1. Purchase appropriate mounting screws and anchors as needed (not provided). Hardware required varies depending on ceiling construction.

2. Cut track to length. Any miter saw or hack saw will easily cut the track. Consider centering the seam if splicing tracks together and be sure each cut is a clean perpendicular cut and any burrs are removed.

3. Identify optimal location to screw track into ceiling. It is preferred to drive mounting screws into ceiling joists, wall studs, or other solid supports. Anchors may be required if mounting directly to sheetrock. Holes should be spaced 16-24 inches apart.

4. Mark screw locations on the track to identify where to drill mounting holes.

5. Using an appropriately sized drill bit, drill holes through the flange of the track, along the center groove.

6. Position the track onto the wall or ceiling and mark the location of the holes in the track on the ceiling or wall.

7. Drill pilot holes into the wall or ceiling at the locations marked in step #6.

8. Mount the track to the wall or ceiling by driving screws through the holes in the track flange. If your application requires wall to wall installation, insert the carriers prior to mounting the track to the ceiling.

9. If splicing track sections together for wider spans, align the tracks so that they form a straight line and are abutting one another. Minimize any gap between the tracks. No splicing hardware is required, but alignment is critical.

10. Slip the carrier heads into the end of the track with the body of the carrier projecting through the slot in the track.

11. Insert an end stop into the slot. For 3030 end stops, position with the square nut above the slot, inside the track, with the head of the screw outside the slot. For 3032 end stops, position the loop perpendicular to the slot. Tighten the screw with a screw driver to lock the end stop into place.