South Puget Sound League 2A and 3A Athletic Directors use this website for booking and scheduling all events, any schedule changes will be reflected immediately on this website. If a schedule change is necessary, for whatever reason, the change will be reflected on this website and a message can be sent to you automatically. All you need to do is register by following the steps below.

INSTRUCTIONS TO RECEIVE ELECTRONIC NOTIFICATION FOR CHANGES TO SPORTS SCHEDULES

You are encouraged to Subscribe to the website to receive immediate changes to the schedule by receiving an email, twitter, or a Facebook message.

1. To subscribe: log onto www.spslathletics.com website;
2. Located on the top third and right of the webpage you have buttons that looks like
3. Press any button to subscribe.
4. Register for specific sports to receive notification for changes to the schedule.
5. Once you subscribe, any and all changes to the schedule will be sent to you automatically.

INSTRUCTIONS FOR ACCESSING COMPLETE UP-TO-DATE SPORTS SCHEDULES

For accessing the most up-to-date schedule:

1. Log onto website; www.spslathletics.com
2. Click on the link located in the center of the webpage;
3. Continue by selecting “Boys Sports” or “Girls Sports” tab located in the center of the webpage.
4. Choose the specific sport and drag curser over that sport; a drop down menu will appear; select “Schedule” link.
5. If you choose to print, select the print link button to print out a webpage schedule.

You are able to access departure times and arrival times coming back from events to FHS. Remember, arrival times are estimated.

To follow Trojan Athletics with complete scores, standings, stats, rosters, and photos visit the SPSL 2A/3A website at www.spslathletics.com