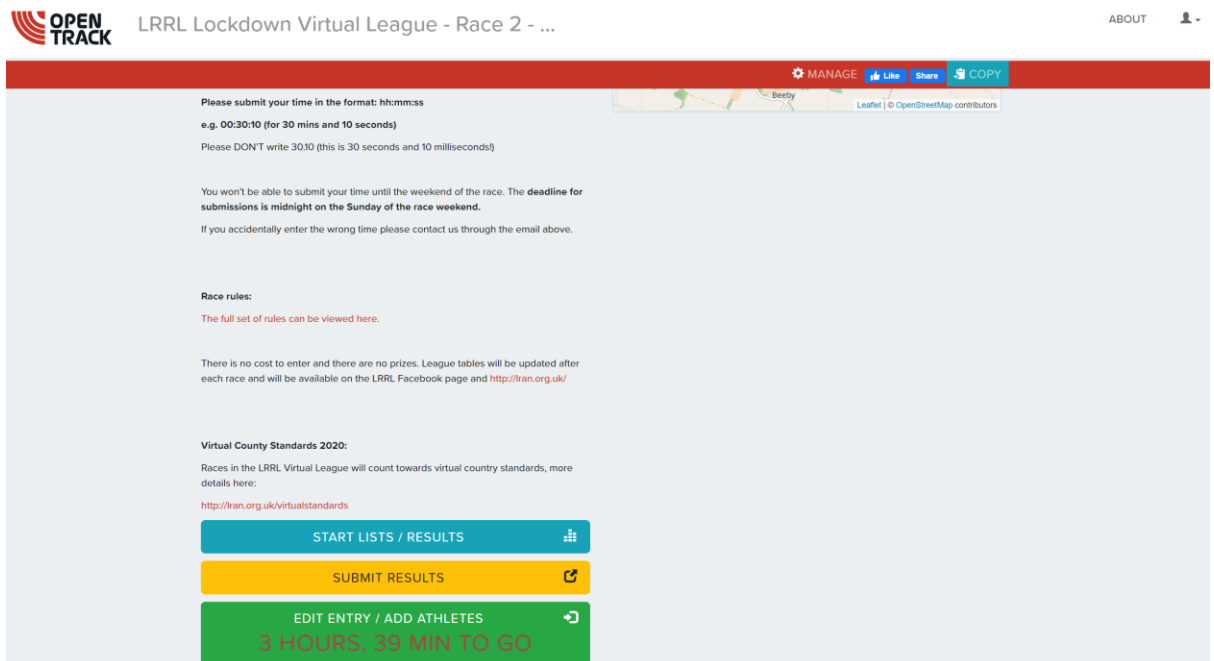


OpenTrack – Submitting a Result

1. Follow the link for the race as provided on our social media channels / communicated by your club reps.
2. Click yellow button that says “Submit Results”



OPEN TRACK LRRL Lockdown Virtual League - Race 2 - ...

MANAGE Like Share COPY

Please submit your time in the format: hh:mm:ss
e.g. 00:30:10 (for 30 mins and 10 seconds)
Please DON'T write 30.10 (this is 30 seconds and 10 milliseconds)

You won't be able to submit your time until the weekend of the race. The deadline for submissions is midnight on the Sunday of the race weekend.
If you accidentally enter the wrong time please contact us through the email above.

Race rules:
The full set of rules can be viewed here.

There is no cost to enter and there are no prizes. League tables will be updated after each race and will be available on the LRRL Facebook page and <http://lrrl.org.uk/>

Virtual County Standards 2020:
Races in the LRRL Virtual League will count towards virtual county standards, more details here:
<http://lrrl.org.uk/virtualstandards>

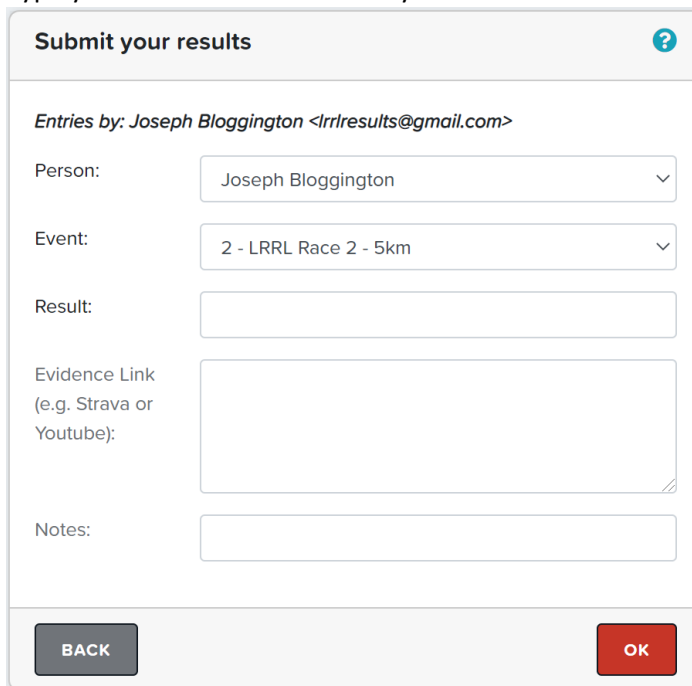
START LISTS / RESULTS

SUBMIT RESULTS

EDIT ENTRY / ADD ATHLETES

3 HOURS, 39 MIN TO GO

3. Type your time in the box that says “Results” in the format of hh:mm:ss (eg 01:03:42)



Submit your results

Entries by: Joseph Bloggington <lrrlresults@gmail.com>

Person: Joseph Bloggington

Event: 2 - LRRL Race 2 - 5km

Result:

Evidence Link (e.g. Strava or Youtube):

Notes:

BACK OK

4. In the box labelled “Evidence Link”, insert your embedded shareable link from Garmin/Strava. The instructions for how to obtain this are in this link - https://docs.opentrack.run/funstuff/strava_garmin_upload/

Please note – this link is **instructions only for sharing your activity** – it is not the place to submit your race result.

5. Click “OK” – this will submit the result. You will get a message at the top of the screen confirming your submission and how long it took to process.

You should appear on the live leaderboard immediately, or with a short delay.

To view the live leaderboard – refer back to the race home screen in the first image and click button that says “Start Lists / Results”

If you need assistance with submitting your result please e-mail lrrlresults@gmail.com and we will try to assist you to resolve.