

Instructions for SAVING and SENDING Cross Country Championship Entry Forms

The screenshot shows the New Mexico Activities Association website. The main navigation bar includes links for HOME, ATHLETICS, ACTIVITIES, ABOUT NMAA, EVENT CALENDAR, HANDBOOKS & FORMS, MEDIA & PRESS, and CLASSIFIEDS. Below this, there are tabs for ATHLETICS: FALL, WINTER, and SPRING. The page content is divided into several sections: 'Cross Country' with a photo of runners, 'CROSS COUNTRY CLINIC', 'CROSS COUNTRY FAN ZONE', 'STATE CHAMPIONSHIPS', 'NMAA HANDBOOK', 'IMPORTANT DATES', 'IMPORTANT DOCUMENTS', 'NMAA CONTACT', 'MEMBER SCHOOLS', 'FOR COACHES', 'FOR OFFICIALS', 'FOR ATHLETIC DIR.', 'FOR MIDDLE SCHOOLS', 'MVP LOGIN', and 'CORPORATE SPONSORS' (featuring McDonald's and Roldos logos).

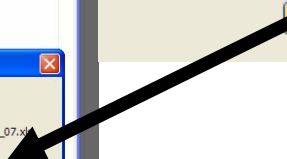
- IMPORTANT DOCUMENTS**
- » [NFHS Rules and Regulations](#)
 - » [Sports Specific Committee](#)
 - » [Cross Country Bylaws](#)
 - » [State Championship Info.](#)
 - » [Championship Entry Form](#)

