

HOW TO WEAR A VELCRO TIMING BAND ON YOUR WRIST

Event Strategies provides Velcro straps to secure electronic transponders to a swimmer's wrist 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 wrist size. If worn correctly, these Velcro straps CANNOT come off. All swimmers 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 wrist, 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 wrist 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.

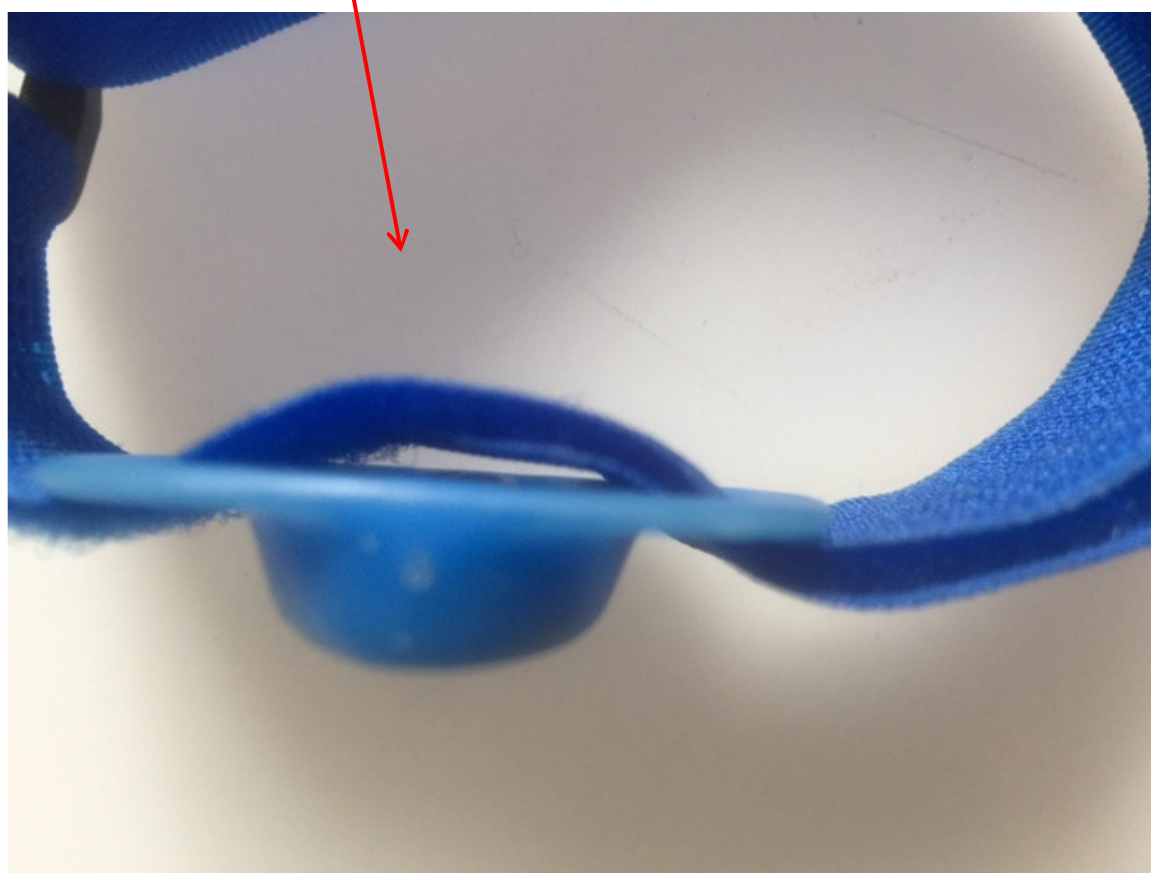
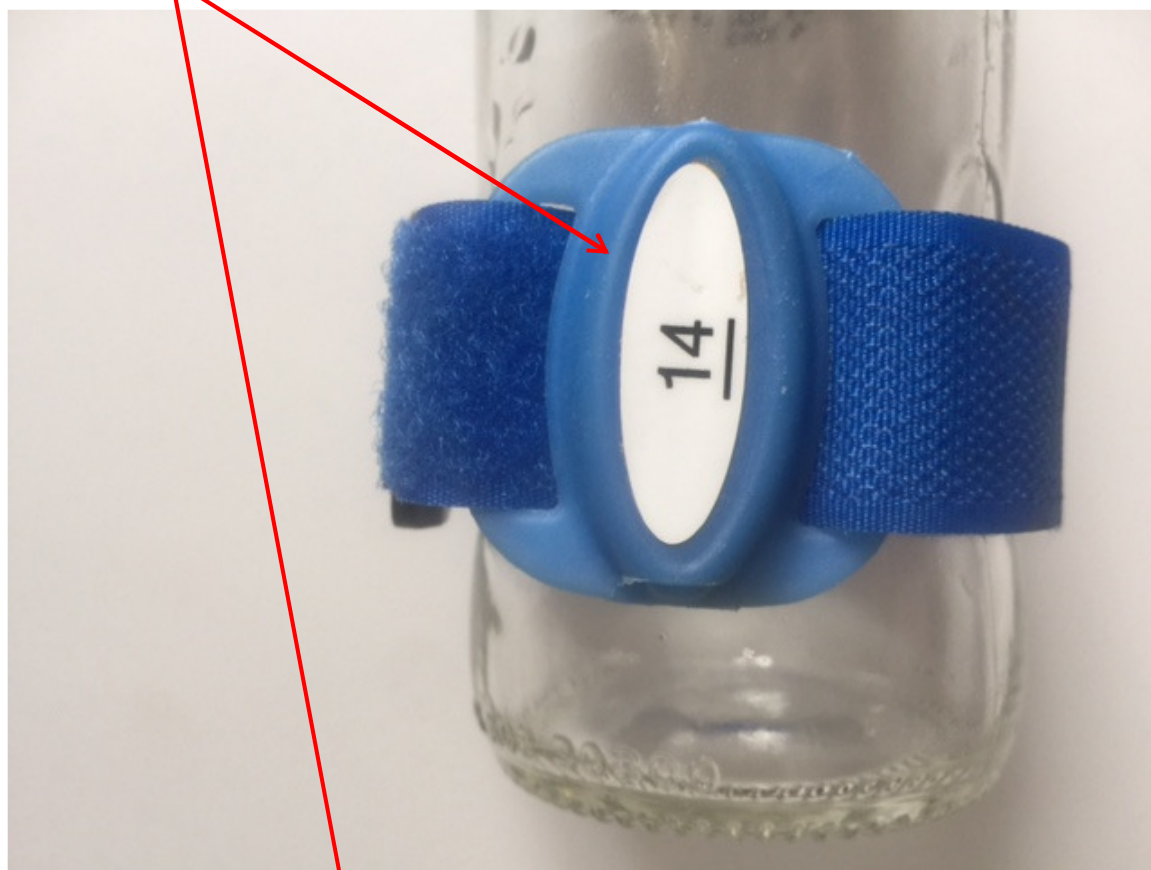


RIGHT



WRONG

3. To be absolutely certain the band will not come off, ask someone to help you “Lock” the end by sliding the blue housing over the end of the Velcro tab until the end is UNDER the housing and so cannot lift up.



4. If you have a thin wrist you might need to slide the blue plastic housing away from the buckle and pull the strap over it so you can still get the 60mm hook end to lie flat



5. IF THE BAND IS STILL TOO LOOSE, shorter straps are available so exchange yours where you originally collected your timing band
6. 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
7. **For your time to be recorded there must be positive contact between your timing band and the blue area of the finish mat. Correct actions are to make firm contact with your hand at an angle as if you are continuing your swim stroke or even a closed fist. No time will be recorded if you do not reach up high enough – the band must be higher than the mat's bottom white edge – or you do not make contact firmly enough eg you slap the mat quickly instead of touching properly.**

