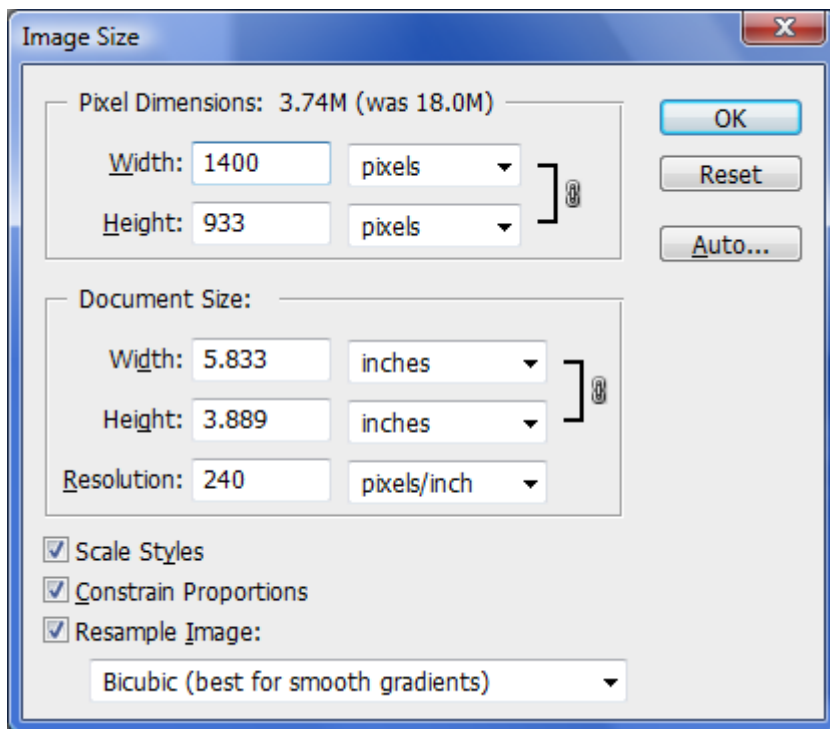


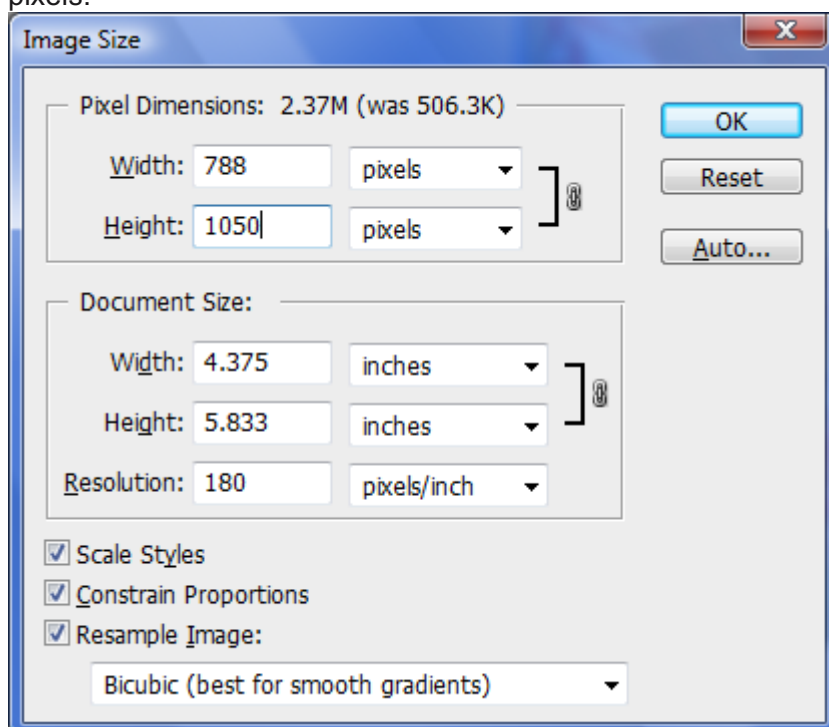
Resizing digital images for competitions they must be submitted as jpeg files sized with maximum dimensions width 1400 x height 1050 pixels, and preferably as sRGB.

Resizing images in Photoshop

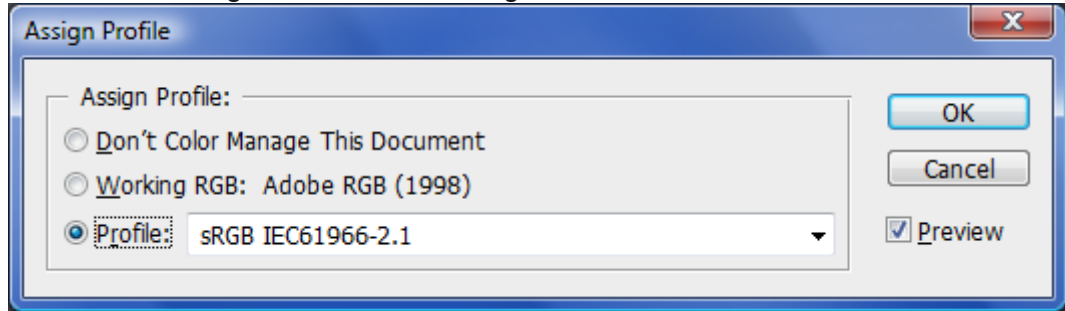
1. Always make a duplicate file and work on the new file.
2. Open the image
3. Click on the "Image" menu button, and then click "Image size" from the drop down menu.
4. Landscape format – In the "Pixel Dimensions" box, change "width" to 1400 pixels. Now check the "height". If this exceeds 1050 pixels, change the "height" to 1050 pixels.



5. Portrait format - In the "Pixel Dimensions" box, change "height" to 1050 pixels.



6. Go to Edit – Assign Profile – and change to sRGB



7. Save image as a JPG (Use "File> Save As" to ensure you don't over-write your original).

Resizing images in Photoshop Elements

1. Always make a duplicate file and work on the new file
2. Open the image
3. Click on the "Image" menu button, and then click "Resize" from the drop down menu, then "Image size"
4. Landscape format – In the "Pixel Dimensions" box, change "width" to 1400 pixels. Now check the "height". If this exceeds 1050 pixels, change the "height" to 1050 pixels
5. Portrait format - In the "Pixel Dimensions" box, change "height" to 1050 pixels
6. Image – convert colour profile – and select convert to sRGB
7. Save image as a JPG (Use "File> Save As" to ensure you don't over-write your original)