

Manual Submission Guide



A banner image for SUSS Strides featuring a swimmer, a cyclist, and a runner. The text "SUSS STRIDES" is centered, with "GOING THE DISTANCE FOR OUR STUDENTS" in smaller text below it.

WELCOME!

Email Address

Password

LOG IN

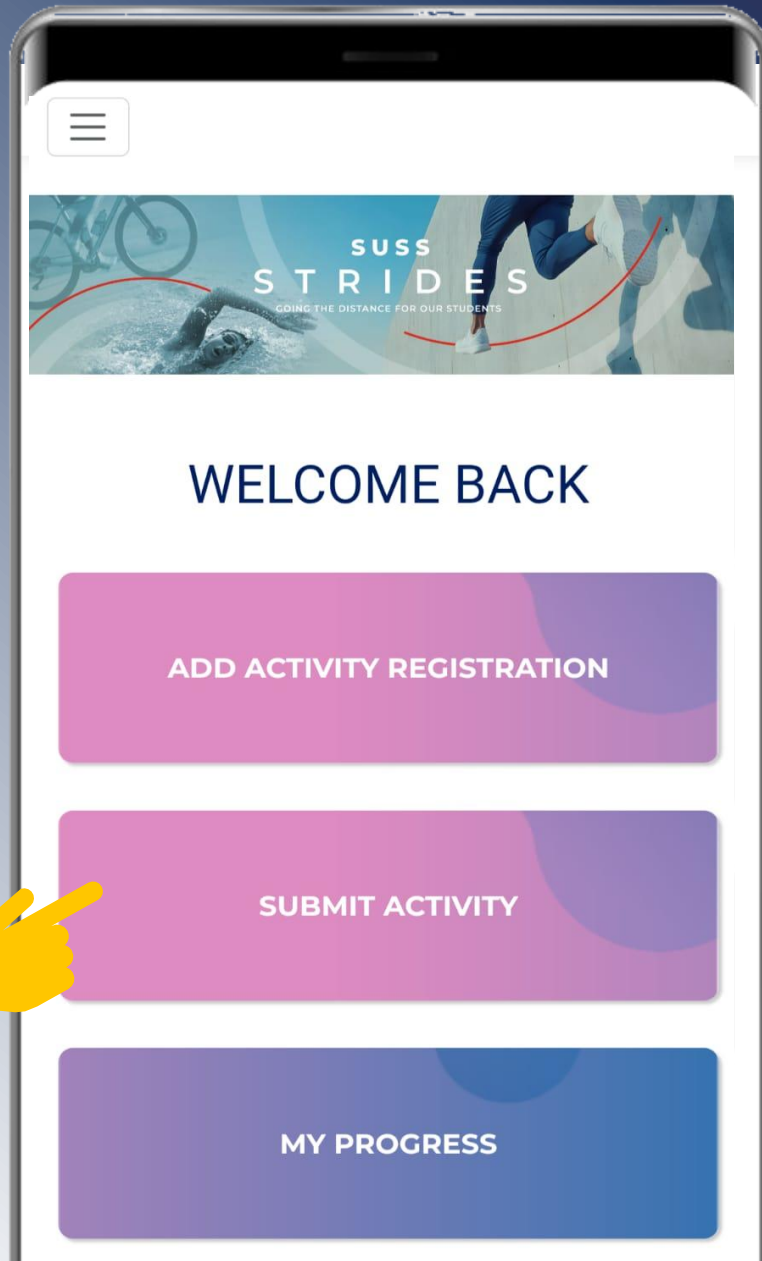
[Forgot your password?](#)

Don't have an account? [Sign Up Now](#)

By signing up you agreed to our [Terms & Conditions](#)

Step 1

Log in to your
SUSS Strides
2026 participant
account.



