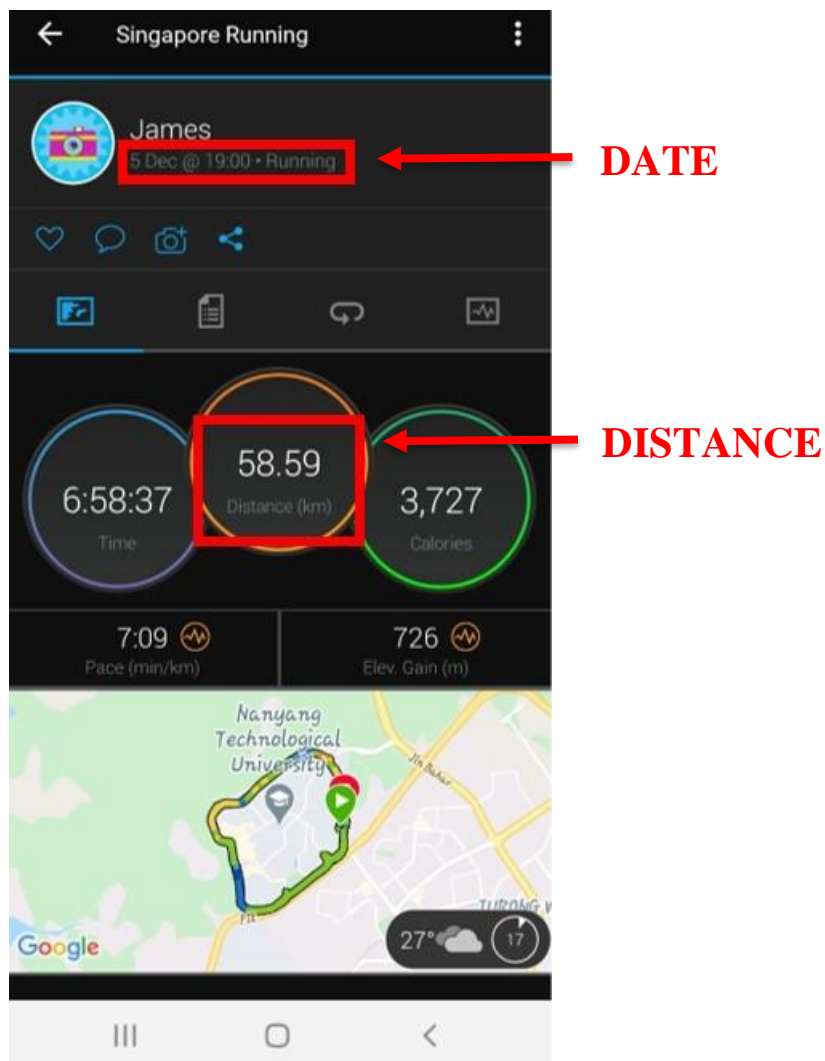



Step 1: Take a screenshot of your activity. Ensure that the date & distance are clearly captured.



## Step 2: Go to the “Submission” tab on the NTURO website. Select your gender and race category. Click on the “Submit Activity” button.

 [About](#) [Categories](#) [Overview](#) [Information](#) [Submission](#) [Leaderboards](#) [Partners](#) [FAQ](#) [Contact](#)

# Activity Submission

To submit your activity, select your gender and race category below and click on the “Submit Activity” button. You will then be redirected to a Google Form (Google sign in will be required). Fill in the form with your details and upload a screenshot of your activity. Do ensure that the **DATE** and **DISTANCE** is included in your screenshot, otherwise we will be unable to verify your activity! A sample screenshot is shown on the right.

For more information regarding the submissions process, you may refer to our following guides:

- [Race Submission Guide](#)

