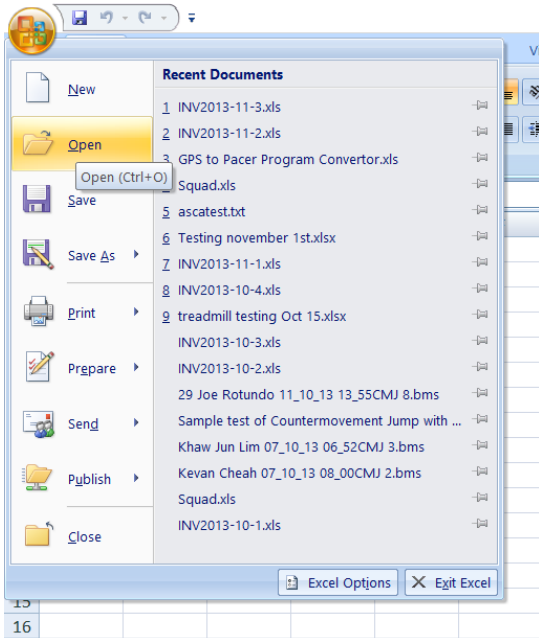
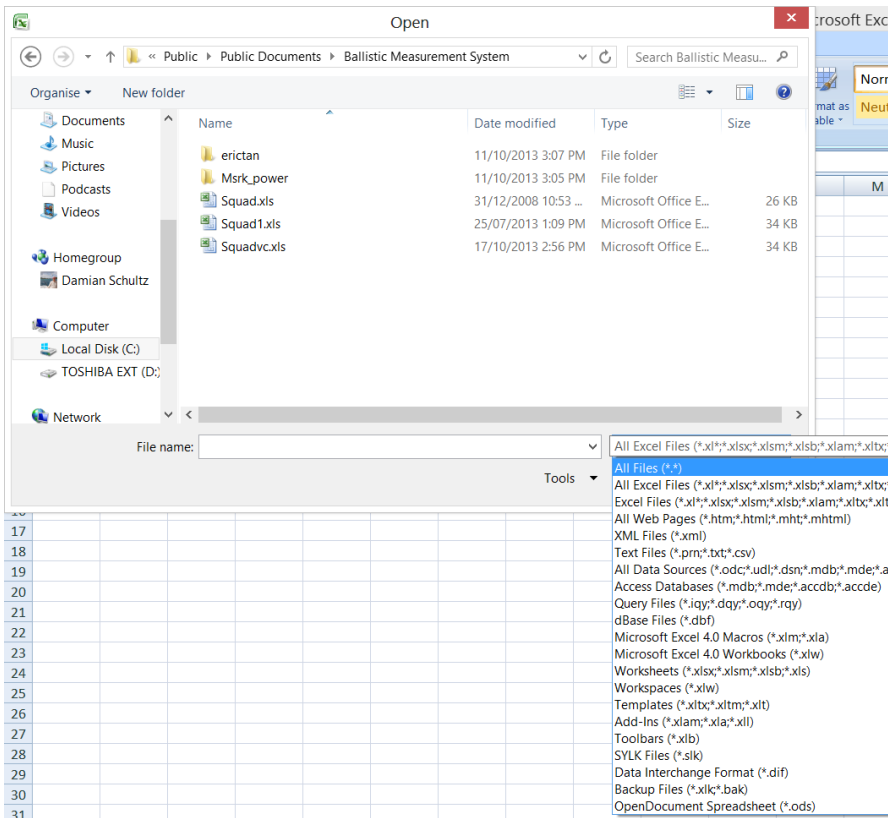


# How to Open a BMS file in Excel

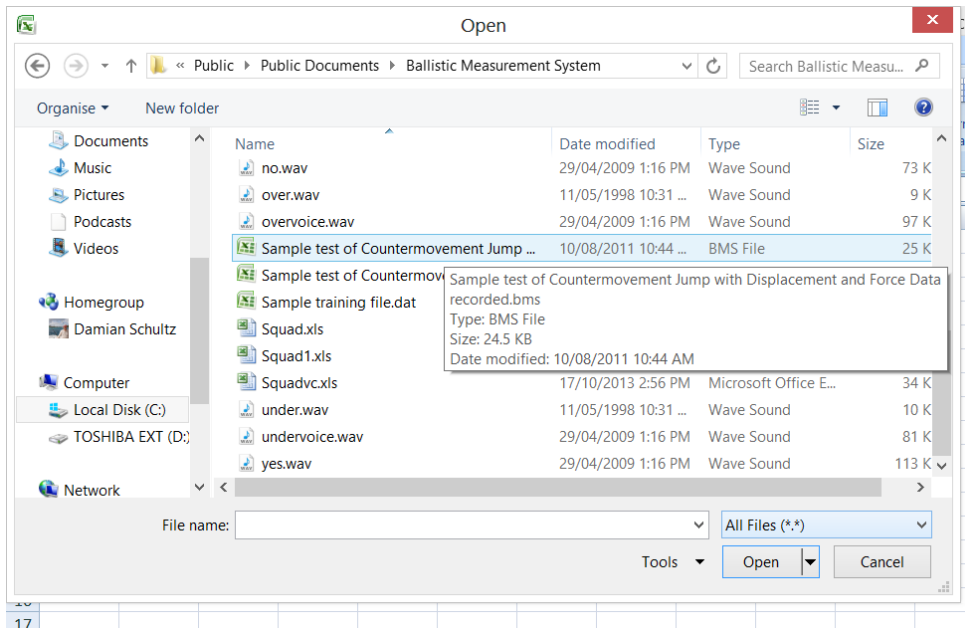
First open Excel, then go to File/Open.



