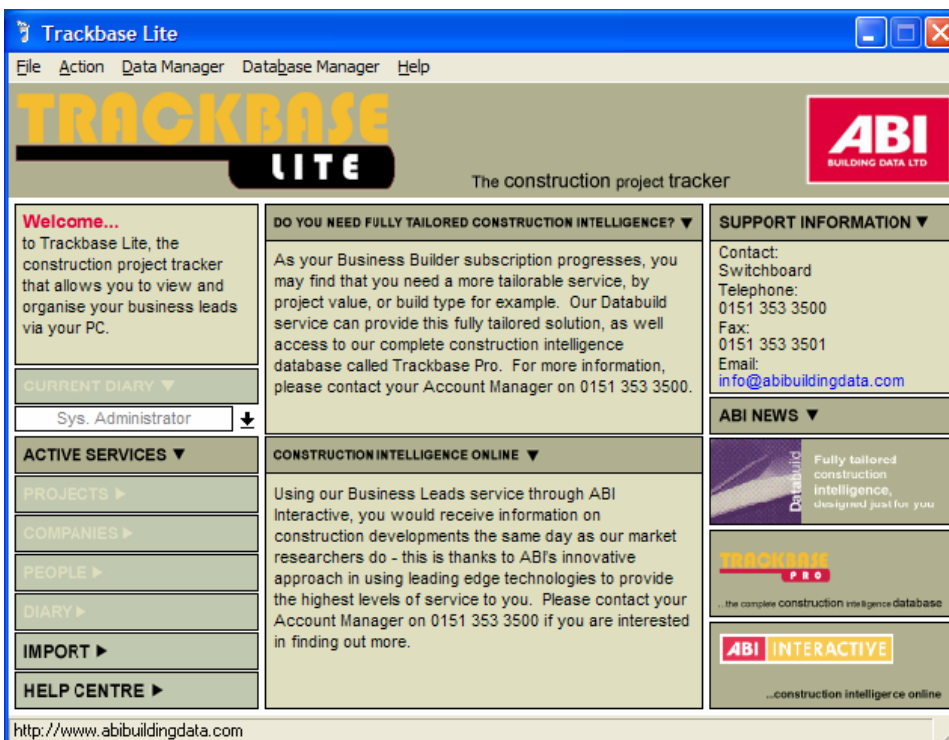


# Importing your Data

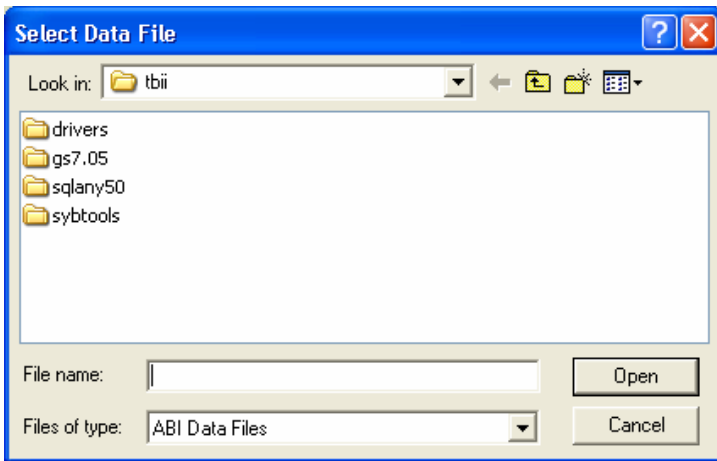
Open Trackbase Lite and click on the 'Import' button.



