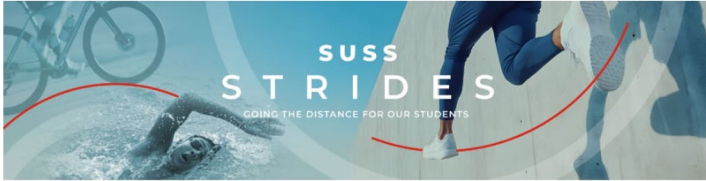


Manual Submission Guide



A banner image for SUSS Strides featuring a swimmer, a cyclist, and a runner. The text "SUSS STRIDES" is centered, with "GOING THE DISTANCE FOR OUR STUDENTS" in smaller text below it.

WELCOME!

Email Address

Password

LOG IN

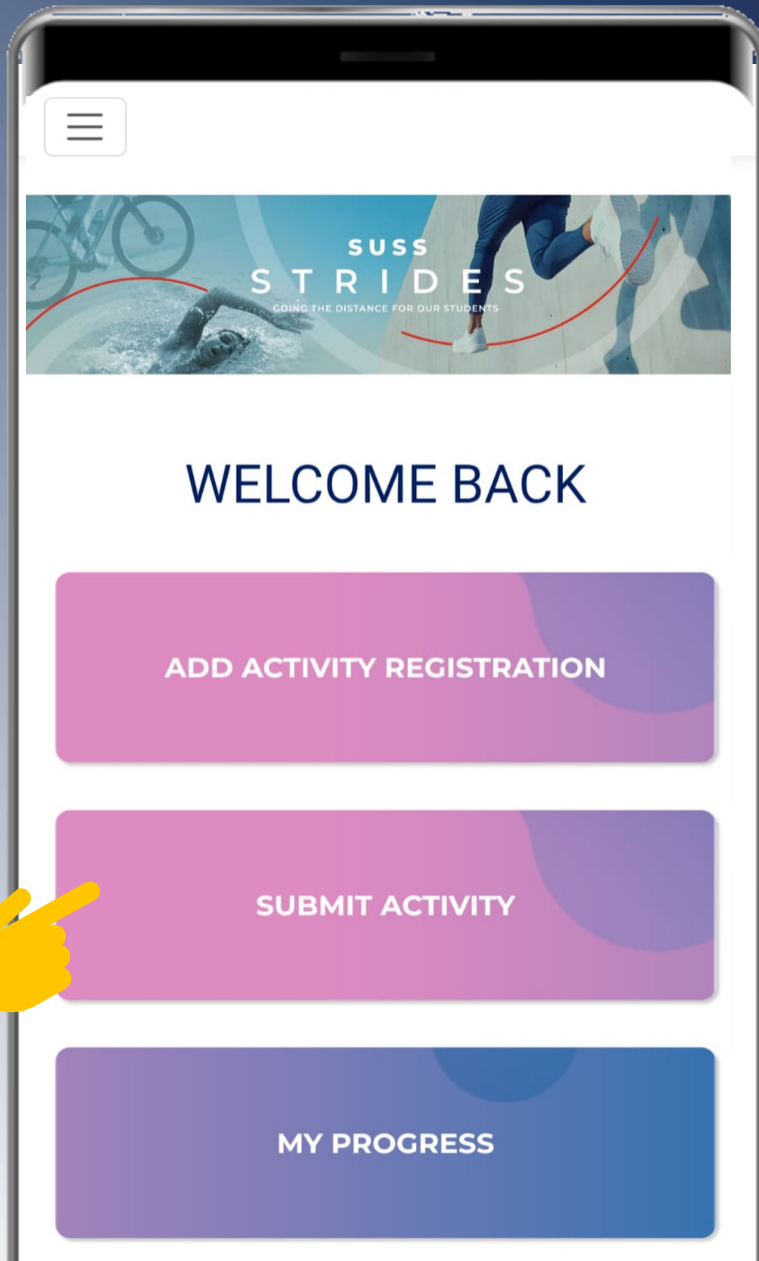
[Forgot your password?](#)

Don't have an account? [Sign Up Now](#)

By signing up you agreed to our [Terms & Conditions](#)

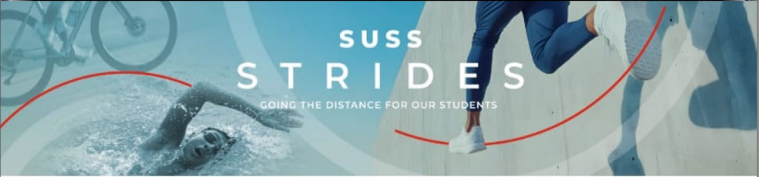
Step 1

Log in to your
SUSS Strides
2026 participant
account.



