



Asian Championship – Auroras benchmark video submissions instructions

As part of the Expression Of Interest (EOI) submission, you are required to provide your benchmark results with supporting video evidence. This document will outline the following:

- Benchmark file requirements – file naming convention and file format
- Files submission – access and steps to upload

Benchmark file requirements

There are 4 benchmark exercises you will need to provide video evidence:

- 1) Barbell Bench Press
- 2) Pull ups
- 3) Sit ups
- 4) 2000m Concept2 rowing erg

File format

The expected file format for video will either be **.mov** or **.mp4**. For 2kRow screenshot, the format can be either **jpg**, **jpeg**, or **png**.

File name convention

To enable us to match your EOI Benchmark data to your video submission, the video files **MUST** have the following naming convention: **Div_lastname_firstname_benchmarkexercise**

Please ensure your “lastname” and “firstname” matches your EOI submission.

Here is an example of John Smith set of benchmark submission file format:

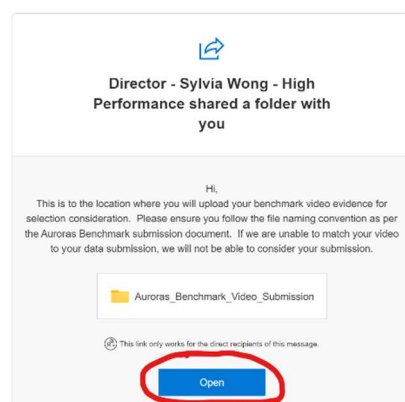
- 1) **Bench Press** – prem_smith_john_benchpress.mov
- 2) **Pull ups** – prem_smith_john_pullups.mov
- 3) **Sit ups** – prem_smith_john_situps.mov
- 4) **2000m Concept2 rowing erg** – prem_smith_john_2krow.jpg

Access to upload your video files

Upon receipt of your EOI submission, you will receive an email within 24-48 hours to invite you to access the “Auroras_Benchmark_Video_Submission” folder.

The email will look something like this:

 Director - Sylvia Wong - High Performance
to you



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Step 1: Click on the “Open” button in the email.

Step 2: for security purposes, you will be asked to enter in your email for verification then click on “Next”:


Microsoft

Verify Your Identity

You've received a secure link to:

Auroras_Benchmark_Video_Submission

To open this secure link, we'll need you to enter the email that this item was shared to.

Enter email 

Next

By clicking Next you allow AUSTRALIAN DRAGON BOAT FEDERATION LTD to use your email address in accordance with their privacy statement. AUSTRALIAN DRAGON BOAT FEDERATION LTD has not provided links to their terms for you to review.

© 2017 Microsoft Privacy & Cookies


Step 3: a verification code will be sent you to complete the verification:

Enter Verification Code

You've received a secure link to:

Auroras_Benchmark_Video_Submission

To open this link, enter the code we just emailed to [redacted]@gmail.com. [Send again](#)

