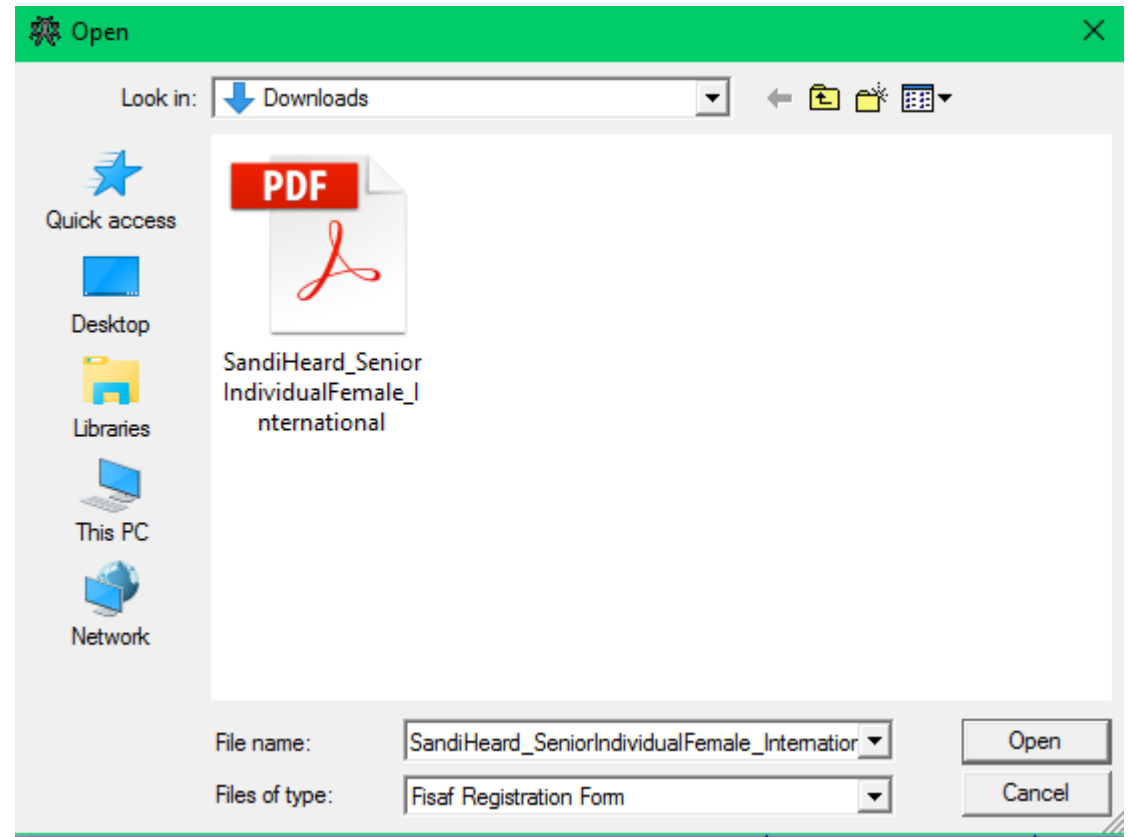
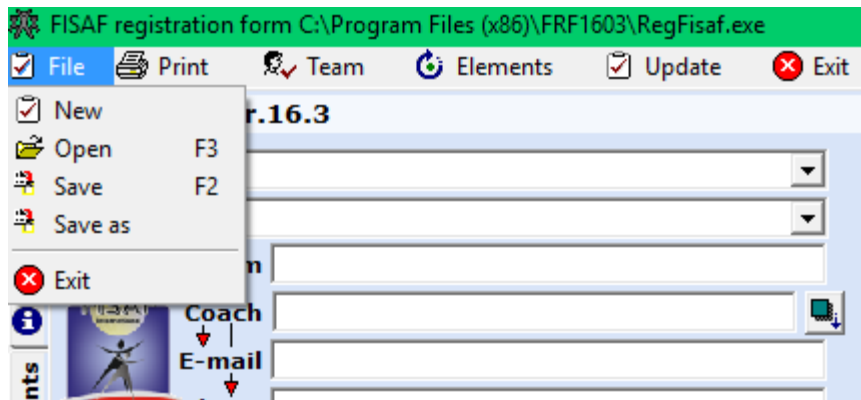


STEP 1: Open the 2019 FRF Program (Must be the latest Version).



