

7 steps to sharing your community news on [www.bangordailynews.com](http://www.bangordailynews.com).

1. Click on Post at the top of the bangordailynews.com home page and select a category of news to post. I recommend most news be entered through “Post Your News or Event.” If you are not a free registered user already, the system will prompt you to register. Your registration information is not distributed to anyone outside of Bangor Daily News.



2. Once your registration is complete, click on the “Post” category you wish to enter. You will be prompted to sign in and then you will be taken to an easy form to enter your news.

3. The required parts of the forms have asterisks. All items require a title or headline as you wish it to appear on the website.

4. If you already have a press release prepared, you may copy and paste the body of it into the “content” area, otherwise you may type it in directly.

5. Do you have a photo or video to go with your item? Under the “content” box, you will find a camera icon. Clicking on it will prompt you to upload videos or images. If your photo is too large, you may receive an error message. All photos must be in .jpg form.

6. Next, check off the appropriate categories for the type of news and the region heading under which you wish it to appear. Right now, the system limits you to one category per dropdown.

7. Problems? Please don’t hesitate to call Community News Editor Julie Murchison Harris at 207-990-8285 or email her at [jharris@bangordailynews.com](mailto:jharris@bangordailynews.com).

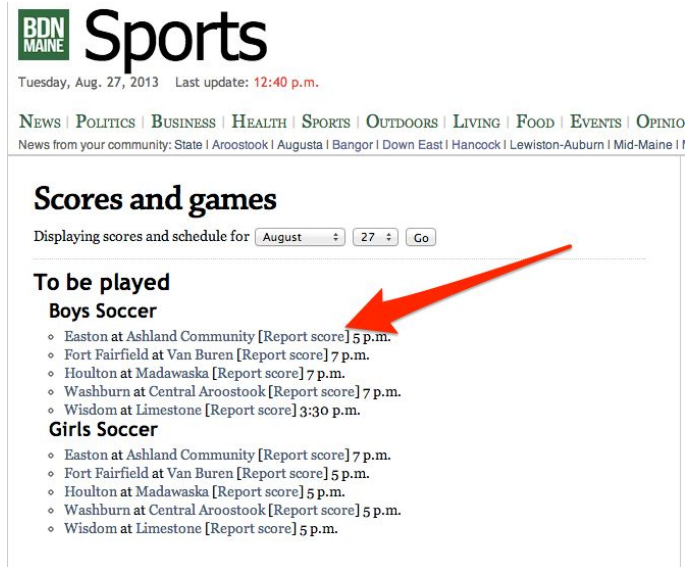


# SPORTS

High school game information may be submitted at <http://bangordailynews.com/sports/scores/> for the following sports:

- baseball,
- basketball (boys and girls)
- hockey (boys and girls)
- soccer (boys and girls)
- tennis (boys and girls)
- field hockey
- football
- track
- softball
- volleyball.

Simply click on the “Report Scores” button found in parentheses after your school’s game listed on the page.



**BDN MAINE Sports**  
Tuesday, Aug. 27, 2013 Last update: 12:40 p.m.

NEWS | POLITICS | BUSINESS | HEALTH | SPORTS | OUTDOORS | LIVING | FOOD | EVENTS | OPINION  
News from your community: State | Aroostook | Augusta | Bangor | Down East | Hancock | Lewiston-Auburn | Mid-Maine |

### Scores and games

Displaying scores and schedule for August 27 Go

#### To be played

##### Boys Soccer

- Easton at Ashland Community [Report score] 5 p.m.
- Fort Fairfield at Van Buren [Report score] 7 p.m.
- Houlton at Madawaska [Report score] 7 p.m.
- Washburn at Central Aroostook [Report score] 7 p.m.
- Wisdom at Limestone [Report score] 3:30 p.m.

##### Girls Soccer

- Easton at Ashland Community [Report score] 7 p.m.
- Fort Fairfield at Van Buren [Report score] 5 p.m.
- Houlton at Madawaska [Report score] 5 p.m.
- Washburn at Central Aroostook [Report score] 5 p.m.
- Wisdom at Limestone [Report score] 5 p.m.

An easy-to-use form will pop up, along with instructions and an example to guide you.

Submit

Fort Fairfield High School:

Van Buren District Secondary School:

### Game highlights:

Submit

## How to report

### Guidelines:

-- List each team's record, the first and last names of players mentioned for each team, and key highlights from the game

-- Provide the goals and assists for each team, total shots, and total saves for each goalkeeper.

### EXAMPLE:

At Houlton, Danielle Pelletier scored with 5:56 left to give Fort Kent its victory over the Shires.

Fort Kent (3-1) took a 2-0 halftime lead with two goals by Alexis Desjardins, one on

For all high school sports not listed above, such as golf, cross country, wrestling, swimming, skiing and youth hockey, competition information must be sent by email to [bdnsports@bangordailynews.com](mailto:bdnsports@bangordailynews.com).

## Tips for reporting Golf and Cross Country

### GOLF

- List where match is held, par for 9 holes.
- List player scores in paragraph form for each team from lowest to highest.

### CROSS COUNTRY

- List site of meet, distance of course.
- List boys team scores, followed by results of all runners in paragraph form with name (school) time.
- List girls team scores, followed by results of all runners in paragraph form with name (school) time.

## Tips for reporting wrestling, swimming, skiing and youth hockey

- Provide information for both teams.
- Use first and last names of all athletes.
- Submit info in paragraph format.

- Do not make lists or submit items with tabs.