splits for a session your coach set.

Each run then shows what your watch measured, like heart rate, cadence and climb, and your other workouts, like lifting or cross training, are listed below your runs. The app never reads your location and never writes to Health. It only reads when you open the app and ask. Your runs, with their distance, time and laps, are seen by you and your coach, never your teammates, and your coach can see that a split came from a watch. The rest of the workout detail, and your other workouts, are shown only to you. If two apps saved the same run, it is only counted once, and you can mark it as a separate run if it really was one.

To stop, open the Health app, tap your picture, then Apps, then FieldSync Pro, and turn it off.

11 Team graphics app 1.0.7 or later

Profile, then **Media Room**. Your team's logo, mascot, colors and saved templates, shared by everyone on the team.

Tap **Make a graphic** to turn one of your marks into a result card in your team's colors, ready to save or share. A photo you add stays on your phone and is never uploaded.

Rather not appear in team graphics? Turn on **Leave me out of team graphics** in Settings.

12 Circles

A circle is a small group, like friends you train with or family who follow along. Everyone in it sees each other's marks and goals, and nobody can change them. Your notes, schedule and coach feedback are never shared.

- Go to Profile, then **Circles**, and tap **Start a circle**. Share its code, and approve each person who asks to join.
- Got a code from someone? Tap **Join with a code** and wait for them to approve you.
- Leave a circle any time. If you made it, you can delete it.

Parents can follow your progress by joining your circle.

13 On iPhone iPhone app 1.0.4 or later

Widget	Your next practice or meet, the team, day and time, right on your Home Screen or Lock Screen. Touch and hold an empty spot on your Home Screen, tap Edit then Add Widget (on iOS 17, tap the plus button), and search FieldSync.
Shortcuts	Touch and hold the FieldSync icon for Log a result , Training and Messages .
Quick reply	Touch and hold a message notification and tap Reply to answer without opening the chat first.

Where to find it

Join a team	Home, type the code, Join
Log a mark	Progress, Log progress
See your bests	Home, All your personal bests
Make a graphic	Profile, Media Room
Mute a chat	Messages, touch and hold the chat
See your badges	Profile, All badges
Message a teammate	Home, Messages
Change your units	Profile, Settings
See who sees your marks	Profile, Settings, Your coaches
Sync to your calendar	Training, Calendar

For your parents

A parent signs up as Parent and enters your team code, and your coach approves them. They see the schedule, every change and the team's announcements, never anyone's results. To see your marks, they join your circle.

14 Help and feedback

We want to hear from you

You use this every day, so you notice things first. Your feedback shapes what we build next.

- Something not working, a question, or an idea? Open Messages and tap **FieldSync Support** at the top. Choose what it is about, write to us, and add screenshots if they help. Our replies come back in the app. If you are under 18, a parent or one of your coaches is added to the conversation. app 1.0.7 or later
- You can also email support@fieldsync.live. Nothing is too big or too small, and we read every message.
- Follow us on Instagram at [@fieldsyncpro](https://www.instagram.com/fieldsyncpro). Want to be in a post or a video? If you are under 18, ask your coach or a parent to message us for you. We never film or post anyone under 18 without a parent's written OK.

Set your events	Profile, My Events, Edit
Log your splits	Training, Assigned work
Set a goal	Progress, My goals
Log your own training	Training, Log your own training
Ask us anything	Messages, FieldSync Support
Bring in your runs	Training, Runs (iPhone)
Start or join a circle	Profile, Circles
Choose notifications	Profile, Settings
Join another team	Profile, Teams, Join With Code
Leave a team	Profile, Teams, your team