

Short answer is stake now. The deadline for “on-time” uploads (staking eligible) is Monday morning (USA). Scores for new rounds start showing up on Thursday – you can stake on that round up until then (so the safe deadline is Wednesday, but you can get in a stake early Thursday I think). Even if you stake right now, you can adjust it until then and then it is locked in for the 4 weeks until round resolution.

If you haven't uploaded anything, I don't think you can stake. And you won't burn for missing a round.