

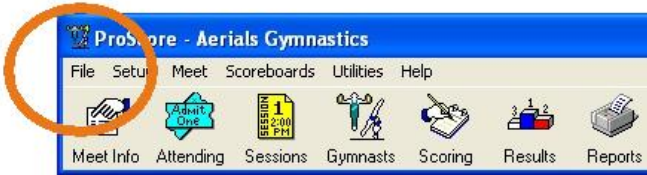
Sending your Meet Results to Colorado USA Gymnastics using PROSCORE

ALL RESULTS MUST BE SENT IN .CSV (Comma Separated Values) FORMAT.

PLEASE NAME ALL EXPORTED FILES IN THE FOLLOWING FORMAT:

ClubName-Sanction#-FirstDateOfMeet

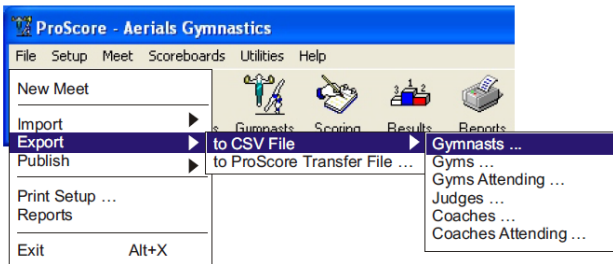
Step 1 At the conclusion of your meet click **File**.



Click **Export**.

Click to **CSV File**.

Click **Gymnasts ...**



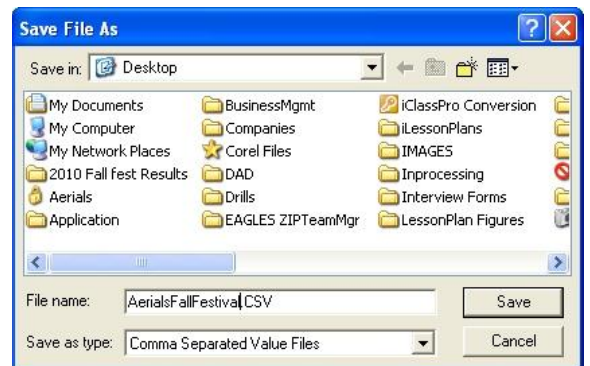
Step 2 Leave it as All. Click **OK**.



Step 3 Leave the check marks as they are. Click **OK**.



Step 4 Save the file. Please see naming convention Requirement above.



Step 5 Email the file to results@cousag.com