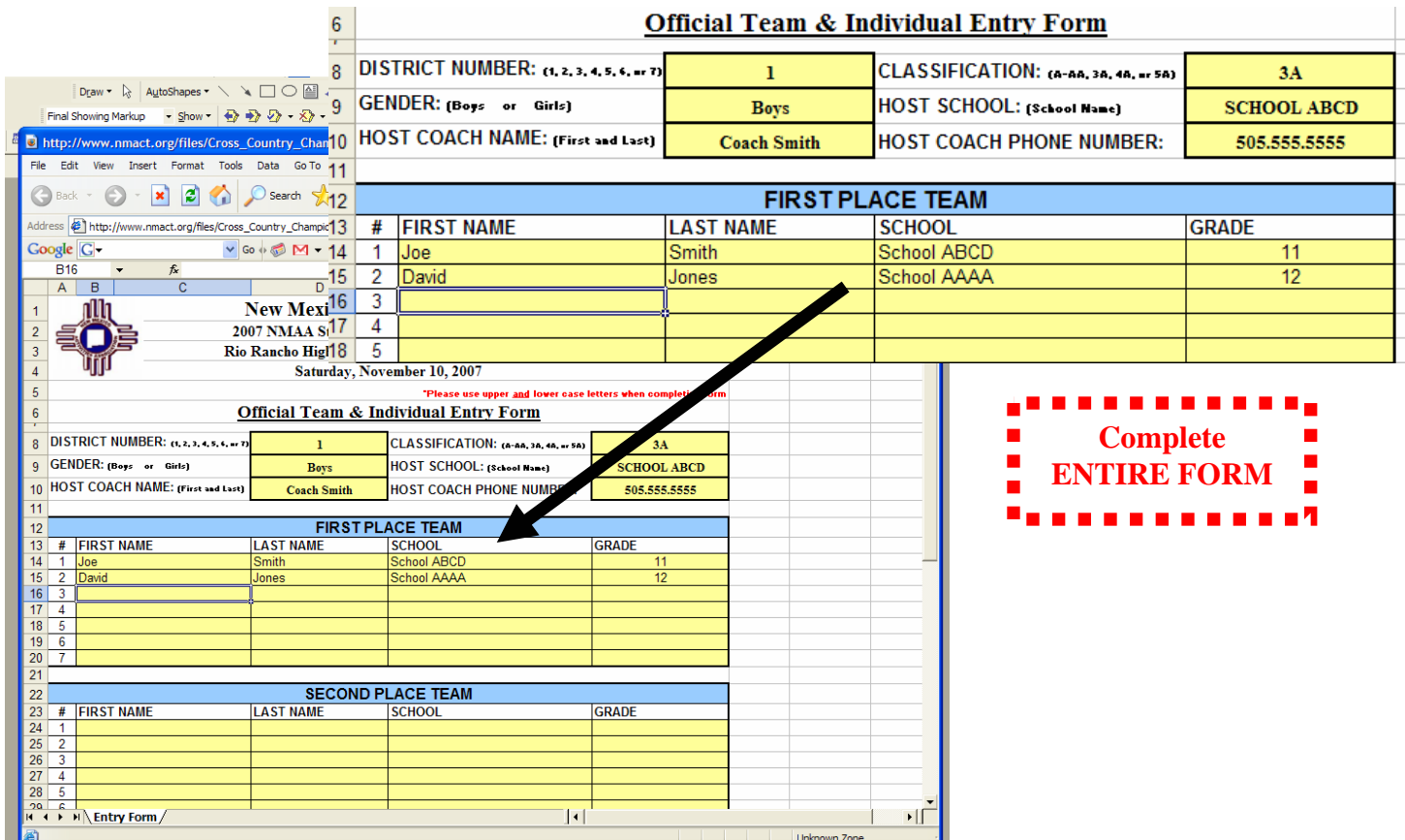
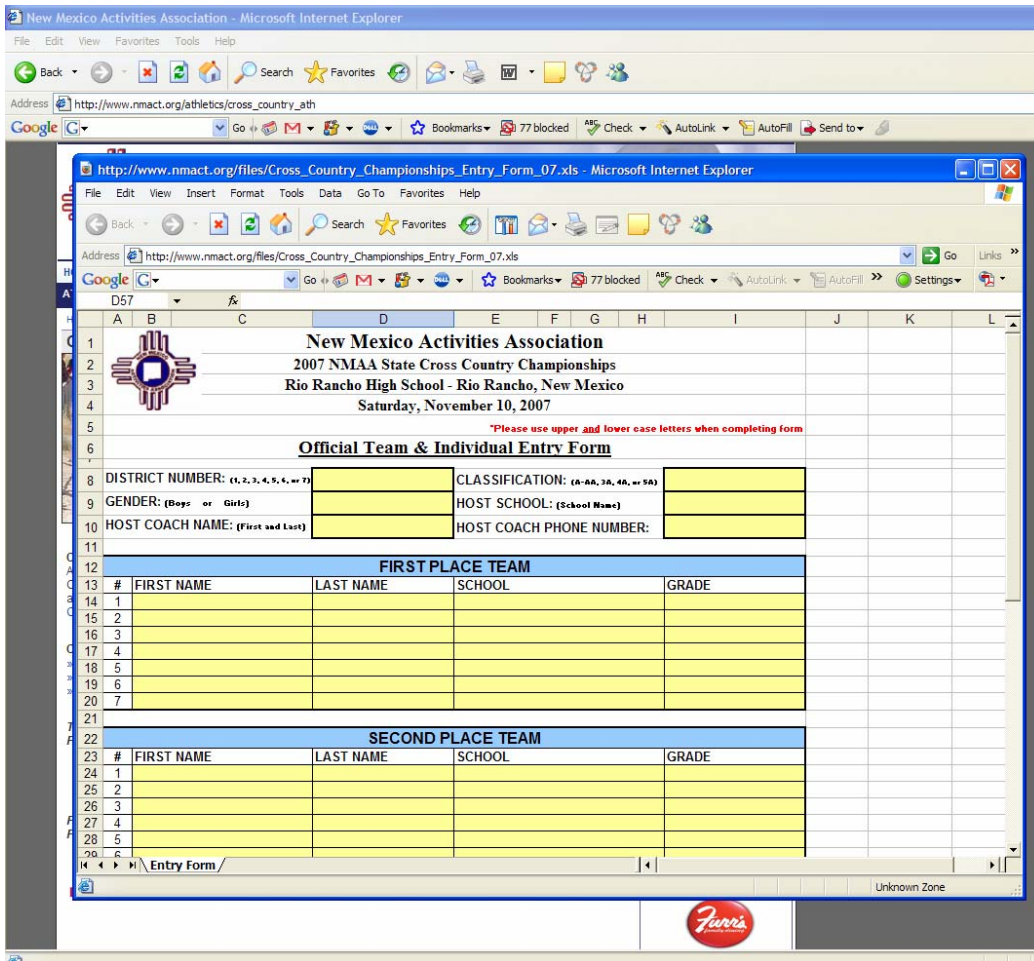


