

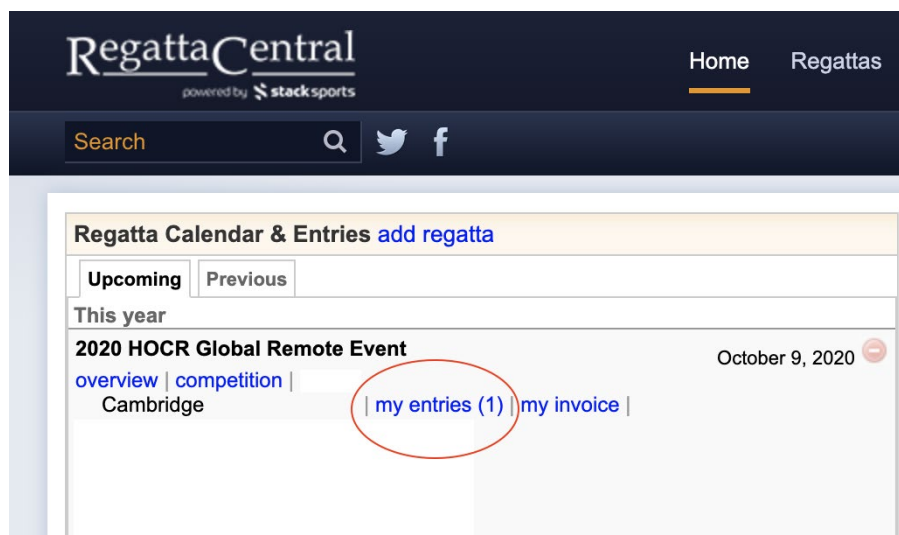


4702 Erg Participatory Results Submission Instructions

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

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.

Athlete Charles Attager	Erg Score <input type="text"/>
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[Expense Worksheet](#) | ☐ Show Scratches

Actions

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