

# 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](http://www.just-in-time-racing.com)

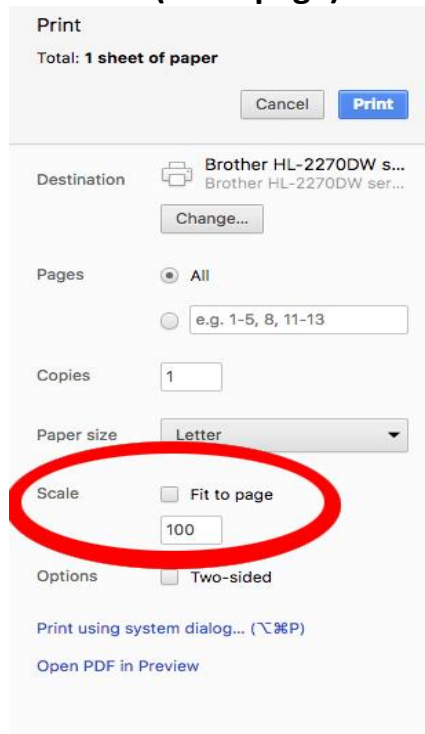
2) Go to Spring Track page

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

4) Find your labels (school)

5) Print

Make sure Scaled (Fit to page) is not selected



The image shows a print dialog box with the following settings:

- Print: Total: 1 sheet of paper. Buttons: Cancel, Print.
- Destination: Brother HL-2270DW s... (Brother HL-2270DW ser...). Button: Change...
- Pages:  All,  e.g. 1-5, 8, 11-13
- Copies: 1
- Paper size: Letter
- Scale:  Fit to page,  (This section is circled in red)
- Options:  Two-sided
- Print using system dialog... (⌘%P)
- Open PDF in Preview

**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.**