



ECSS
Virtual
Congress
2021

HOW TO UPLOAD YOUR E-POSTER



FILE SPECIFICATIONS:

- File format: PDF
- Orientation: landscape (horizontal)
- Number of pages (slides): one (1)
- File size: max of 2 MB
- Minimum suggested font size: 24 (20 for references)



ECSS
Virtual
Congress
2021

STEP 1

myCongress

Submitted abstract(s): Abstr.-ID: 11, YIA: No
Title: The exercises used in PE gymnastics in relation to students attitudes...
Authors: Heszeráné-Ekler, J., Lappints, R...
Presentation format: **E-poster** (Please read instructions)
Session: EP-UD01 E-Poster undebated

[Submit your pdf file here](#)

Registration category: Non ECSS Member (650 €)
Status: Pending! Please, pay your registration fee!

[Pay myCongress fee](#) [Generate my invoice](#)

[myCongress History](#)

myCongress documents

- Start from your ECSS account
- Click on the button "Submit your pdf file here"



STEP 2

ECSS E-poster Upload System

Your abstract ID: 11, Presentation format: E-poster

Select pdf file to upload:

Your file must have the following specifications:

- max. size: 2 Mb
- max. number of pages: 1
- orientation: landscape mode

Keine Datei ausgewählt.

Depending on the file size of your file and your internet connection, the submission process may take from seconds to several minutes.

ECSS Upload System Version 20.01, created by [SporTools GmbH](#) Datamanagement in Sports

- Find your PDF file on your computer
- Check the file specifications carefully
- Click on the button "Upload your selected file"
- Wait for the upload




STEP 3

ECSS E-poster Upload System

Your abstract ID: 11, Presentation format: E-poster

Your abstract ID 11 has been uploaded

Please click on the button below to complete your submission.

Complete my submission 

Depending on the file size of your file and your internet connection, the submission process may take from seconds to several minutes.

ECSS Upload System Version 20.01, created by [SporTools GmbH](#) Datamanagement in Sports

After your file has been fully uploaded

- Click on the button "Complete my submission"



STEP 4

Your uploaded abstract ID: 19 as pdf file

You have **successfully** submitted your presentation.

You will be able to view and modify until the deadline of submission: **5th of October 2020** directly from your ECSS account.

Please read [presenter guidelines](#).

[Back to your account](#)



Your submission has been completed!

- Click on the button "back to your account"



STEP 5

myCongress

Submitted abstract(s): Abstr.-ID: 19, YIA: No
Title: The feasibility of a novel 12-week group fitness program in cancer pat...
Authors: Fischer, F., Henne, K., Sassen, C., Reinboldt-Jockenhöf...
Presentation format: **E-poster** ([Please read instructions](#))
Session: EP-UD01 E-Poster undebated

[Resubmit your pdf file here](#) [View your pdf file here](#)

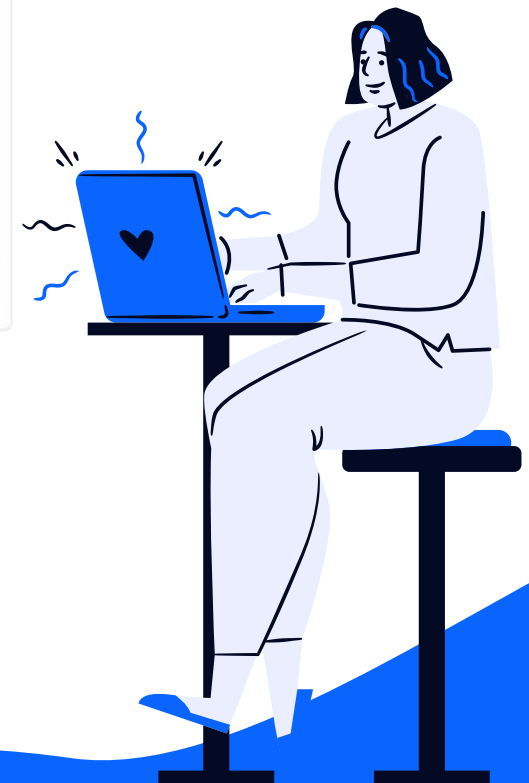
Registration category: ECSS Member (425 €)
Status: Congress registration fee paid: 12.03.2020 16:13:00

[myCongress History](#)

[myCongress documents](#)

You are back in your account

- Resubmit or view your presentation



DO YOU NEED HELP?

**PLEASE SEND AN EMAIL TO
OFFICE@ECSS-CONGRESS.EU**

WE ARE ALWAYS HAPPY TO HELP



ECSS
Virtual
Congress
2021