



# “D” Race Timing Tag Instructions



1. Remove “D” tag from race bib



2. Untie shoe laces and loosen top criss cross on laces



3. Insert “D” tag adhesive strip through top criss cross laces towards the tongue of shoe. DO NOT loop the “D” tag through your tied laces



4. Remove adhesive label strip from “D” tag



5. Adhere tab to adhesive strip to create the “D” shape. The side labeled “THIS SIDE UP” should form the arch on the “D”.



6. Tie shoes and run!