<u>Uploading Night League Tables</u>

1. Log In, then select:

- Wessex Orienteering, Dashboard (top left screen)
- Posts, All Posts
- Drop down menu in 'All Dates'
- 'January 2010', then click 'Filter'
- Night League Current Season Sidebar
- Edit

2. Highlight the link to be replaced (e.g. Handicap League)

3. Select 'Add Media', 'Upload Files' and find the file on your computer

4. Once it has finished uploading, change the title in Attachment Details box on the right of the screen to 'Handicap League' or as appropriate

5. Select 'Insert into Post'

6. Select 'Update'