

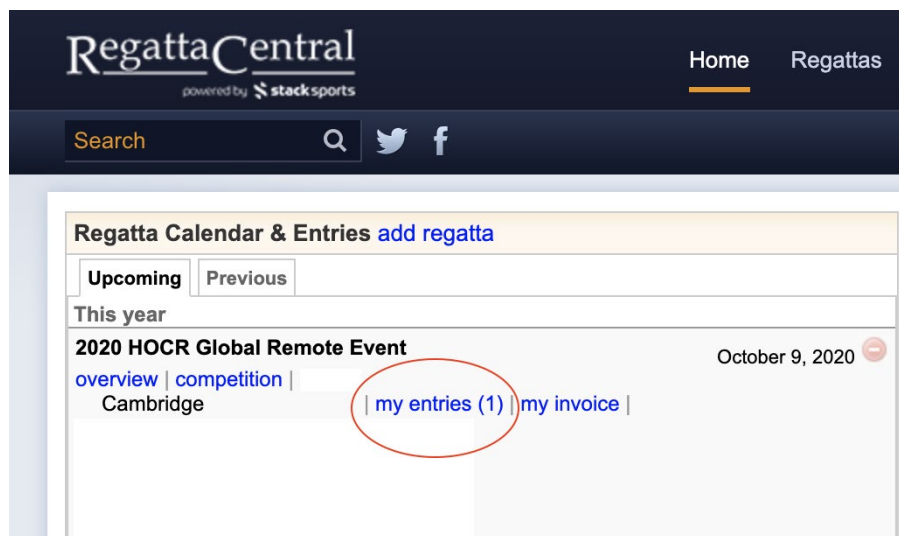


## 4702 Erg Participatory Results Submission Instructions

### 4702 Erg (Participatory Erg):

1. Row 4702m (9404m for BikeErg) on any brand of rowing machine that counts distance.
2. Once you have completed your performance, save your session and manually input your performance into RegattaCentral in the "my entries" page. **Competitors do not need a unique link to submit their erg results.**
3. Please see step-by-step instructions below:

**Select 'my entries' from your RegattaCentral account home page**



**Select 'Submit Results' next to the appropriate entry**

Club  [New Club...](#)

Entries (1)

Submit Entry		<a href="#">Expense Worksheet</a>   <input type="checkbox"/> Show Scratches
	<b>Men's Open/Champ - PARTICIPATORY ERG (Oct 17) <a href="#">competition</a></b>	<b>Actions</b>
BoatID 1965	<b>Charles Attager</b> Division: Concept2 RowErg	<a href="#">submit results</a>   <a href="#">edit</a>   <a href="#">scratch</a>   <a href="#">move</a>

**Enter your time in MM.SS.t format (example: 21:14.5), the hit Submit!**

Club  [New Club...](#)

Entries (1)

**Submit Boat Results**

Enter the athlete's RAW erg score for the event below, in the format of "MM:SS.t". (DO NOT enter weight adjusted scores) If an athlete failed to complete the piece, please leave the field blank.

<b>Athlete</b>	<b>Erg Score</b>
Charles Attager	<input type="text"/>

[Worksheet](#) | ☐ Show Scratches

**Actions**

[submit results](#) | [edit](#) | [scratch](#) | [move](#)