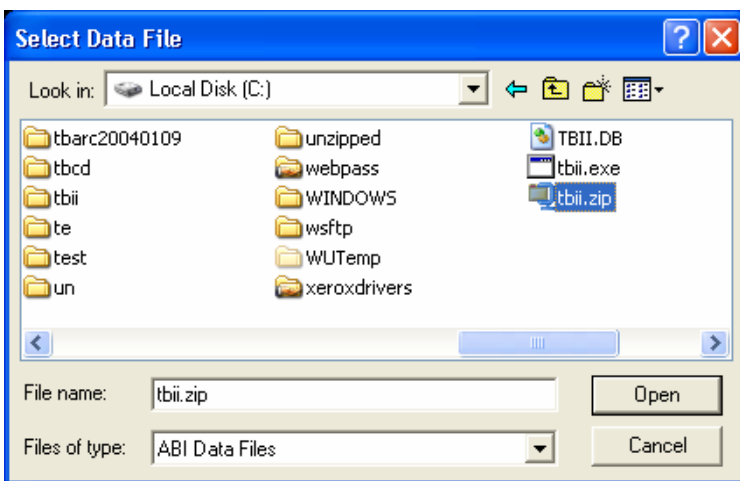
If you receive your data via email or from the Internet you may see the following message box. Click on the 'Continue' button to locate your data file.



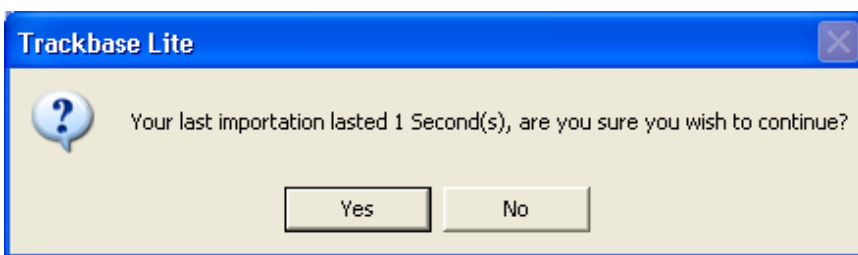
This will open the 'Select Data File' window, as shown below.



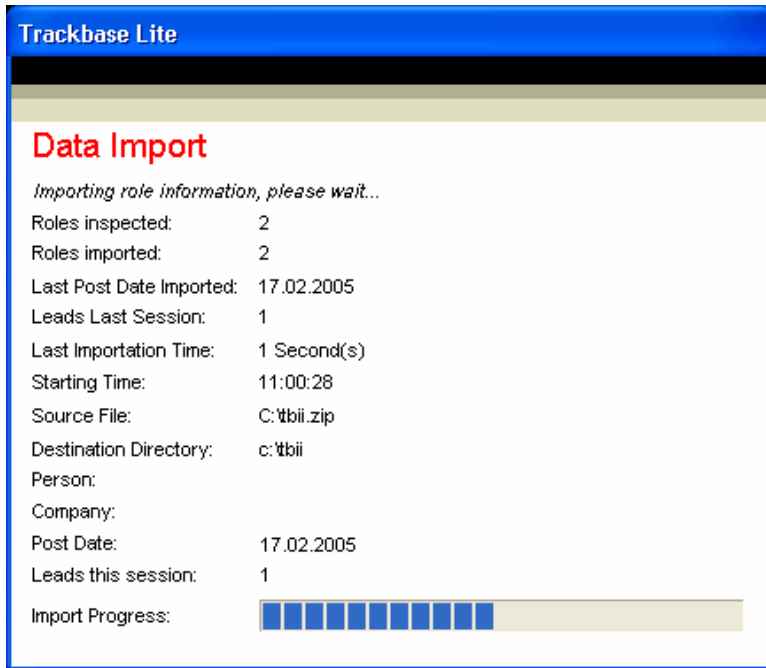
Change the 'Look in' box to look in your Local Disk C and find the file Tbio.zip. Click on the Tbio.zip file once to highlight it and then click on the 'Open' box.



A message box will open telling you how long your last import lasted for. Click on the 'Yes' button to continue with the import.



The import will begin. The indicator bar at the bottom of the window allows you to see the progress of the import.



Once the import has completed you will be returned to the front screen of Trackbase Lite.

**Please note:** Once you have started the import process, it is not advisable to try to cancel the operation in any way. Depending on the number of project details you receive and the speed of your computer the import can last from a few minutes to a few hours.