

Putting on Disposable Timing Band

Either ankle is acceptable



Photo 1

Must be exposed
(Not covered by wetsuit nor on top of wetsuit leg)



Photo 2

1. Place the band on the ankle with the words "USA Triathlon" showing face up.
 2. Place the gap between the foam tags at the center of the ankle. Make sure one foam spacer is located on the right side of the ankle and the second is located on the left side of the ankle (see *Photo 1*).
 3. Adjust and attach the band by inserting two fingers to create spacing between the ankle and the band (see *Photo 2*). Do not adjust the band too tight or chafing may occur.
- Be sure your hands are wiped completely clean in order to avoid compromising the adhesive with sunscreen, Vaseline, etc. If the adhesive is compromised, the band will need to be replaced or the band needs to be reattached with a good grade of tape wrapped several times around that portion of the band to insure it holds together during the event (vertically around the band and not horizontally).
 - To work properly, the timing tag must be on the outside of all clothing. Do not cover the timing tag with items like a wetsuit, neoprene boots, etc. It should be placed low on the ankle and also should not be placed over the leg of the wetsuit.