Step 2

Access your
participant
dashboard



SUBMIT ACTIVITY

Activity
Cycle

Distance (km) *

Duration *

Hours / Minutes / Seconds

Attach a screenshot (.jpg, .png) of your activity (<10mb)*



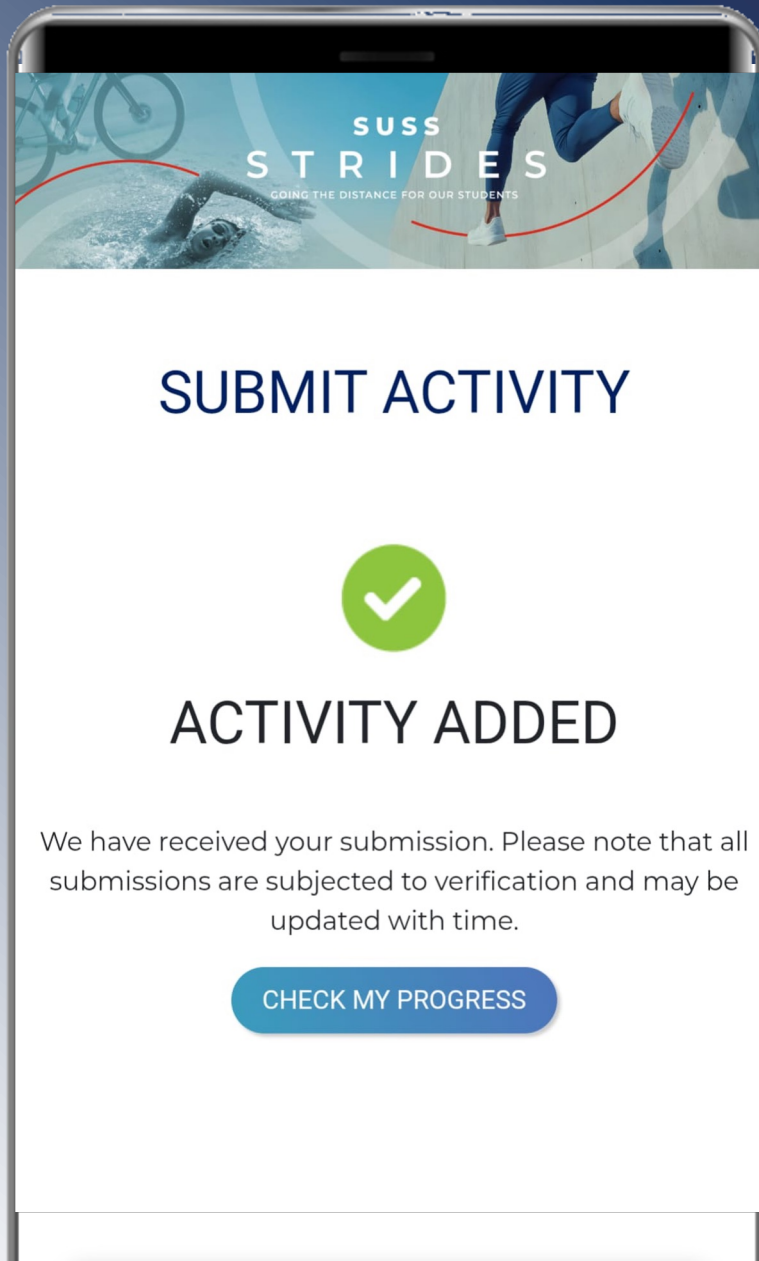
Step 3

Enter the details of your activity
+ Upload a screenshot of your
record including details:

1. Activity type
2. Distance
3. Duration
4. Date & Time

Note: Participants may submit multiple entries throughout the day for different activities. Each activity must be submitted as a separate entry, and submitted activities must not overlap in time.