STEP 2: Open your Completed FRF.

FRF - C:\Users\Fisaf\Downloads\SandiHeard_SeniorIndividualFemale_International.FRF

File Print Team Elements Update Exit

Team Info Elements Send Help - Setup

FRF
Cou
Portrait type
Technical Elements for Coach
Extra

Performance Class
 Not Specify
 III Beginner
 II Medium
 I Best
 N

FISAF International
Czech Republic

Aerobic, Fitness, ...
 Men
 Women
 Mixed Pairs
 Trio
 Aerobic Grande Team
 Step Grande Team
 Hip Hop Team

other:

Hip Hop Individual
 Hip Hop Crews
 Aerobic Team Show
 Aerobic Petite Team
 Step Petite Team
 AGP


E-mail:
 Phone:
 Choreographer:
 Duration, BPM:
 Music file:

Athletes - other delegation list:

No:	First name	Family name	Birth (YYYY)
1	Sandi	Heard	1985

STEP 3: Click 'Print' > Technical Elements for Judge.


Print Preview



Sandi Heard age:31
Women senior 17-x
Sandi Heard,

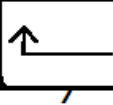
Australia
 Cch: Sandi C Heard Chg: Sandi C Heard
 Music, BPM: 2:04, 159BPM


St.n.

Comp 6.00/3	PUp 16.00/3	<u>1Q 20.00/4</u>	<u>1Q 15.50/3</u>
Oblig 25.00/4	<u>JMP 40.00/9</u>	<u>2Q 19.00/6</u>	JUMPS <u>2Q 9.00/2</u>
Addit 46.00/12	StSt 7.00/2	<u>3Q 19.00/4</u>	<u>3Q 8.00/2</u>
Total 77.00/19	<u>Flex 8.00/2</u>	<u>4Q 19.00/5</u>	<u>4Q 7.50/2</u>


5.5


4.5




3

STEP 4: Click 'Printer Set Up' (Blue Printer, Left Icon) & Select Adobe PDF as your printer.

Print

Printer

Name: DELLC2665dnf-00000 Properties...

Status: Adobe PDF

Type: Brother HL-2140 series

Where: DELLC2665dnf-00000FAX

Comment: DELLC2665dnf-00000-PS
Fax
Microsoft Print to PDF
Microsoft XPS Document Writer
Send To OneNote 2013







Print range

All

Pages from: to:

Selection

Number of copies:

