Instructions to install 9046 track:

Remove end caps and cut track/s to desired length. If your tracks are spliced, it is best to cut the ends with the end caps. The spliced area has been machine cut for a smooth joint.

Lift track up to the ceiling and screw through the channel using the punched holes. The splice lies on top of the track. Screw up through the hole in the track and one hole in the splice on each side of the joint. Screw within 6" of each end and no more than 48" apart along the rest of the track. Screws with small heads are provided with this track. Be careful not to damage the channel when installing.