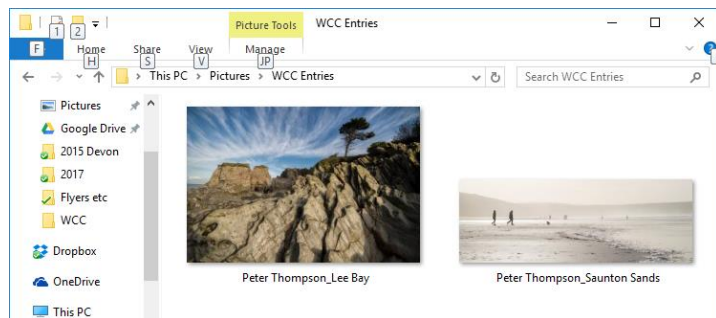
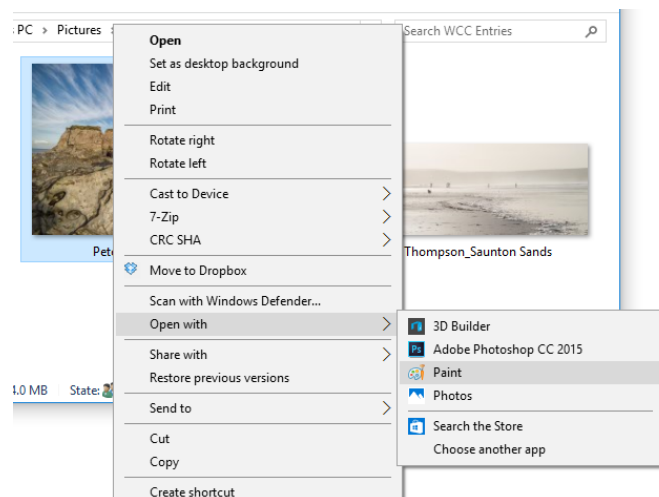


# How to resize your pictures in Windows

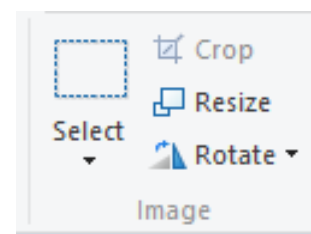
Locate your pictures in Windows Explorer



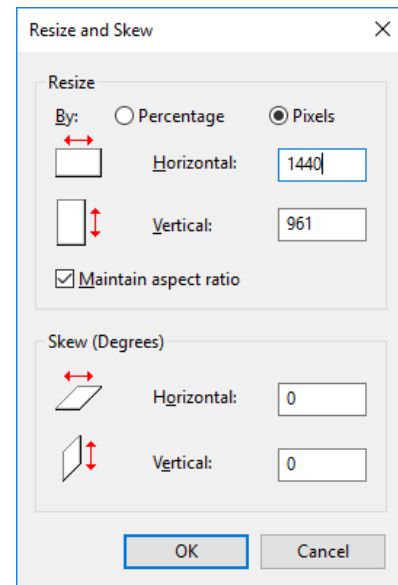
Right-click the picture and left-click  
Open with, Paint



In Paint, click the Resize button



Click the “Pixels” option and enter the relevant value for the competition. This is generally either “1400” for width or “1050” for height. These are the maximum sizes for width and height, so if one of the values is higher, change it to either 1400 or 1050. Make sure you check you have sized correctly according to the competition. Make sure the “Maintain aspect ratio” box is ticked. Click OK to resize.



Click File, Save. Make sure the filename is in the following format: Firstname Surname\_Title of image.jpg

