

# Flightform User Guide



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Version 1.0

Welcome to FlightForm! FlightForm is an all-in-one platform for running USAPL powerlifting meets from start to finish. Whether you're a meet director organizing a competition, a judge scoring attempts at the platform, an athlete registering to compete, or a spectator following the action, FlightForm brings every part of the event into one place. Directors can create and configure meets by setting up divisions, weight classes, equipment categories, sessions, and platforms then manage athlete registrations and judge assignments along the way. During the competition, judges record lift outcomes in real time, a live scoreboard tracks attempts, running totals, and placements as they happen, and every attempt is automatically checked against current USAPL world, national, and state records so record-setting lifts are flagged the moment they're attempted. For events that stream, FlightForm also generates broadcast-ready overlay graphics that drop straight into OBS, putting the current lifter and platform information on screen for your audience. This guide will walk you through each of these features so you can get the most out of the app.

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# 1.0 Account Configuration

## 1.1 Creating a User Account

The first step to using FlightForm as a meet director is creating an account. This will allow you to create and modify meets. The meet director login info can also be given to judges for intra-meet operations and judging. Although not strictly necessary, Judges may also want to create an account themselves. This will allow the meet director to add them directly, permitting them to use their own account instead of needing to share login information for the single meet director account.

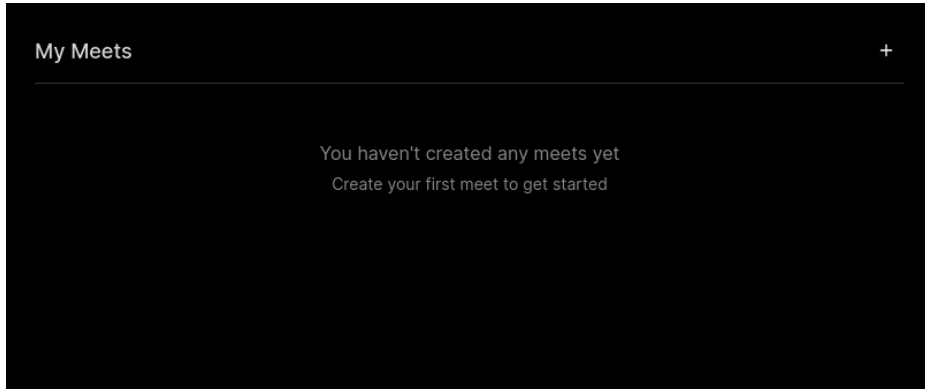
1. Navigate to <https://flightform.live/register>
2. Enter your name (does not need to be unique)
3. Enter Email (cannot be used by existing flightform account)
4. Enter Password
5. Confirm Password
6. Select “Create Account”

You will now have access to your freshly created FlightForm account. Follow the next steps to create and manage meets.

# 2.0 Meet Setup

## 2.1 Creating Meets

Upon creating an account, you will find yourself in the User Dashboard page here: <https://flightform.live/dashboard>. Inside the dashboard you will find a section titled “My Meets” as shown in the screenshot below.



To create a meet:

1. Select the plus icon in the My Meets section of the dashboard.
2. Depending on the development stage, a code may be required. Email me at [JonathanManganelloNH@gmail.com](mailto:JonathanManganelloNH@gmail.com) to request a code.
3. You'll be given a meet creation page like this. Enter all relevant meet data here. This information can be edited later under meet settings:

A screenshot of a "Create a Meet" form. The title is "Create a Meet" and the subtitle is "Set up a new powerlifting competition". The form contains several input fields: "Meet Name" with a placeholder "e.g., Spring Powerlifting Championship 2024"; "Date" with a placeholder "mm / dd / yyyy" and a calendar icon; "Federation" with a dropdown menu showing "USAPL"; "Location" with a placeholder "e.g., City Gym, Springfield, IL"; "Description" with a placeholder "Additional details about the meet..."; "Registration Deadline" with a placeholder "mm / dd / yyyy" and a calendar icon; "Max Athletes" with a placeholder "Unlimited"; "Entry Fee (\$)" with a placeholder "0.00"; and "Second Division Entry Fee (\$)" with a placeholder "0.00". At the bottom right, there are two buttons: "Cancel" and "Create Meet".

