In a real tournament, it is usually easiest to just type this data in manually if a PDF isn't available. The fastest way is to have one person read the sheet while another types. Usually that process only takes 2-3 minutes once you have a rhythm going.

For this demonstration example, if you are clever you can probably finish the job faster by copying and pasting from the table.

At extremely large tournaments (Like the World Championship), using OCR to scan in the schedule or downloading a digital copy from the organizers can be worth it.

Round	Red 1	Red 2	Blue 1	Blue 2
1	3537	8997	4601	4217
2	8971	7419	535	4537
3	7234	3903	4600	6194
4	6190	6360	8711	9611
5	8578	8149	6987	4217
6	4601	9611	535	7234
7	6190	8149	8971	4600
8	6987	4537	6360	6194
9	3537	3903	7419	8578
10	8711	8971	8997	7234
11	9999	6194	3537	9611
12	4600	535	8578	6360
13	8711	4217	3903	4537
14	6987	7419	6190	4601
15	8997	4537	8149	9611
16	6360	7234	7419	4217
17	6194	8578	8971	4601
18	4600	6987	3537	8711
19	535	3903	6190	8997
20	4217	9611	8971	6987
21	6190	4537	8578	7234
22	535	8711	8149	3537
23	8997	6194	7419	4600
24	4601	6360	3903	8149