Step 2

Access your
participant
dashboard



SUBMIT ACTIVITY

Activity
Cycle

Distance (km) *

Duration *

Hours / Minutes / Seconds

Attach a screenshot (.jpg, .png) of your activity (<10mb)*

No file chosen



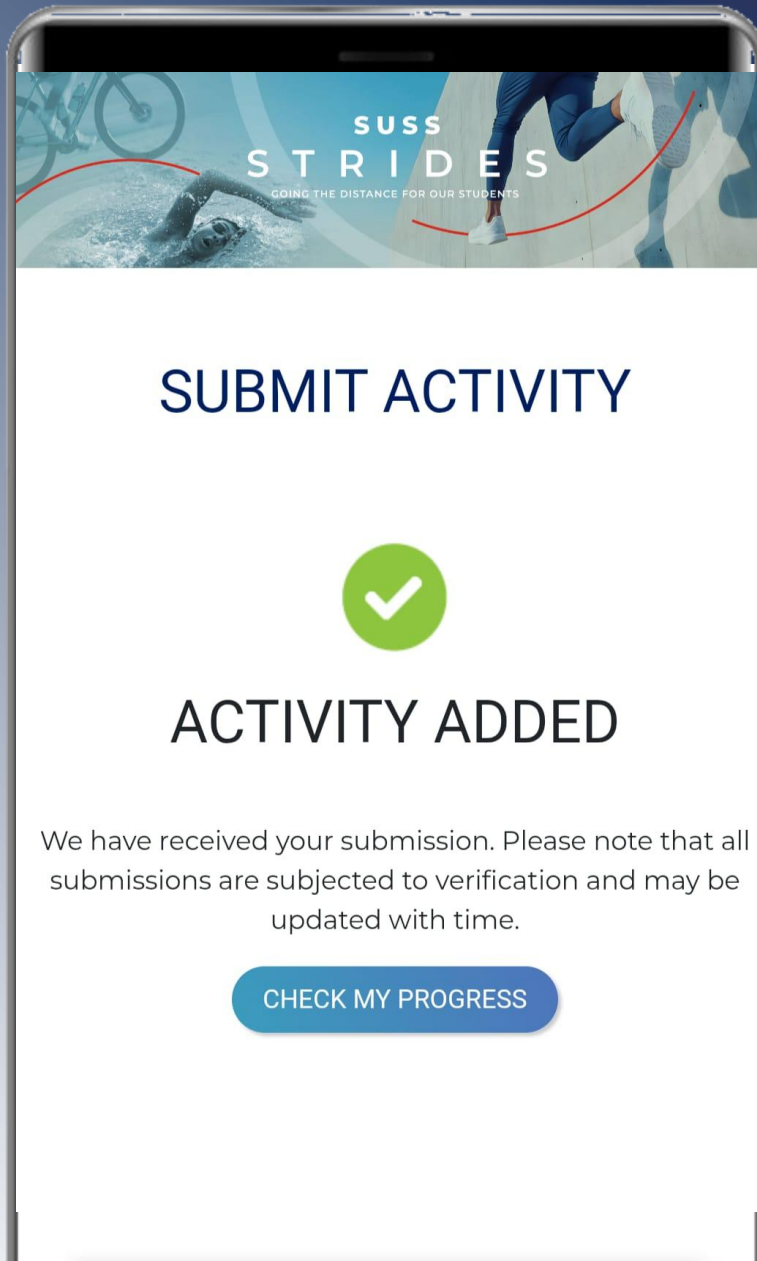
Step 3

Enter the details of your activity
+ Upload a screenshot of your
record including details:

1. Distance
2. Duration
3. Date

Note: Participants may submit multiple entries throughout the day for different activities. Each activity must be submitted as a separate entry, and submitted activities must not overlap in time.

Only the first qualifying submission for any overlapping time period will be approved for verification.