Only the first qualifying submission for any overlapping time period will be approved for verification.



Step 4

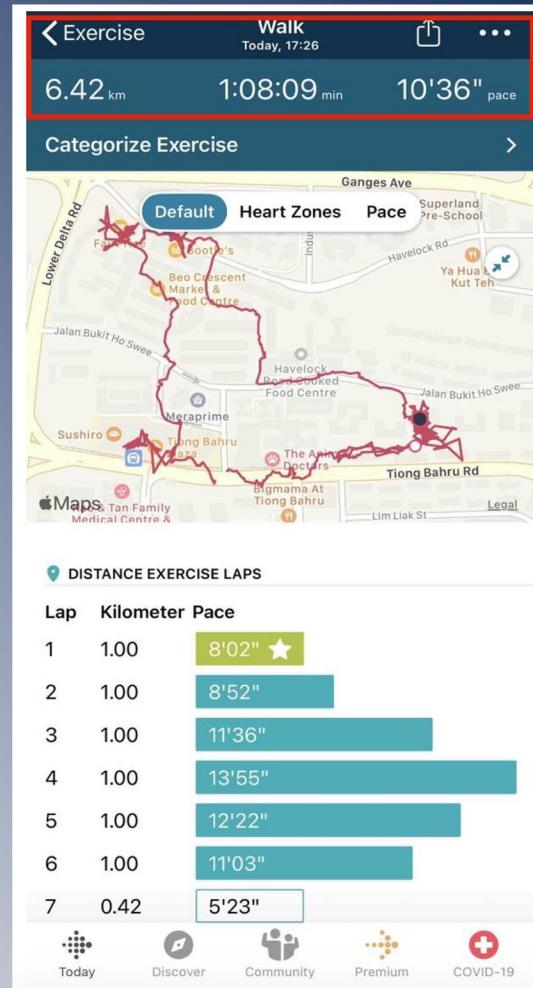
Once your submission is successful, you will see the success pop up message.

