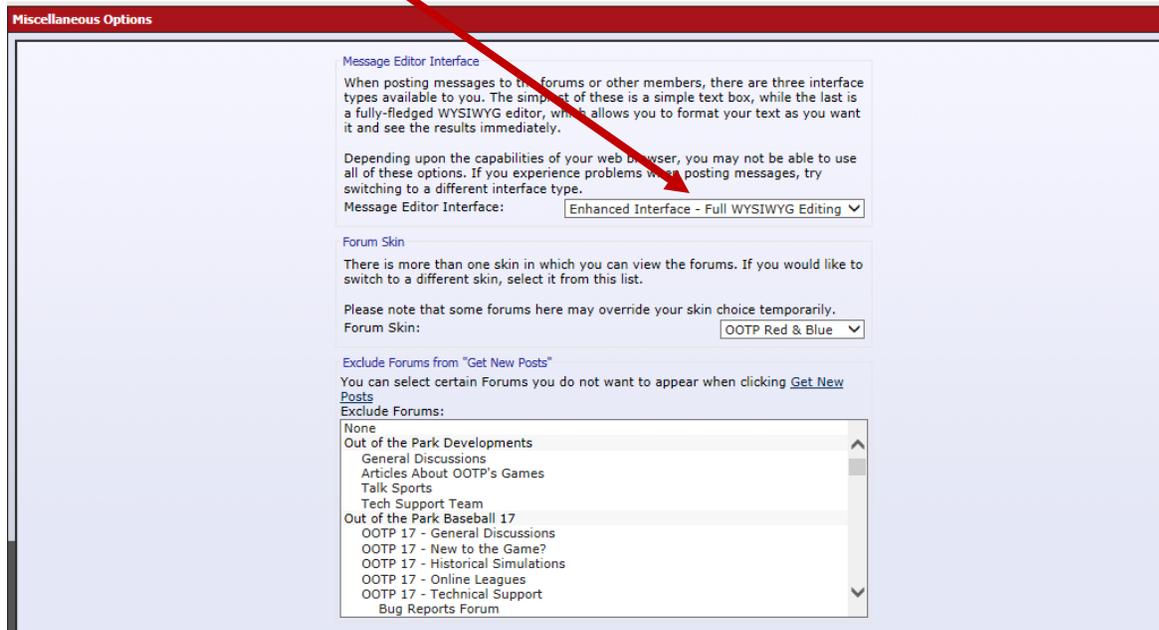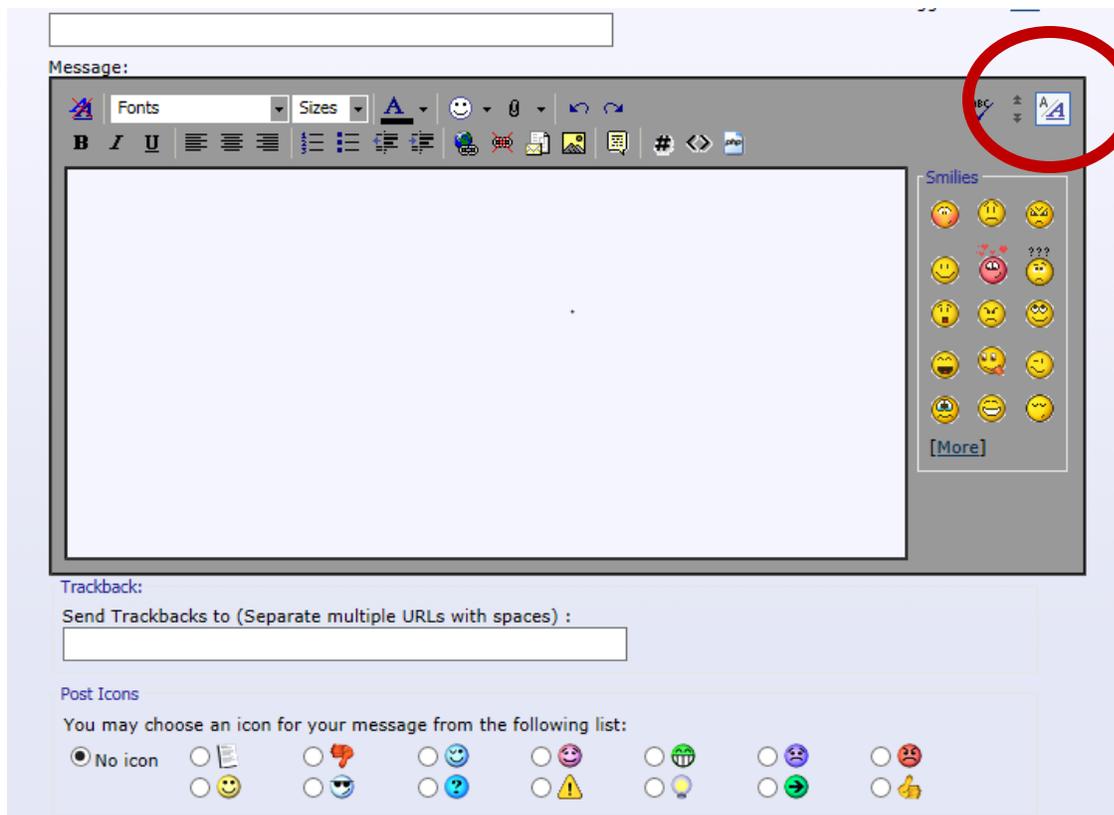First, under your User CP go to miscellaneous options and make sure you have Enhanced Interface – Full WYSIWYG editing selected

