



## Instructions For ProScore

Once a meet is completed:

From the tool bar select:

- File
- Export
- to CVS file
- Gymnast...

You are asked to select gyms and choose all

You are asked where to save the file ( your choice), to name the file, and type of file to save as should be text

Export process should begin. I have attached an exported ProScore file for you.

In Excel:

- File
- Open-
- File you just named and saved as per above. Make sure to select all files in the drop down box for type of file

The text import wizard should open and have selected:

- delimited
- start import at row 1
- 437:oem United States

Click next

Check tab and comma

Click next

Click finished

The data should now be in excel format. If x's appear in a column, simply widen the column so all data shows.

That's it. Attach to the email and send it to [gymmom4@aol.com](mailto:gymmom4@aol.com)