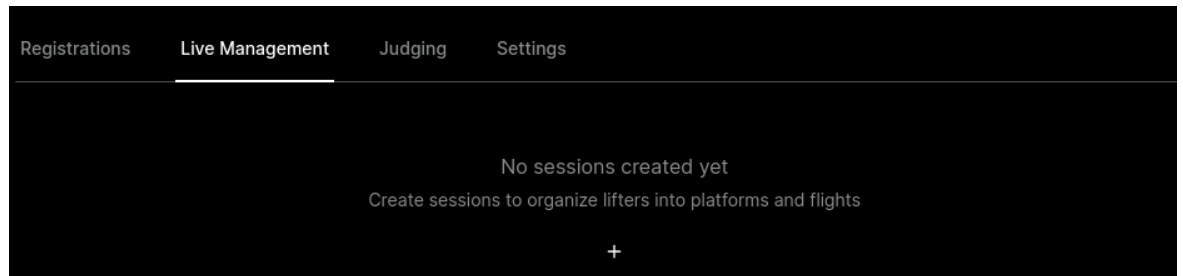
4. Once complete, Select "Create Meet".

You've now successfully created your first meet! Currently though, it's in the draft stage and not visible to the public. We'll need to configure some more information, then lifters will be able to register for your meet.

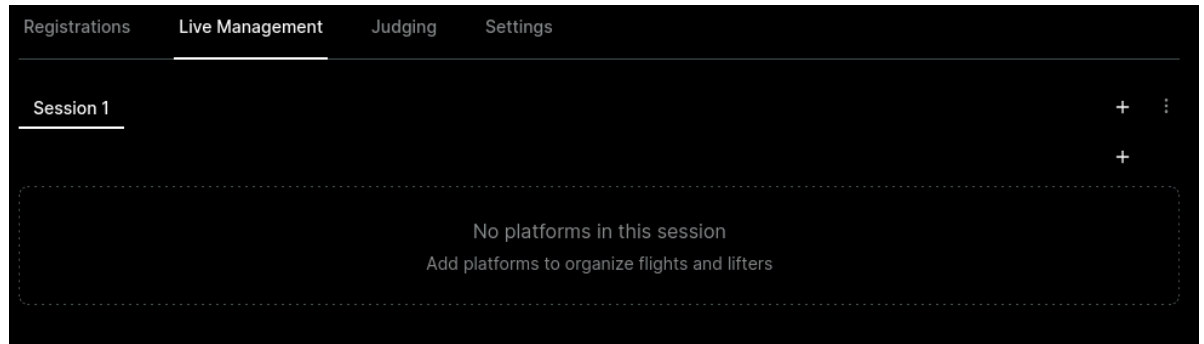
## 2.2 Adding Sessions and Platforms

Before we do anything else, we should create our sessions and platforms for the meet. Navigate to the meet you just created if you are not there already.

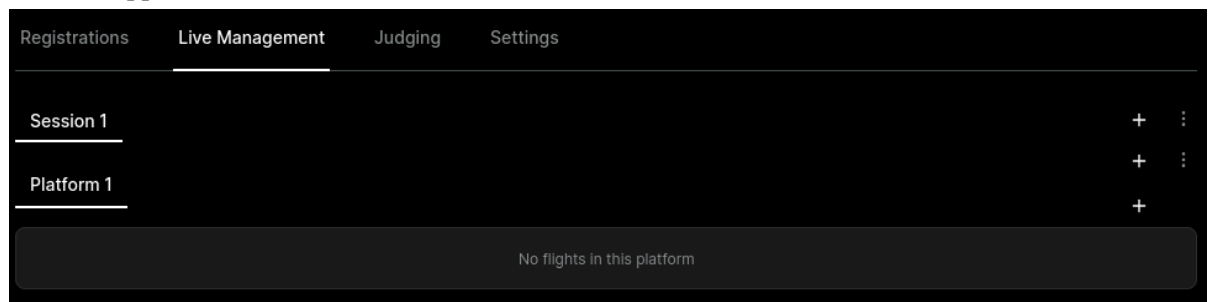
1. When you select the meet, you will end up in the Registrations tab. To add sessions and platforms you'll need to navigate to the "Live Management" Tab next to it.



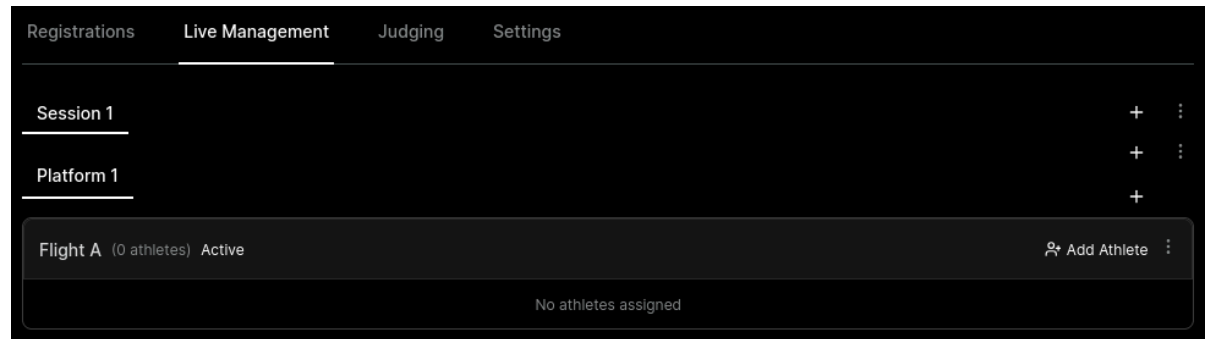
2. From there, you can select the Add Session "+" icon to create the first session. Give the session a name (Session 1, Session 2, etc...) and a start time.
3. Next, you can create the first platform by selecting the second Add Platform "+" icon that has appeared.



