

Race Directors: This is an example of the preferred format for race results. While this is the preferred format, if you have a different format, don't expend a large amount of effort to match this template. We would rather get some data, rather than /not/ get any data because it is too much work for you to do.

Instructions: The names of the worksheets and columns are important and used to import the data. Name the file: "**year-month-race-name.xlsx**" append the duration if you need to deconflict (multiple races at one event).

2023-04-shenandoah-epic.xlsx
2023-04-spring-bloom-7-hour.xlsx
2023-04-spring-bloom-12-hour.xlsx

Step 1 - Update Race Info Worksheet

- Switch to the Race Info worksheet.
- Enter name, length, etc

Step 2 - Update Results Worksheet

- The orange columns are required.
- The columns can be in any order.
- Any other columns are fine and will be ignored.
- Do not skip lines.
- Required columns can be equations (e.g.: is the racer name split into a first and last name column? Don't retype everything, use an equation to join the two columns together).

Changelog

2023-06-10 - Aaron Linville

- Remove extra space between "Division Place".
- Added USARA Sanctioned field.
- Added note on **not** including "Adventure Race" in race name.

2023-06-09 - Aaron Linville

- Initial version. Based off example from Garrison.

Parameter	Value	Notes
Race Name	Seven Bends Adventure Race	This is just the name of the race. Prefer to not include "Adventure Race" as a suffix (other suffixes like "Adventure Challenge" are fine if that's the branding). Do not include the length of the race.
Race Date	8-Jun-24	Date of the start of the race.
Race Length	6	Decimal hours.
Winning Time	4.8	Decimal hours (if winning time was 22 hours and 30 minutes, put 22.5).
City	Woodstock	Name of the primary city associated with the race.
State	VA	Two letter abbreviation.
USARA Sanctioned	No	No, Yes, Regional, National

