

## HOW TO WEAR A VELCRO TIMING BAND

Event Strategies provides Velcro straps to secure electronic transponders to an athlete's left ankle during timed events. The electronic transponder is inside a blue plastic housing that is threaded onto the Velcro strap so it can slide to any position regardless of ankle size. If worn correctly, these Velcro straps CANNOT come off. All athletes are responsible for wearing them correctly, so please follow these instructions.

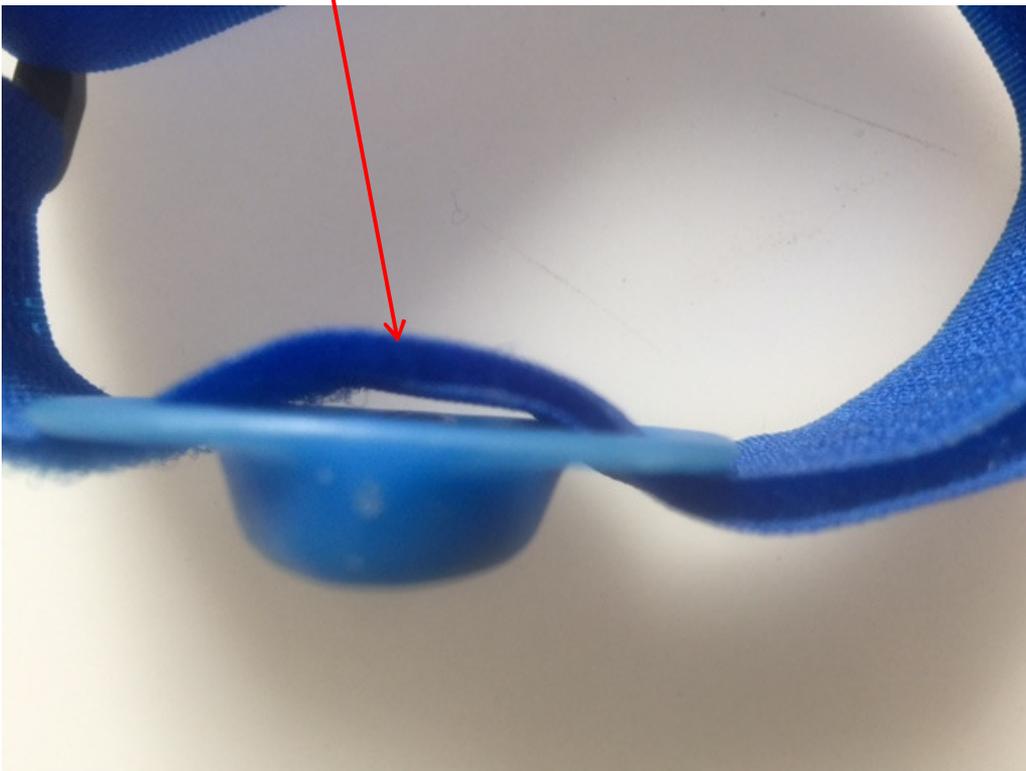
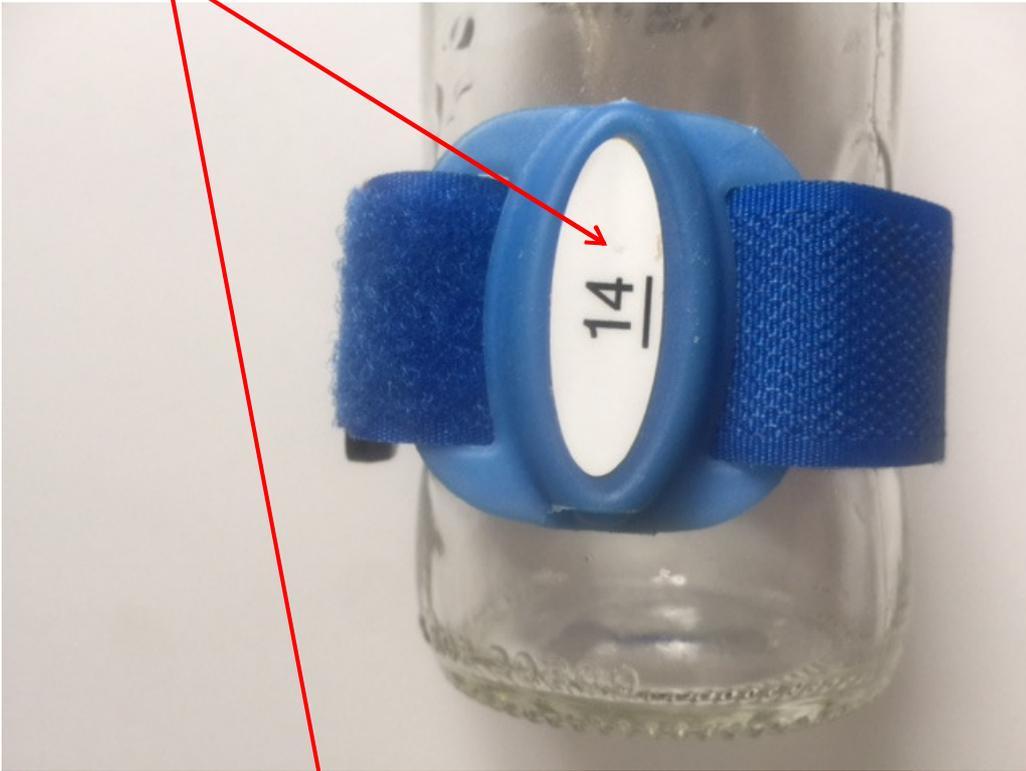
1. Slide the blue housing to the buckle end of the Velcro strap



2. Wrap the strap around your left ankle, thread the end through the buckle and pull the excess strap through and back on itself before securing:
  - a. Pull through the excess strap so IT IS NOT TOO TIGHT . Ideally it should be loose enough for you to still slide the strap around your ankle with minimal effort
  - b. The hook and loop sides of the Velcro strap must mate together for it to be secure ie DO NOT have the smooth/non Velcro sides of the strap back to back
  - c. The 60mm hook end of the strap must lie flat along its entire length to be secure ie NO PART OF THE END CAN BE LEFT STICKING UP.



3. "Lock" the end of the tab by sliding the blue housing away from the buckle and over the end of the tab until the end is UNDER the housing



4. Test that the strap is secure and it does not come off regardless of how hard you pull on it. If it does, please show an official who will exchange your strap
5. Slide the strap around your ankle so the blue housing is facing out. This is the preferred position but do not be concerned if the strap rotates around your ankle during your event.
6. Shorter straps are available for children and adults with thin ankles if the regular strap feels too loose