4. From here, we can also begin creating flights for each platform by selecting the third Add Flight "+" icon that has appeared.



5. You'll now see a Single Session, Single Platform, Single Flight meet has been created where you can now add athletes. You can add more Sessions, Platforms, and Flights as you see fit.



## 2.3 Managing Registrations

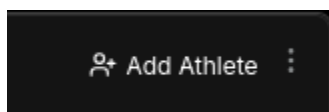
Once you have sessions added, you can begin to add lifters to flights. Lifters can register for the meet if it is made available by putting it into the “Registration Open” stage in the Meet details settings. Lifters can also be manually added within the Registrations tab using the “+ Add Lifter” button, where all relevant information can be entered for each lifter should you choose to use external registration.

Once a lifter is added to the registrations tab, the meet director can modify any registrations present via selecting the lifter's name or selecting the edit action. Lifters may also be removed from the registrations list via the remove action.

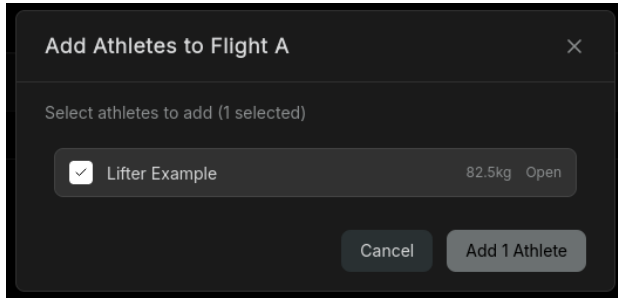
## 2.4 Adding Athletes to Flights

After creating at least one session, platform, and flight in the previous step (2.2) and at least one lifter is present in the registration tab (2.3), we can now begin to populate flights.

1. In the Live Management tab, select the “Add Athlete” button that appears in the flight header.



2. Next, a popup will appear asking which athletes you wish to add to the flight. Select them and press the “Add x Athletes” button.



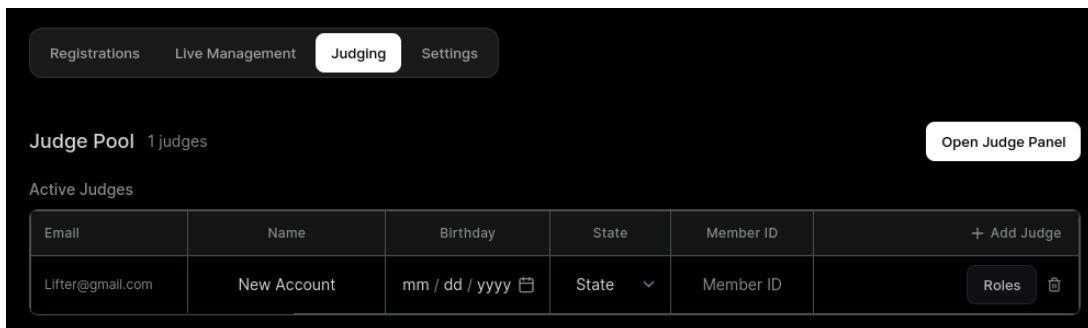
3. The lifter(s) will now be added to the flight. They are auto assigned a lot number upon being added.

## 3.0 Live Judging

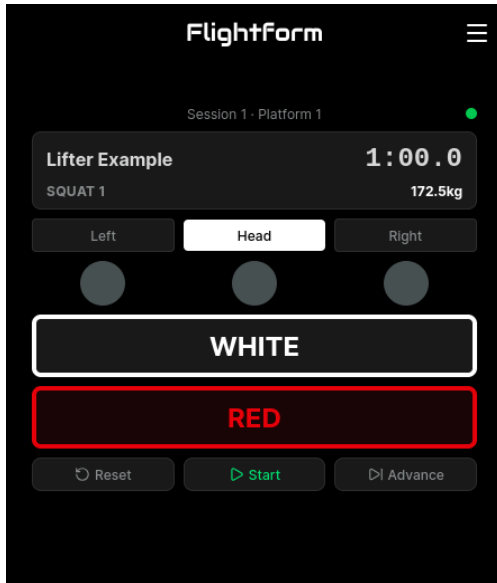
### 3.1 Judging Panel

Through the meet management page, you can navigate to the judging panel. Here you can submit live assessments for lifts on the platform.

