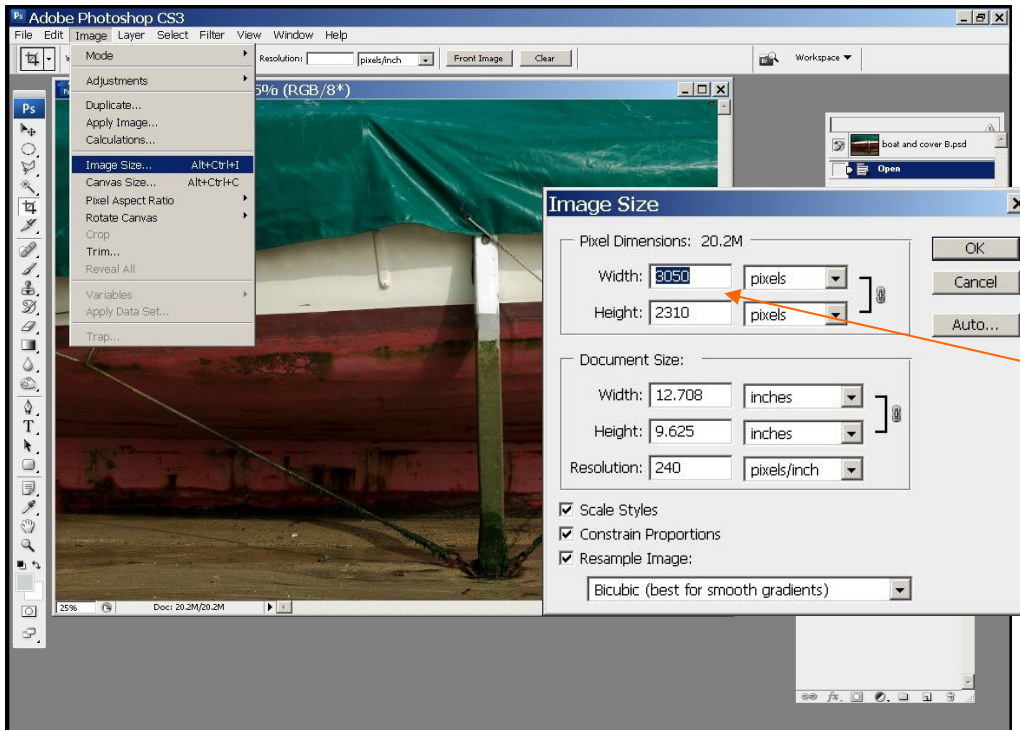


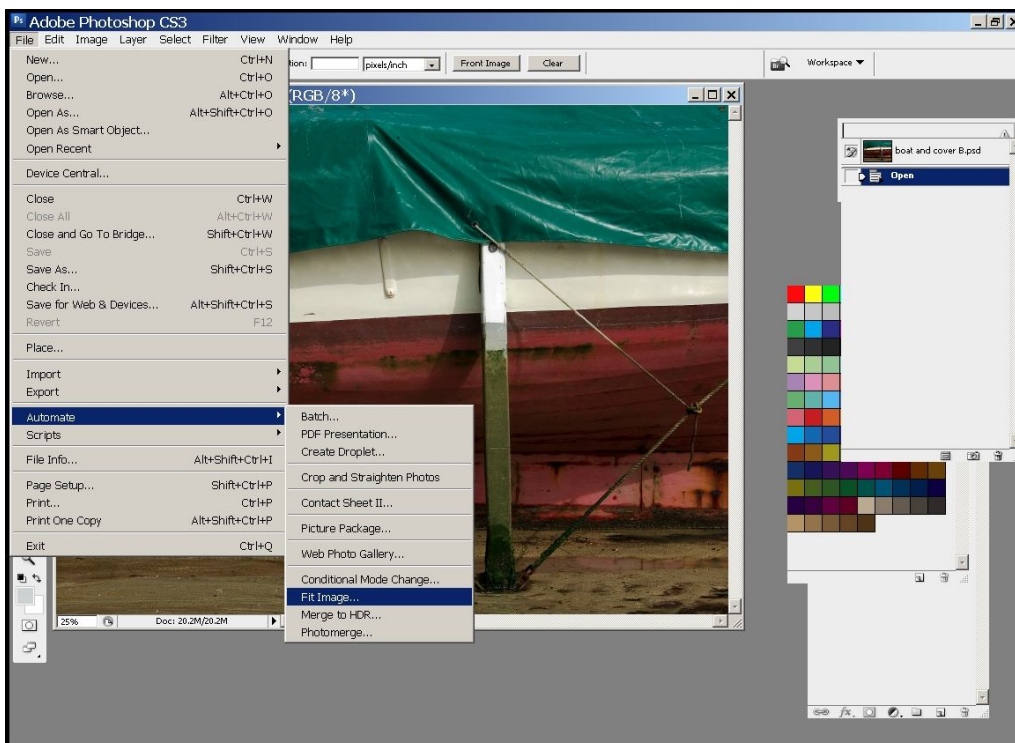
How to resize an image for club competitions

If you wish to view the screen grabs in more detail use the zoom in button on Adobe Acrobat.



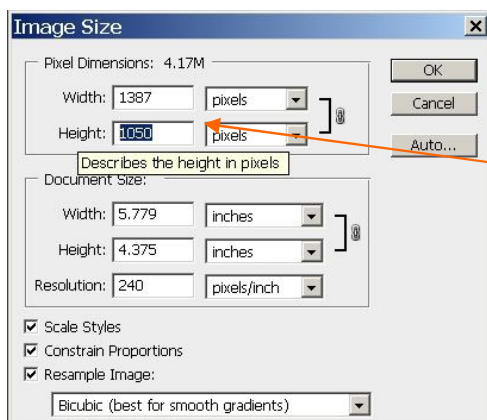
Go to Image > Image size to check the pixel dimensions

As we can see they exceed the maximum of 1400 for the width and 1050 for the height.



Go to File > Automate > Fit image.

This brings up the Fit Image dialogue box. Enter 1400 for the width and 1050 for the height and click ok.



Go to Image > Image size to open the Image Size dialogue box again and you will see that the image has been resized and the proportions kept.

It is best to make adjustments to you image before resizing BUT it is best to sharpen your image after resizing as the file size affects the sharpening settings.