Step 4

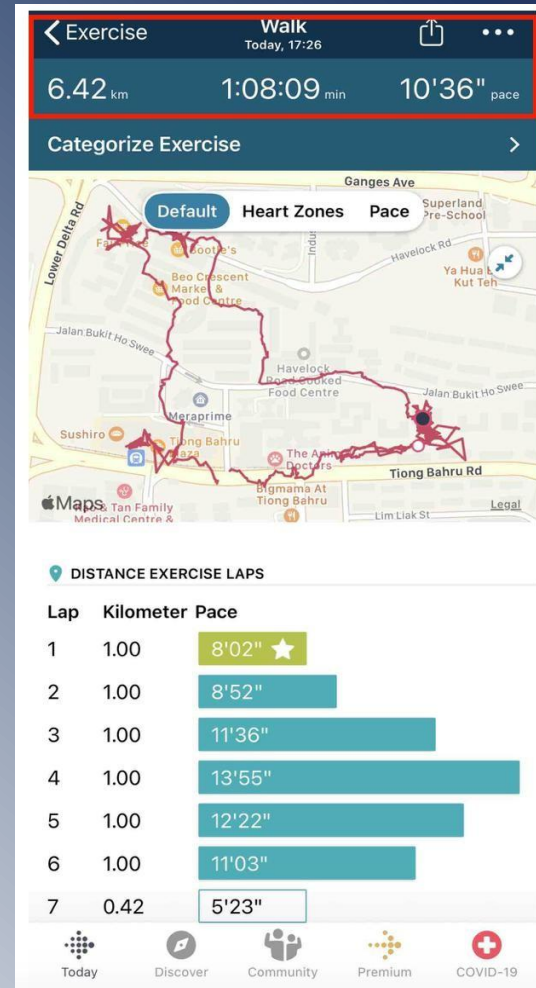
Once your submission is successful, you will see the success pop up message.