Australia

Cch: Sandi C Heard Chg: Sandi C Heard

Music, BPM: 2:04, 159BPM

St.n.		
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San

Comp 6.00/3

Oblig 25.00/4

Addit 46.00/12

Total **77.00/19**

PUp 16.00/3

JMP 40.00/9

StSt 7.00/2

Flex 8.00/2

1Q 20.00/4

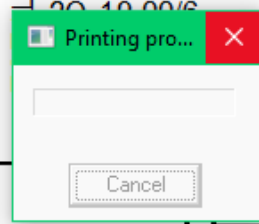
1Q 10.00/6




1Q 15.50/3

JUMPS 2Q 9.00/2

3Q 8.00/2

4Q 7.50/2

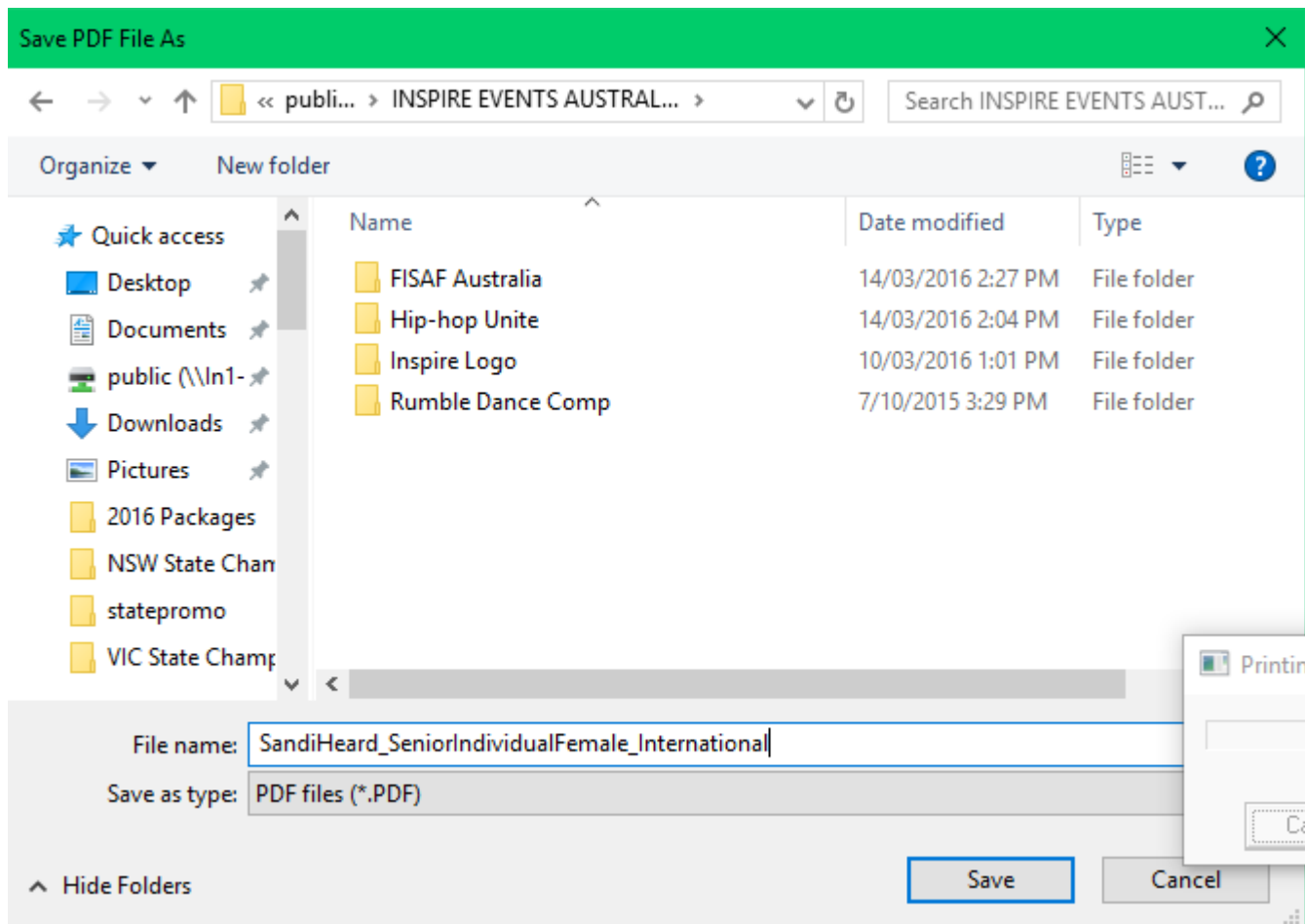


 5.5	 4.5	 3

 4	 5	 2	 2	 4	 2
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STEP 5: Click 'Print'



STEP 6: Click on the Save As window on the bottom task bar.

Save your FRFs with the following naming template: AthletesName/TeamName_Section_Stream

PLEASE NOTE:

This option will only work if your computer has the Adobe PDF program installed.

Other options include:

Printing your FRF and using an app to take a photo of the FRF to convert it. If you choose this option, the FRF must be **clear** to read and in **portrait**.

Some helpful apps include:

Tiny Scanner

CamScanner

iScanner