How to make your Track & Field labels
We suggest using Google Chrome Web Browser
Works best with Avery 5160 or labels that are 1" x 2 5/8" - 30 labels per page
When printing turn off scaling (should be at 100%)

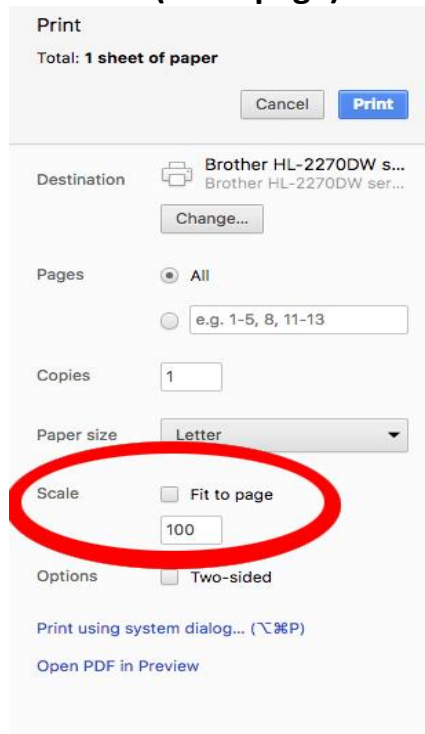**1) Go to: www.just-in-time-racing.com**

2) Go to Spring Track page

3) Go to your section (NSCHSAA-Nassau-Suffolk)

4) Find your labels (school)

5) Print
Make sure Scaled (Fit to page) is not selected

Athletes will need a label for each event they are competing in.
This Includes field events and relays.
For Field events, put the athletes label on 3x5 card along with seed.
For Relays, put a label for each athlete on relay team on 1-3x5 card along with seed.