

SWIM BLOCK TRACK-START

INSTRUCTION MANUAL

PARTS INCLUDED

A 1X TRACK-START PLATFORM



B 1X WEDGE



C 2X HANDLE



D 3X STRAP WITH HOOK
**All straps are the same*



E 3X BUCKLE



F 4X LARGE BOLTS



G 4X SMALL BOLTS



MORE INFORMATION

For more information, visit the product page at www.FINISswim.com/Swim-Block-Track-Start.

IMPORTANT!

For all technical issues, please contact us directly – we are here to help!

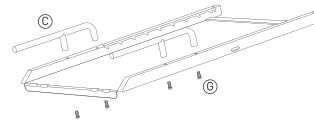
www.FINISswim.com/support
USA 888.333.4647
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METHOD 1 - STRAPS

Temporary • Easily installed or removed at any time • Will not damage the blocks

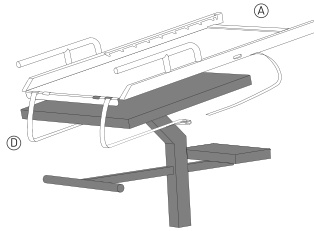
1. ATTACH HANDLES

- Screw in two Small Bolts (G) from the bottom of each Handle (C).



2. THREAD FRONT-TO-BACK STRAPS

- Thread 2 of the Straps (D) through the Track-Start Platform's front slots.
- Place the Track-Start Platform (A) on the block.
- Straps will run under the Track-Start Platform and around the block.

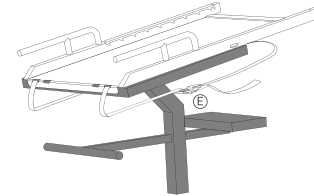
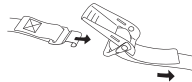


3. ATTACH BUCKLES TO FRONT-TO-BACK STRAPS

- Snap Buckle's (E) wire bale against lever.
- Thread Strap up through the slot.
- Thread Strap down through the remaining slot.

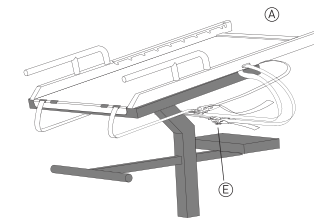


- Attach hook to the wire bale.
- Pull Strap to take up slack but do not tighten completely yet.



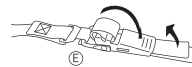
4. THREAD SIDE STRAP

- Lift the back of the Track-Start Platform (A) up slightly to thread the remaining Strap (D) through the side slots – this Strap will be below the Front-to-Back Straps.
- Repeat Step 3 to thread the Side Strap through the Buckle (E).

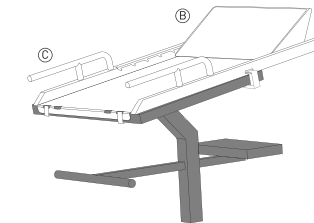


5. TIGHTEN STRAPS

- Tighten the Front-to-Back Straps by pulling the loose ends.
- Tighten the Side Strap.
- Flip the Buckle (E) lever onto Strap.



- Grab Handles (C) and shake rapidly to make sure it is secure.



6. ATTACH WEDGE

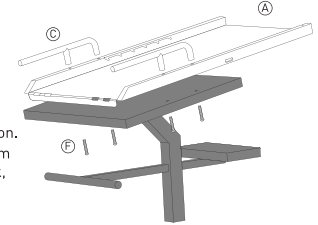
- Attach the Wedge (B) and set it to your preferred setting.

METHOD 2 - BOLTS

Semi-Permanent • Meant to stay, but can be removed • Requires small holes drilled into block

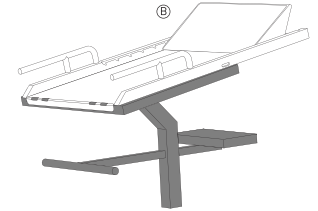
1. DRILLING

- Set the Track-Start Platform (A) on the block – make sure the front edges are aligned with the front of the block.
- Use the Handle holes as a guide to drill through the block with a 5/16" drill bit.
- Place the Handles (C) in their correct position.
- Screw in two Large Bolts (F) from the bottom of the block – They will go through the block, Track-Start Platform, and into the Handles.



2. ATTACH WEDGE

- Attach the Wedge (B) and set it to your preferred setting.



RELAY STARTS

1. REMOVE WEDGE

- Slide the Wedge (B) to the back of the Track-Start Platform (A).
- Pull the Wedge's (B) back pins out and it will hang off the back of the block by the two front pins.

