The Virtual Hammer and Hybrid Hammer presented by:

Below you'll find detailed instructions and FAQs on how to track your virtual participation and submit your virtual race results using Race Roster.

The ATB Virtual Race period is **March 1 - March 31, 2023**. You can complete your race any time during this race period. Results must be submitted by **March 31, 2023** to receive your race package. Packages will be sent within a few weeks after the race period. Complete virtual race details at BayRace.com

- **How to manually post your results on Race Roster**
  Follow these steps to manually post your results on Race Roster.

MANUALLY POST RESULTS

Simply head to **the results page** and **"Submit Virtual Result"**.

You will be prompted to manually enter your results for each distance you completed. Once entered and submitted you will be able to see a summarized view of all your times and the total for |*SUB_EVENT*|.

The Virtual Hammer Presented by	The Hammer Hybrid Presented By

Virtual 30K

Hours (HH)	Min. (MM)	Sec. (SS)
:	:	

In-Person 30K

Hours (HH)	Min. (MM)	Sec. (SS)
:	:	

Virtual 15K

Hours (HH)	Min. (MM)	Sec. (SS)
:	:	

Virtual 15K

Hours (HH)	Min. (MM)	Sec. (SS)
:	:	

Virtual 10K

Hours (HH)	Min. (MM)	Sec. (SS)
:	:	

Virtual 10K

Hours (HH)	Min. (MM)	Sec. (SS)
:	:	

Virtual 5K

Hours (HH)	Min. (MM)	Sec. (SS)
:	:	

Virtual 5K

Hours (HH)	Min. (MM)	Sec. (SS)
:	:	

Virtual 2K

Hours (HH)	Min. (MM)	Sec. (SS)
:	:	

Virtual 2K

Hours (HH)	Min. (MM)	Sec. (SS)
:	:	

Your **confirmation number** and last name can be used to confirm your registration before submitting your results.

View results

You can also visit this page to view posted results!

#ATB2023