Team Name	Division	Overall Place	Division Place	Racer 1	Racer 2	Racer 3	Racer 4	Bib #	EPunch#	Finish Time	Time	Points
Los companeros	M-2	1	1	Romain Jacquet	Justine Brocard			210	1540155	13:49:24	4:19:24	43
Owen Koppe	M-1	2	1	Owen Koppe				133	1540175	14:22:26	4:52:26	43
Aaron Reams	M-1	3	2	Aaron Reams				145	1540149	15:08:17	5:38:17	43
Michael Alexiou	M-1	4	3	Michael Alexiou				139	1540182	15:20:46	5:50:46	43
Tucker Newberry	M-1	5	4	Tucker Newberry				102	1540173	15:29:46	5:59:46	43
Derick Shank	M-1	6	5	Derick Shank				152	1540144	14:11:10	4:41:10	41
Garrett Benham	M-1	7	6	Garrett Benham				170	1540140	14:13:13	4:43:13	41
Bend, don't break	M-2	8	2	Brian Holton	Christopher Hall			202	1540199	14:16:01	4:46:01	41
Jon Bertheussen	M-1	9	7	Jon Bertheussen				178	1540148	15:02:02	5:32:02	41
Ibuprofen	M-2	10	3	Joel Waite	Brendon Baird			207	1540156	15:02:46	5:32:46	41
Charlie Y2K	M-2	11	4	Matt Moyles	David Bockino			204	1540165	15:19:21	5:49:21	41
Thor's Hammer	C-2	12	1	Mo McGough	Michael Shrader			217	1540196	15:20:37	5:50:37	40
Thor's too	C-2	13	2	Katie Gagen	Chris Gagen			218	1540189	15:20:51	5:50:51	40
Team Reacher	M-3/4	14	1	Michael Brown	John Burke	Daniel Chow	Brandon Craft	335	1540179	13:55:13	4:25:13	39
Kevin Stricker	M-1	15	8	Kevin Stricker				177	1540162	13:55:40	4:25:40	39
Wandering Wombats	C-2	16	3	Mark Carroll	Yvonne Carroll			219	1540161	14:19:14	4:49:14	39
Chasing Checkpoints	M-2	17	5	Brandon Andersen	Jeff Andersen			205	1540154	14:47:02	5:17:02	39
Full Spectrum Racing	FAM-2	18	3	Timothy Clinton	Ian Clinton			221	1540169	15:15:22	5:45:22	39
Harty Hoes	F-2	19	1	Nikki Hart	Shea Hart			212	1540193	14:44:19	5:14:19	38
CJD Corp	M-3/4	20	2	Charles McIntyre	James McIntyre	Daniel McIntyre		337	1540194	14:38:43	5:08:43	37
OTD Kraken	C-2	21	2	Corey Reeves	Scarlett Reeves			211	1540198	14:42:57	5:12:57	37
Our Second Rodeo	M-3/4	22	3	Sam Mautz	Spencer Dean	Ryan Malkiewicz		338	1540190	14:46:11	5:16:11	37
Aimless Wanderer's	C-2	23	4	Tom Haney	Sarah Haney			200	1540186	15:07:49	5:37:49	37
Emily White	F-1	24	1	Emily White				179	1540143	15:09:39	5:39:39	37
Ivaylo's Minds	M-2	25	6	Matthew Burke	Matthew Kotlarski			208	1540142	15:12:54	5:42:54	37
Rich Feliciano	M-1	26	9	Rich Feliciano				142	1540153	15:18:15	5:48:15	37
Kayleigh Gagen	F-1	27	2	Kayleigh Gagen				180	1540176	15:20:23	5:50:23	37
Casey Strouse	F-1	28	3	Casey Strouse				141	1540178	13:59:00	4:29:00	36
Slow and Slower	C-2	29	5	John Hanrahan	Molly Hanrahan			215	1540167	14:57:03	5:27:03	36
Joel Vega	M-1	30	10	Joel Vega				143	1540172	15:04:50	5:34:50	36
Dylan Fackler	M-1	31	11	Dylan Fackler				140	1540185	13:59:41	4:29:41	35
WD Wandering	C-2	32	6	Danielle deHart	Wesley deHart			220	1540174	14:59:22	5:29:22	35
Kyle and Tro	C-2	33	7	Allison Troester	Kyle Webb			209	1540145	14:25:47	4:55:47	34
Amandalorians	C-2	34	8	Amanda Cairnie	Anthony Baker			201	1540188	15:00:39	5:30:39	34
Jon Ashley	M-1	35	12	Jon Ashley				124	1540157	14:19:00	4:49:00	33
4 Guys 1 Compass	M-3/4	36	4	Christopher Morgan	Kelsey Criswell	Brandon Long	Justin Sivells	429	1540158	15:29:28	5:59:28	33
Team Silk	FAM-3/4	37	1	Doug Silk	Dax Silk	Duke Silk		339	1540168	14:05:19	4:35:19	31
Daniel McGough	M-1	38	13	Daniel McGough				162	1540150	14:15:20	4:45:20	31
Team Meili	C-2	39	9	Kenneth Kaizer	Paula Hayes			216	1540197	14:26:24	4:56:24	28
Double A	F-2	40	2	Alissa Harris	Ashlee Young			206	1540159	15:19:31	5:49:31	28
PFalls Pedalers	M-3/4	41	5	Tres Bassett	Tim Cross	Zac Lette		334	1540195	15:21:14	5:51:14	28
Scenik Route	M-2	42	7	Nik Carlson	Nikolas Field			214	1540171	14:59:16	5:29:16	27
Reff Racers	M-2	43	8	Ryan Colandrea	Jeff Colandrea			213	1540151	15:16:21	5:46:21	24
Heather Niemela	F-1	44	4	Heather Niemela				172	1540183	14:40:50	5:10:50	22
The Red Shirt Away Team	M-3/4	45	6	Dennis Morton	Gerald Cox	Zachary Cox		336	1540164	15:06:23	5:36:23	19
Too Drunk To Fish	F-1	DNS		Caitlin Raabe				109	1540177			
Big Wheels	C-2	DNS		Sara Wheeler	Benjamin Wheeler			203	1540184			
Steve Crawford	M-1	DNS		Steve Crawford				153	1540152			
He Was A Navigator Once	M-1	DNS		Matt Wilson				169	1540170			
No Chill	C-3/4	DNS		KYLE MCKENDRICK	David Cooper	Jamie Burns		333	1540191			
Nick Fuhrman	M-1	DNS		Nick Fuhrman				150	1540180			
Community Gear Library	F-1	DNS		Harriet Flynn				455				

M-1
M-2
M-3/4
F-1
F-2
F-3/4
C-2
C-3/4
FAM-2
FAM-3/4