Examples of Acceptable Manual Submission Screenshots

Apple



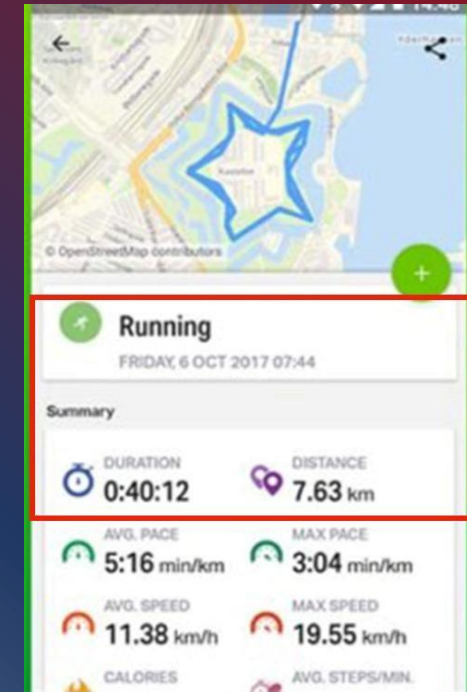
Fitbit



Garmin

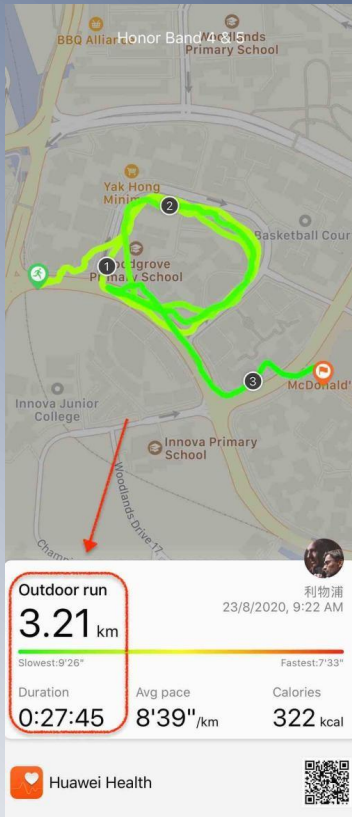


Endomondo

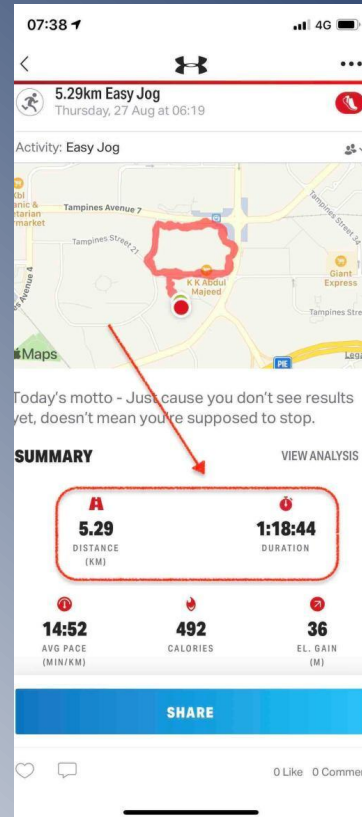


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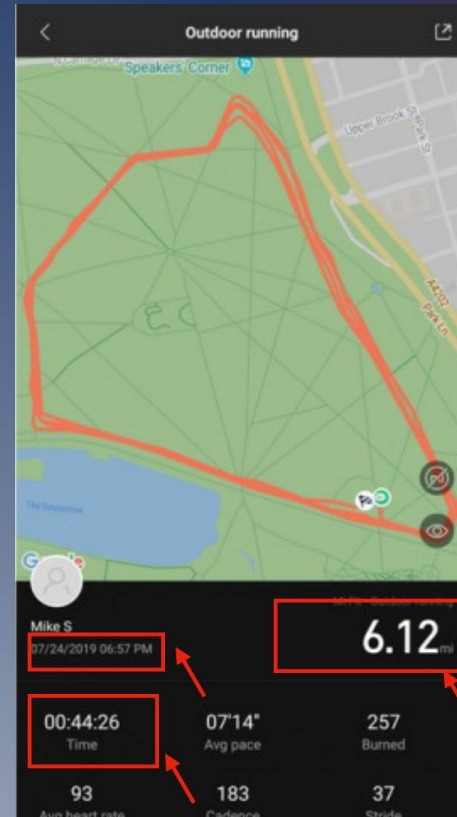
Huawei Health