Examples of Acceptable Manual Submission Screenshots

Apple



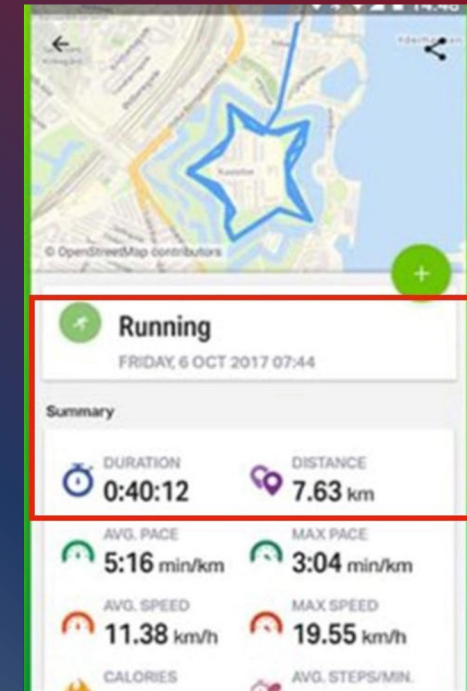
Fitbit



Garmin

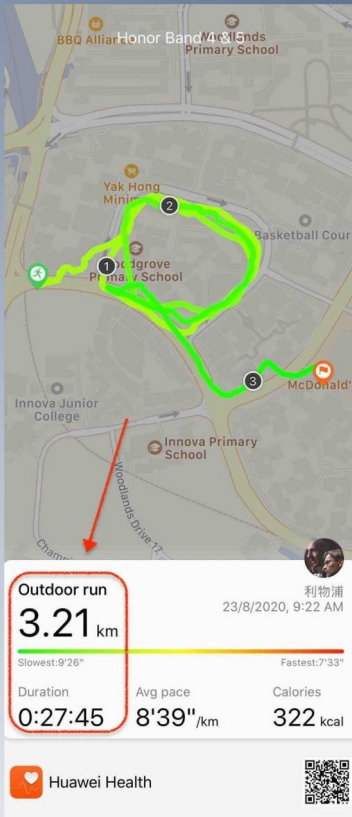


Endomondo

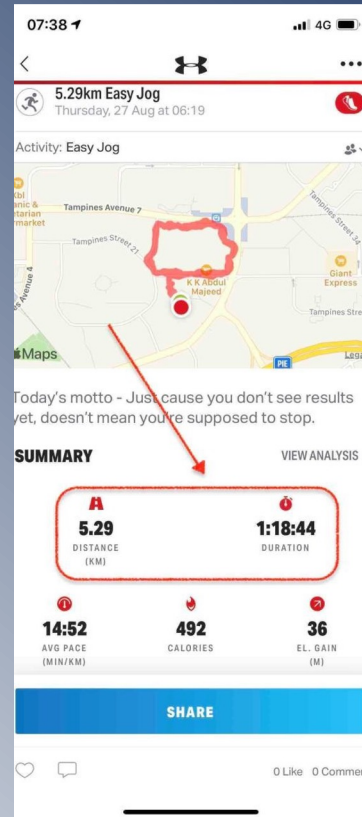


Examples of Acceptable Manual Submission Screenshots

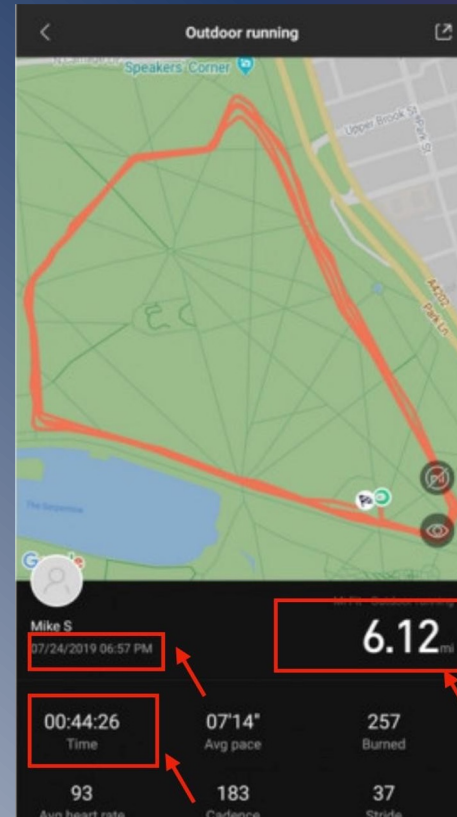
Huawei Health