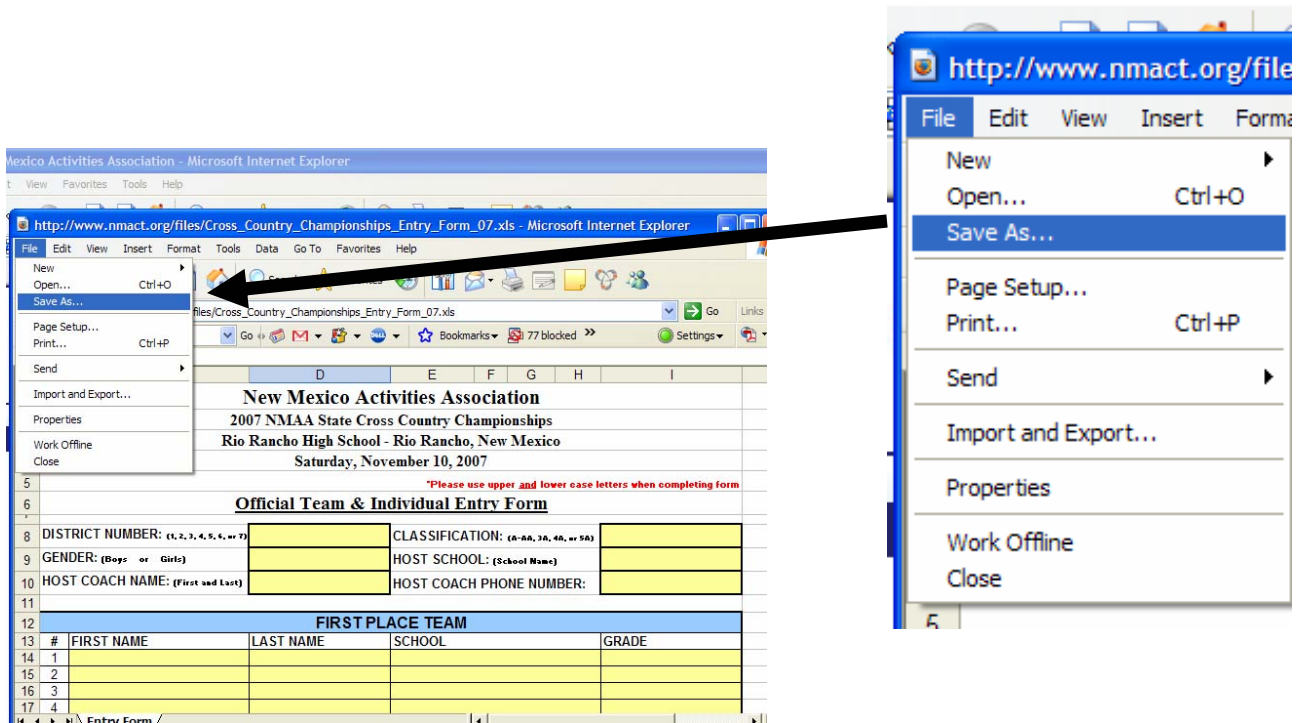
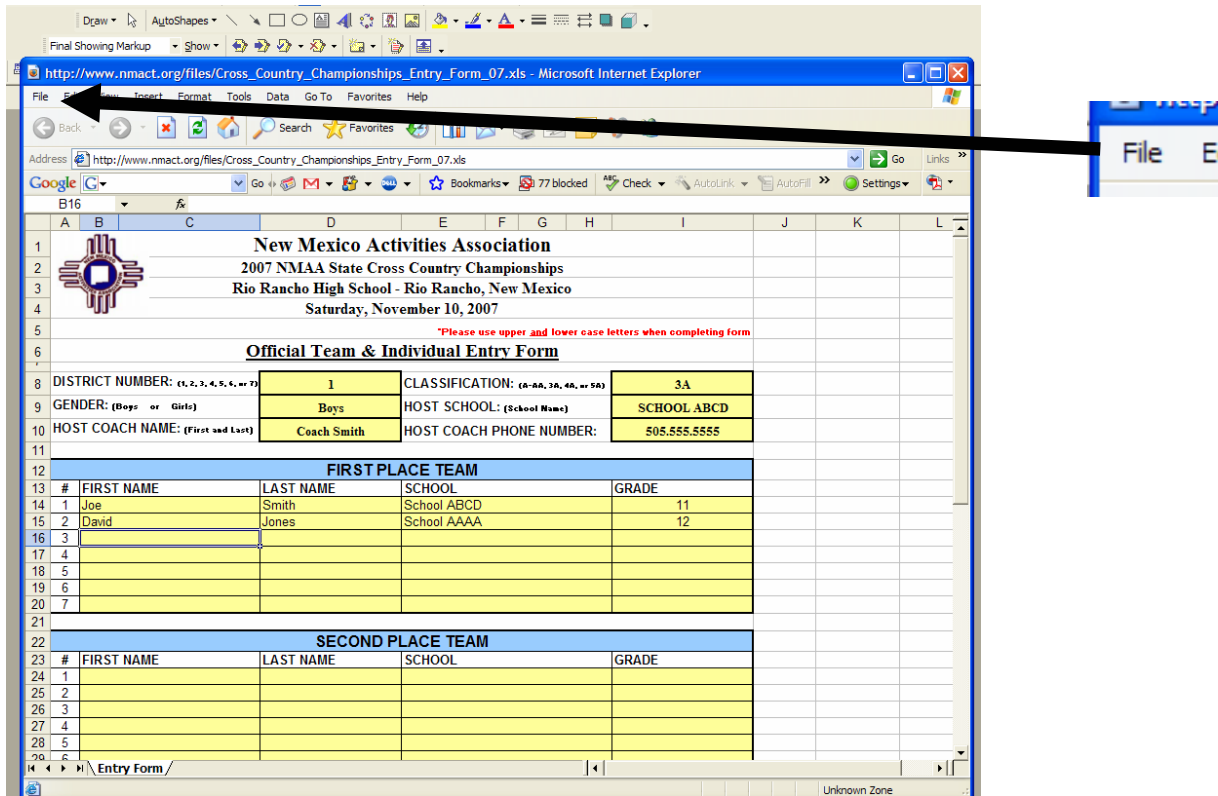
The screenshot shows a Microsoft Internet Explorer browser window with the address bar displaying 'http://www.nmact.org/files/Cross_Country_Championships_Entry_Form_07.xls'. A 'File Download' dialog box is open, asking 'Do you want to open or save this file?'. The dialog box shows the file name 'Cross_Country_Championships_Entry_Form_07.xls', the type 'Microsoft Excel Worksheet, 46.5 KB', and the source 'From: www.nmact.org'. There are 'Open', 'Save', and 'Cancel' buttons. A checkbox labeled 'Always ask before opening this type of file' is checked. Below the dialog box, there is a security warning: 'While files from the Internet can be useful, some files can potentially harm your computer. If you do not trust the source, do not open or save this file. What's the risk?'. The background of the browser window shows the same website content as the first screenshot.

Do you want to open or save this file?

Name: Cross_Country_Championships_Entry_Form_07.xls
Type: Microsoft Excel Worksheet, 46.5 KB
From: www.nmact.org







Once you click "SAVE AS" please save the document to your computer and simply attach the completed document to your e-mail to Rudy Aragon at raragon@nmact.org