1. Navigate to the manage page for your meet, then select the Judging tab.
2. From there, you can select the "Open Judge Panel" button



3. This will open the Judge panel for the meet, and should look similar to the image below:



- Through the judge page, each judge can make assessments on each lift attempt. A judge may grant white lights for completed lifts and red lights (accompanied by any applicable cards) for missed lifts. The head judge is provided controls for starting/resetting the platform timer and a button for advancing to the next lifter once the current assessment is completed.

## 4.0 Scoretable Management

### 4.1 Entering Attempts

The referee responsible for entering attempts at the scoretable can do so via the Live Management tab. Below is an example of a two lifter flight, where Lifter 1 holds the current attempt.

Flight A (2 athletes) Active														Add Athlete	
Lot	Name	BW	Category	Squat			Bench			Deadlift			Total	Selection Timer	
				1	2	3	1	2	3	1	2	3			
110	Lifter 1		Male Raw Open 82.5kg	177.5	...	...	105	...	...	210	...	...	0	—	
111	Lifter 2		Male Raw Open 82.5kg	185	...	...	110	...	...	205	...	...	0	—	

Once a judgement is made on that lift, the current lift will move onto the next lifter, in this case Lifter 2. The selection timer for Lifter 1 will start, which will track when the next attempt is required by Lifter 1.

1:00.0 Configure Timer Lifter 2

Flight A (2 athletes) Active Add Athlete

Lot	Name	BW	Category	Squat			Bench			Deadlift			Total	Selection Timer
				1	2	3	1	2	3	1	2	3		
110	Lifter 1		Male Raw Open 82.5kg	177.5			105			210			177.5	0:34
111	Lifter 2		Male Raw Open 82.5kg	185			110			205			0	—

The referee at the score table can enter in the attempt given by Lifter 1 in the next cell for Squat 2.

1:00.0 Configure Timer Lifter 2

Flight A (2 athletes) Active Add Athlete

Lot	Name	BW	Category	Squat			Bench			Deadlift			Total	Selection Timer
				1	2	3	1	2	3	1	2	3		
110	Lifter 1		Male Raw Open 82.5kg	177.5	190		105			210			177.5	—
111	Lifter 2		Male Raw Open 82.5kg	185			110			205			0	—

Once a judgement is made on Lifter 2, the current lift will circle back to the beginning of the flight, respecting the correct ordering of attempts based on weight and lot number.

1:00.0 Configure Timer Lifter 1

Flight A (2 athletes) Active Add Athlete

Lot	Name	BW	Category	Squat			Bench			Deadlift			Total	Selection Timer
				1	2	3	1	2	3	1	2	3		
110	Lifter 1		Male Raw Open 82.5kg	177.5	190		105			210			177.5	—
111	Lifter 2		Male Raw Open 82.5kg	185			110			205			185	0:47

## 4.2 Attempt Retakes

If a lifter requires a retake for a lift, they can be granted one via the live management tab. Simply select the three dots within the attempt cell for the desired lift, and select “Set as Current Lift”. This will clear the previous judgement and set that attempt as the current lift. After the retake is complete, the current lift will auto resolve to the next viable lift that remains unattempted.

## 4.3 Modifying Rack Heights

It is common during meet operations that a lifter requests a rack height change. The edit registration info page can be found by either selecting their name in the registration tab or in the live management tab.

Navigate to the “Meet Day Config” tab, and make changes as necessary.

The screenshot shows a dark-themed interface for editing a lifter's registration. The title bar reads "Edit Registration — Lifter 1" with a close button. There are three tabs: "Assignment Config", "Meet Day Config" (which is selected), and "Personal Info".

Under the "WEIGH IN" section, there are two input fields: "Lot Number" (value: 110) and "Bodyweight" (value: 0).

Below that are three input fields for lift types: "Squat Opener" (value: 177.5), "Bench Opener" (value: 105), and "Deadlift Opener" (value: 210).

The "RACK SETTINGS" section is divided into two columns: "SQUAT" and "BENCH".

- SQUAT:** "Rack Height" (value: 13) and "Rack Position" (radio buttons for "In" and "Out", with "Out" selected).
- BENCH:** "Rack Height" (value: 6), "Safety Height" (value: 2), and "Foot Blocks" (radio buttons for "Yes" and "No", with "No" selected).

At the bottom, there are two buttons: "Cancel" and "Save Changes".