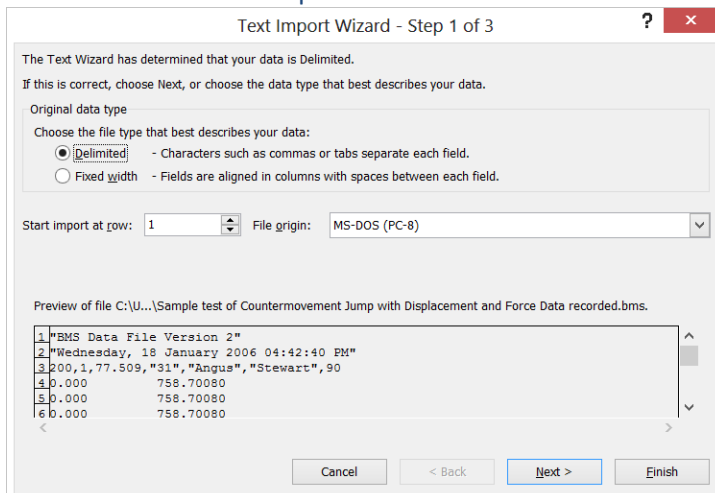
Navigate to the location of the data file that you want to open. Then select all files. This will bring up the .dat files.



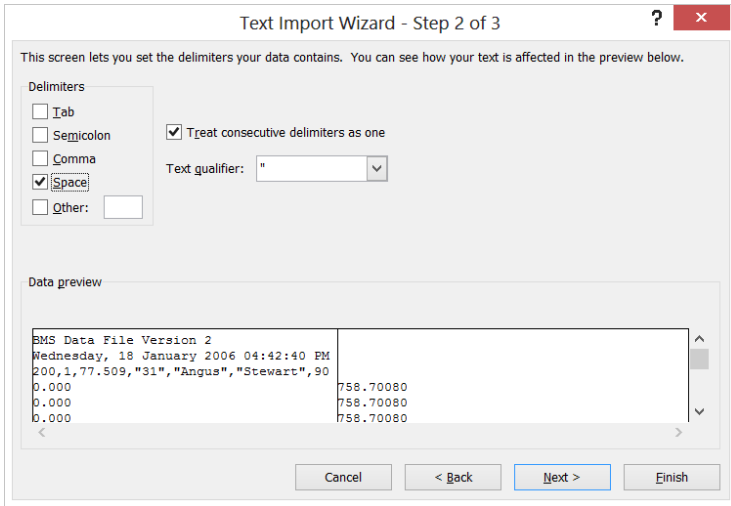
Double click on the file you wish to open.



The window below will open. Make sure delimited is selected then click next.



Select space as 'delimiters' then click next, next again and then finish.



The file will now open.

The screenshot displays the Microsoft Excel 2007 interface. The ribbon is set to the 'Home' tab, showing the 'Clipboard' group with 'Cut', 'Copy', 'Paste', and 'Format Painter' options, and the 'Font' group with 'Calibri' font and size '11'. The spreadsheet contains the following data:

	A	B	C	D
1	BMS Data File Version 2			
2	Wednesday, 18 January 2006 04:42:40 PM			
3	200,1,77.509,"31","Angus","Stewart",90			
4	0	758.7008		
5	0	758.7008		
6	0	758.7008		
7	0	758.7008		
8	0	759.5024		
9	0	757.0246		
10	0	758.2635		
11	0	758.7737		
12	0	759.8668		
13	0	758.7737		
14	0	758.9923		
15	0	759.3568		
16	0	759.3568		
17	0	758.6279		
18	0	760.1583		
19	0	759.9397		
20	0	760.2312		
21	0	759.9397		
22	0	760.0854		
23	0	760.5956		
24	0	760.6685		
25	0	759.0652		
26	0	762.1989		
27	0	761.3243		
28	0	759.6483		
29	0	760.8142		
30	0	758.6279		
31	0	762.3446		
32	0	763.1462		

The status bar at the bottom indicates 'Ready' and the file name 'Sample test of Countermovement'.