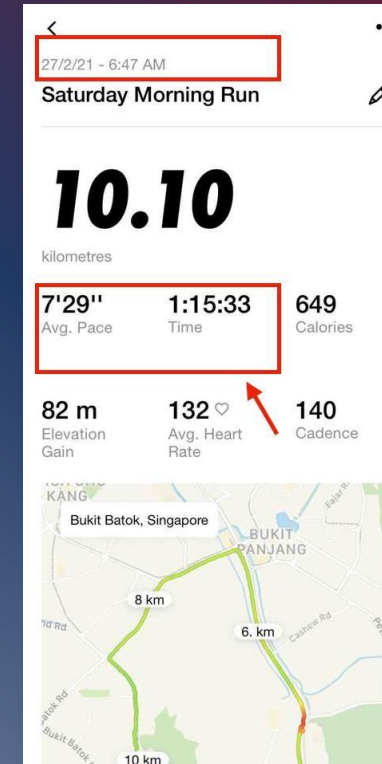
Map My Run



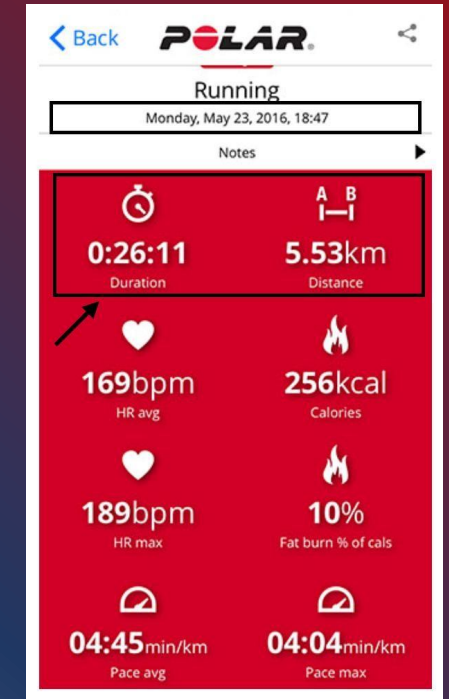
Mi-fit



Nike+

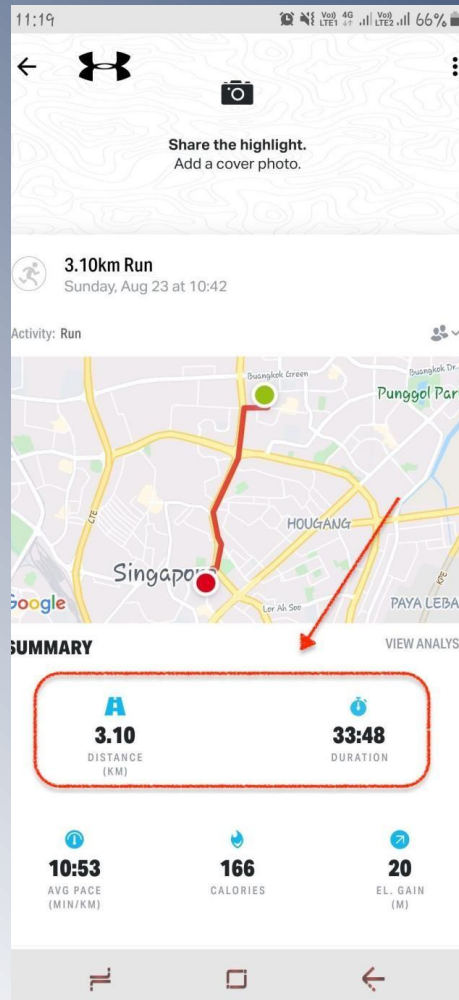


Polar

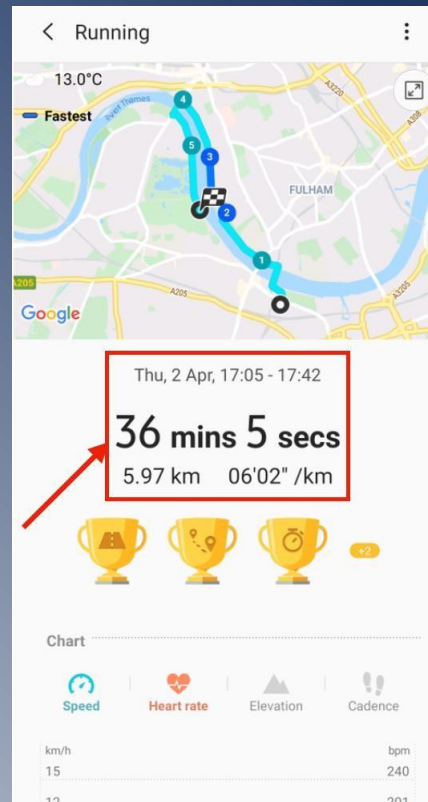


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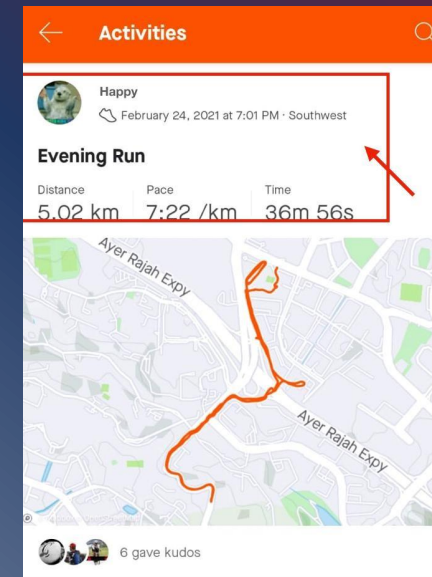
Runtastic



Samsung Health



Strava



Runkeeper

