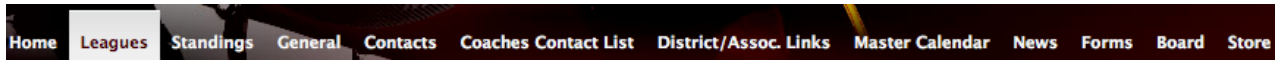


To subscribe to an iCal Feed on the MHL website:

1. Click on the Leagues Tab



2. Select League from column on the left



3. Select Team from the column on the left



4. Click on iCal located at the bottom of the screen



5. Copy the Link

6. Import Your Feed to Mac OS X, Microsoft Outlook, Google Mail, iPhone/iPad, Android.

After importing the feed into your software, your new iCal Feed calendar will reflect any addition or change made to the website calendar. Although this is by no means an exhaustive list of iCal applications and resources, it should give you a starting point in your research:

- Mac OS X iCal: <http://www.apple.com/osx/apps/#calendar>
- Microsoft Outlook: <http://windows.microsoft.com/en-us/windows/outlook/calendar-import-vs-subscribe>
- Google Mail: <http://www.google.com/support/calendar>