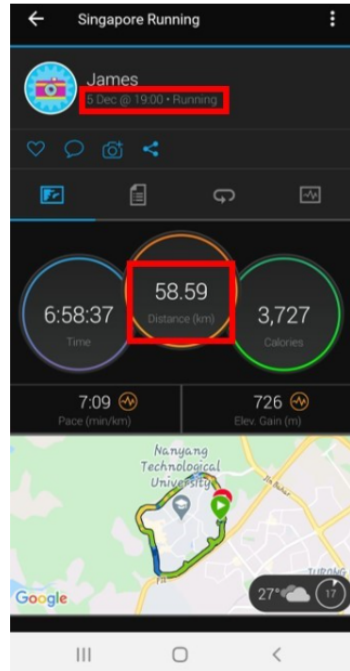
### Gender

☒ Male  
☐ Female

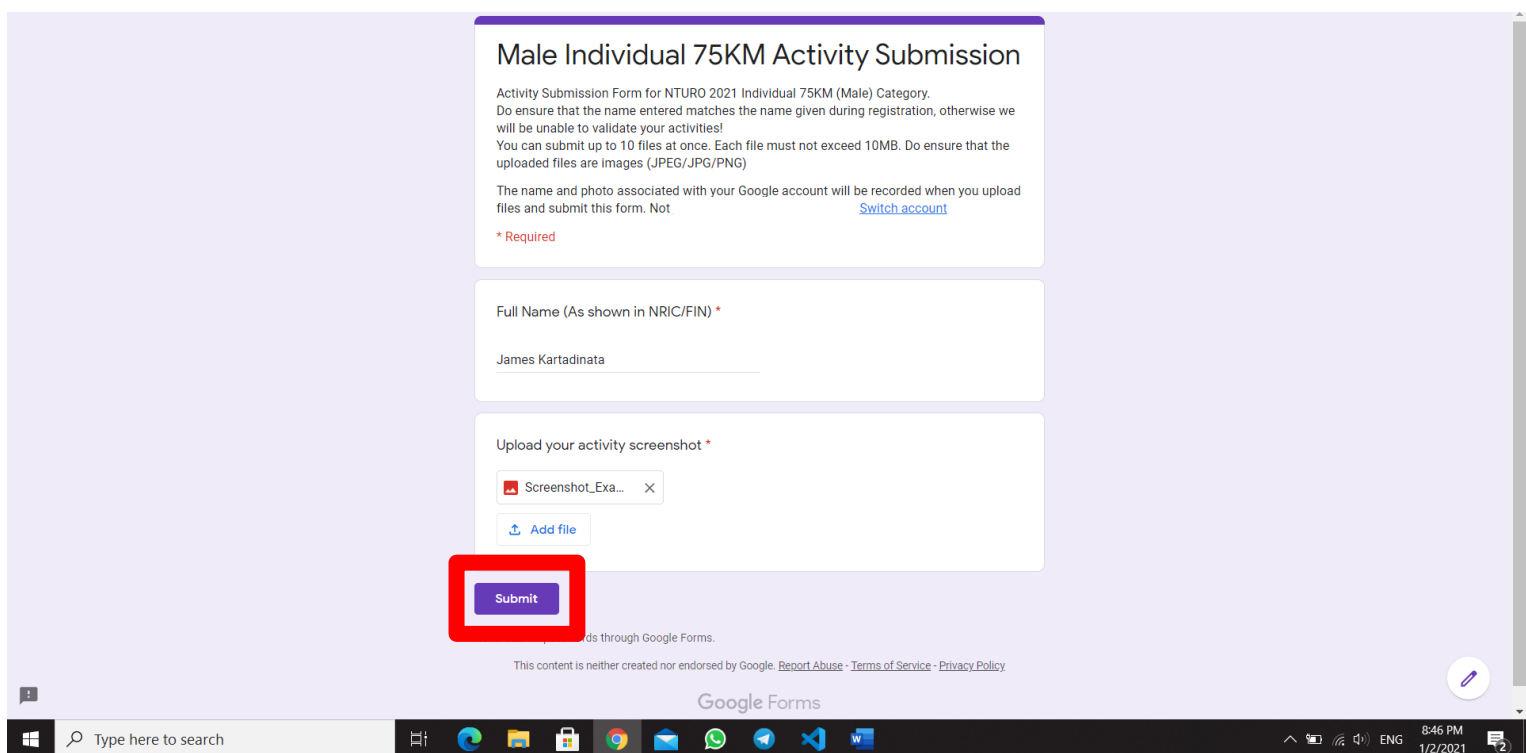
### Race Category

☐ Individual 10KM  
☐ Individual 42KM  
☒ Individual 75KM  
☐ Individual 100KM  
☐ Team of 2 - 42KM  
☐ Team of 4 - 200KM

**Submit Activity**



Step 3: You will be brought to a Google Form. Enter your name and upload your activity screenshots using the “Add File” button. Up to 10 screenshots may be uploaded with each form submission. Once done, click on the “Submit” button.



The screenshot shows a Google Form titled "Male Individual 75KM Activity Submission". The form is for the NTURO 2021 Individual 75KM (Male) Category. It includes instructions: "Do ensure that the name entered matches the name given during registration, otherwise we will be unable to validate your activities!", "You can submit up to 10 files at once. Each file must not exceed 10MB. Do ensure that the uploaded files are images (JPEG/JPG/PNG)", and "The name and photo associated with your Google account will be recorded when you upload files and submit this form. Not [Switch account](#)". A red asterisk indicates required fields.

Full Name (As shown in NRIC/FIN) \*

James Kartadinata

Upload your activity screenshot \*

Screenshot\_Exa... X

Add file

Submit

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Google Forms

Windows taskbar: Type here to search, Edge, File Explorer, Chrome, Mail, WhatsApp, Telegram, Word, 8:46 PM, 1/2/2021, ENG, 2 notifications.

# Step 4: You have successfully submitted your activities!

## Male Individual 75KM Activity Submission

Your response has been recorded.

[Submit another response](#)

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Google Forms