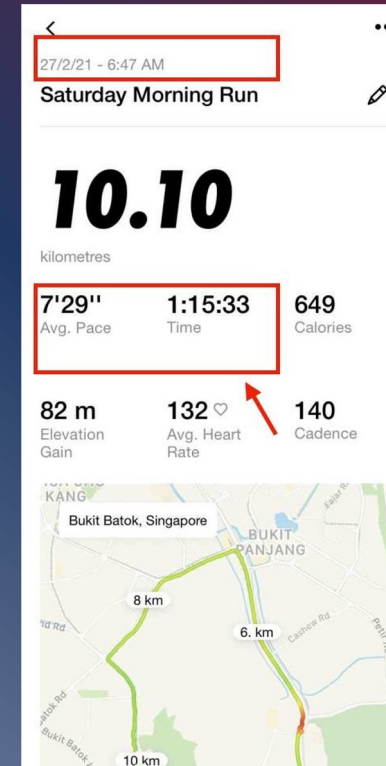
Map My Run



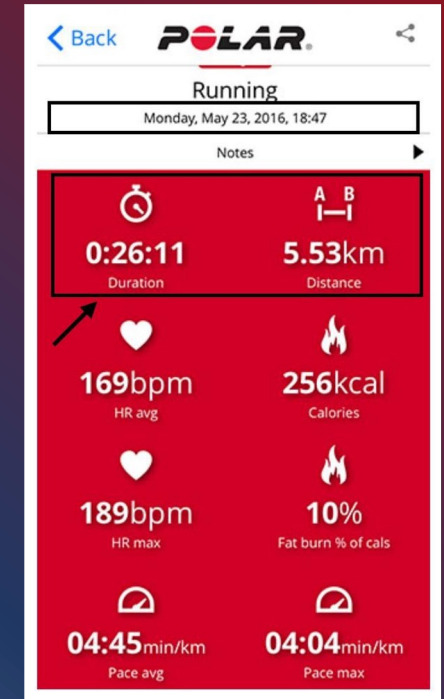
Mi-fit



Nike+

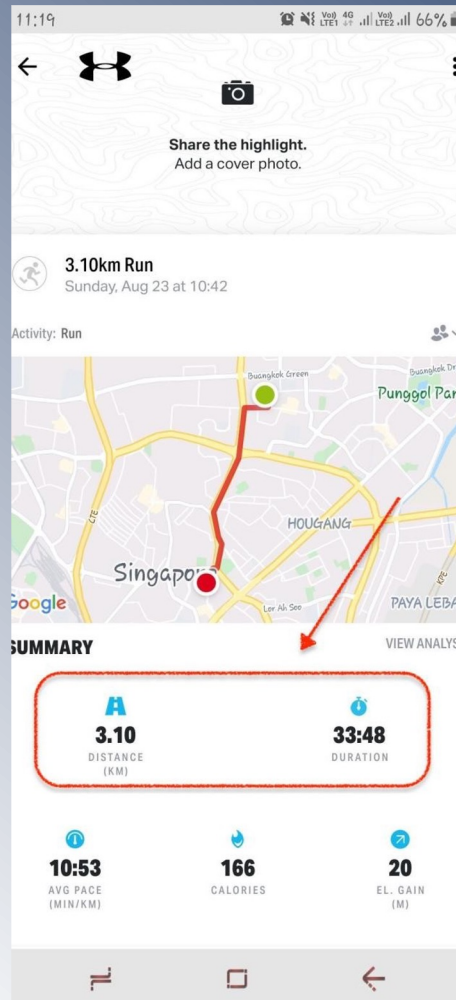


Polar

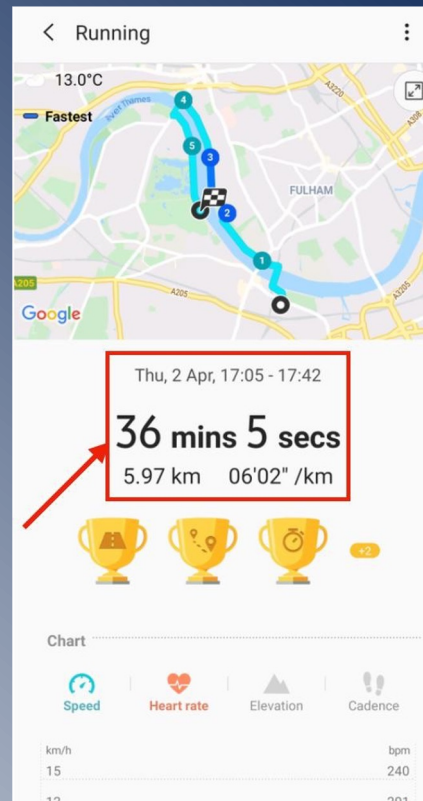


Examples of Acceptable Manual Submission Screenshots

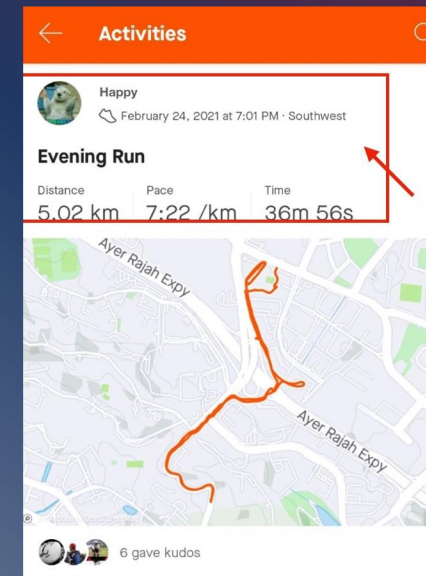
Runtastic



Samsung Health



Strava



Runkeeper