Enter code 

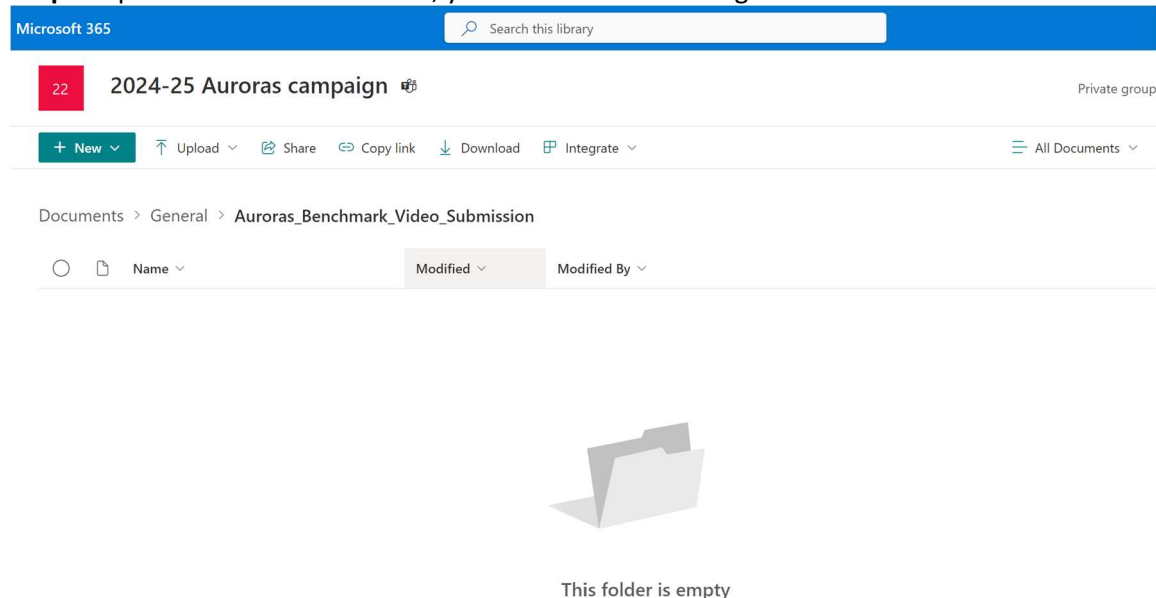
Verify

☐ Keep me signed in

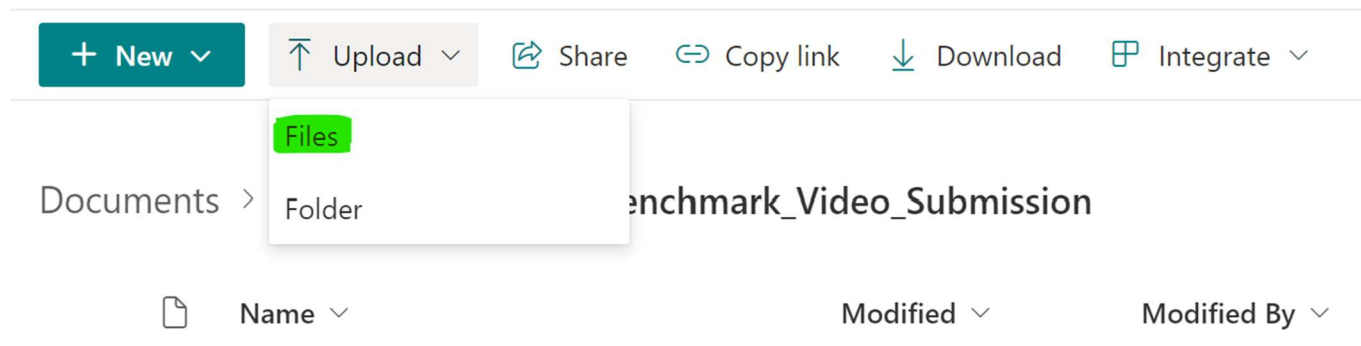




Step 4: upon successful verification, you will see the following folder location:



Step 5: to upload your video, click on “Upload” then “Files” per highlighted below



Step 6: A file explorer like window will open and you will need to select the files to upload into the folder:

<input type="checkbox"/> Name	Date modified	Type
Today		
prem_smith_john_2krow.png	26/04/2024 12:01 AM	PNG File
Last month		
<input type="checkbox"/> prem_smith_john_benchpress.MOV	27/03/2024 8:59 AM	MOV File
prem_smith_john_pullups.MOV	27/03/2024 8:59 AM	MOV File
prem_smith_john_situps.MOV	27/03/2024 8:59 AM	MOV File



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When the upload is completed, you will be able to see the files in the folder:

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General

Posts

Files

Notes

+ New

Upload

Edit in grid view

Share

Copy link

Sync

Documents > General > Auroras_Benchmark_Video_Submission

	Name	Modified
	prem_smith_john_2krow.png	A few seconds ago
	prem_smith_john_benchpress.MOV	12 hours ago
	prem_smith_john_pullups.MOV	12 hours ago
	prem_smith_john_situps.MOV	12 hours ago

Note: These files will be moved to a review folder and your Divisional Team Manager will email to confirm the receipt of the video files.

If you have any questions, please contact your Divisional Team Manager for assistance.

