## **National Contest Entry Instructions**

Contests may be entered via U.S. postal mail **OR** electronic submission.

- ❖ Use the National Contest Entry Form for ALL contests.
- Use only one entry for each individual contest within each committee.
- Entries are limited to 20 single-sided pages.
- ❖ Contest reporting period: March 1, 2020 February 28, 2021.

## **U.S. POSTAL MAIL ENTRIES:**

Any entry that is submitted non-electronically will need to be sent to the member and senior chairmen; if there are multiple, all need to receive a copy. The addresses can be found in the roster that was distributed with the packet or on the website under the eCAR tab. Contest entries **WILL NOT** be judged if sent to C.A.R. National Headquarters. Please call (202-638-3153) or e-mail <a href="https://doi.org/10.1007/journal.

All mailed entries MUST BE POSTMARKED on or before **March 8**, **2021**.

## **ELECTRONIC ENTRIES:**

Each electronic entry MUST BE E-MAILED to <u>nscarcontests@gmail.com</u> before March 8, 2020 by 11:59pm in your time zone. When submitting via e-mail, corresponding officers and chairmen do not need to be separately e-mailed. All submissions are put in a folder for the corresponding contest.

Please submit as **ONE** PDF file including the National Contest Entry Form as the cover page and all supporting documentation per contest. Files are still limited to 20 supporting pages.

Videos may be submitted with a clickable hyperlink available on the contest entry PDF. Videos must be accessible without special login credentials. Video files (.mp4, .mov, .avi, etc.) will not be accepted for contest judgement.

Please send entries in as one e-mail as possible or from one society e-mail address. You will receive a confirmation receipt of submission. The contest e-mail is checked during business hours. Please do not send multiple e-mails if you do not receive an immediate confirmation.