Then make sure the switch editor mode button in the right hand corner is selected

Bring up the data from your excel spread sheet and copy the area you wish to paste

	A	B	C	D	E	F	G	H	I	J
1										
2										
3			**Regional Rankings**							
4			**United States**			**W**	**L**	**D**	**KO**	
5			**USBA**	**Jack Geyer**	**United States**	**26**	**1**	**0**	**23**	
6			1	Eddie Lopez	United States	31	1	1	19	
7			2	Michael Bentt	United States	23	0	0	16	
8			3	John Tate	United States	18	0	0	15	
9			4	Gus Dorazio	United States	20	1	0	10	
10			5	Embrell Davidson	United States	18	0	0	15	
11			6	Ed Dunkhorst	United States	21	2	0	14	
12			7	Erv Sarlin	United States	17	0	1	3	
13			8	Tommy Kost	United States	25	2	0	21	
14			9	Joe Hipp	United States	16	1	0	11	
15			10	Mike DeJohn	United States	17	1	0	13	
16										
17			**USBO**	**Hank Griffin**	**United States**	**23**	**0**	**0**	**19**	
18			1	Michael Bentt	United States	23	0	0	16	
19			2	Eddie Lopez	United States	31	1	1	19	
20			3	Gus Dorazio	United States	20	1	0	10	
21			4	John Tate	United States	18	0	0	15	
22			5	Erv Sarlin	United States	17	0	1	3	
23			6	Joe Hipp	United States	16	1	0	11	
24			7	Embrell Davidson	United States	18	0	0	15	
25			8	Ed Dunkhorst	United States	21	2	0	14	
26			9	Mike DeJohn	United States	17	1	0	13	
27			10	Mitch Green	United States	18	1	1	8	

Paste the selected area from excel into you post, then hit post and

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Regional Rankings

United States			W	L	D
USBA	**Jack Geyer**	**United States**	26	1	0
1	Eddie Lopez	United States	31	1	1
2	Michael Bentt	United States	23	0	0
3	John Tate	United States	18	0	0
4	Gus Dorazio	United States	20	1	0
5	Embrell Davidson	United States	18	0	0
6	Ed Dunkhorst	United States	21	2	0
7	Erv Sarlin	United States	17	0	1
8	Tommy Kost	United States	25	2	0

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     ○ 🙂   ○ 😎   ○ ❓   ○ ⚠   ○ 💡   ○ ➡   ○ 👍

Viola – The excel cells will retain their formatting

Preview

Regional Rankings

United States			W	L	D	KO
USBA	**Jack Geyer**	**United States**	26	1	0	23
1	Eddie Lopez	United States	31	1	1	19
2	Michael Bentt	United States	23	0	0	16
3	John Tate	United States	18	0	0	15
4	Gus Dorazio	United States	20	1	0	10
5	Embrell Davidson	United States	18	0	0	15
6	Ed Dunkhorst	United States	21	2	0	14
7	Erv Sarlin	United States	17	0	1	3
8	Tommy Kost	United States	25	2	0	21
9	Joe Hipp	United States	16	1	0	11
10	Mike DeJohn	United States	17	1	0	13

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TBCB Fantasy Boxing League