

freelap stopwatch




EN - USER'S GUIDE

TIME

1X [B2]

WAIT 2s

CHRONO



B1 **B4** **B2** **B3**


1s **B1** SET TIME

B1 NEXT VALUE **B4** ▲ CHANGE VALUE ▼ **B3**

B4 ALARM

B3 ON/OFF

B3 DATE




WAITING Tx SIGNAL OR **B4** START COUNT DOWN

1s **B3** STOP BLOCK

B4 ▲ RECALL LAPS (back in chrono after 10s) ▼ **B3**

B2 BACK TIME MODE



B1 SELECT FILE

B1 EXIT FILE

B4 ▲ L1-L... ▼ **B3**

B4 ▲ LIST FILES ▼ **B3**

B2 BACK TIME MODE

2X [B2]

WAIT 2s


FILES

3X [B2]

4X [B2]

WAIT 2s


PC



DOWNLOAD DATA

WAIT 2s

SET CHRONO



B1 NEXT VALUE

B4 ▲ CHANGE VALUE ▼ **B3**

B2 BACK TIME MODE

B1 SELECT / BACKLIGHT

- ENTER AND EXIT FILE
- NEXT VALUE
- BACKLIGHT ON

B2 MODE

- TIME • CHR • FILE • PC •
- SET CHR
- BACK TIME MODE

B3 START / UP

- START CHRONO (COUNT DOWN)
- CHANGE VALUE

B4 STOP / DOWN

- STOP CHRONO
- CHANGE VALUE

CONTENTS

1	INTRODUCTION	2
	• What is Freelap ?	2
	• Features	2
	• Menus	3
	• Battery	3
2	SETTINGS	4
	• Time, Date, Alarm and Backlight	4
	• Stopwatch	4
3	TRAINING	6
	• Stopwatch mode	6
	• Countdown	7
	• Manual mode	7
4	FILES	8
	• Display file	8
	• Delete files	9
5	PC DOWNLOAD	10
6	TECHNICAL SPECIFICATONS	11
7	LIMITED FREELAP WARRANTY	12
8	DISCLAIMER	13

1 INTRODUCTION

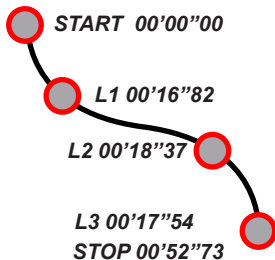
• What is Freelap ?

The Freelap system automatically records lap times (LAPS) during your training sessions.

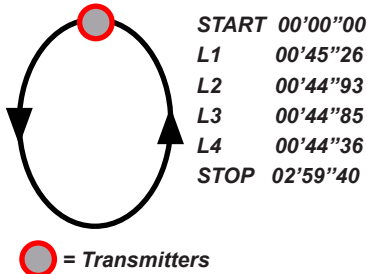
The Freelap receiver (Freelap stopwatch) works by detecting low frequency magnetic transmitters which in turn allows the stopwatch to calculate times. The stopwatch can record up to 765 LAPS during training

Examples Sports:

MTB - SKI



ATHLETICS - SWIMMING



• Features

- Measure, display and record LAPS with Freelap transmitters
- Recall files in the memory
- PC Download
- Start stopwatch using a countdown
- Stop stopwatch automatically :
 - 5 minutes without a START detection (transmitter or countdown)
 - 60 minutes without a transmitter detection
- Time accuracy 2/100" of a second

- **Menus**

- 1. Time**



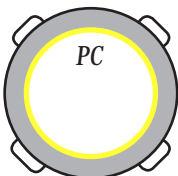
- 2. Stopwatch**



- 3. Files**



- 4. PC Download**



- 5. Stopwatch settings**



- **Battery**

If the low battery indicator appears in Time mode (B flashing), the battery needs to be replaced (the Freelap stopwatch will still have 50 hours of use remaining).

The battery must be replaced by an authorized Freelap technician. Failure to do this may void any warranty.



2 SETTINGS

- **Time, Date, Alarm and Backlight**

To change the time, date and alarm, press the SELECT button for 1 second (SEL/LIGHT).

To change the flashing value, use the UP or DOWN arrow buttons (right buttons). Press the SELECT button to confirm and move to the next value.

If you don't want to change all the settings, press the MODE button to confirm and return to TIME mode.

- **Enable / Disable the alarm**

To display the alarm, press the UP arrow button. To enable / disable, press the DOWN arrow button.

- **Display Date**

This appears only by pressing the DOWN arrow button.

- **Backlight**

The stopwatch can be used at night, just press the SEL/LIGHT button (except in timing mode (CHR))

- **Stopwatch**

The stopwatch settings have to change dependant on the sport it is being used for.

There are 3 modes:

- **STOP TIME**

This is the minimum duration required in the transmitter field to create a subtotal (intermediate stop).

The choice of duration (5 or 10 seconds) is based on the activity (see table below).

- SAFE TIME

This is the minimum possible time between 2 transmitters. If this time is shorter, a Lap will not be recorded.

Recommended values for each sport:

SPORT	STOP TIME (seconds)	SAFE TIME (seconds)
MTB	5	1
BMX	5	1
ATHLETICS	5	1
SWIMMING	10	10

It is also possible to use the stopwatch without transmitters, as a simple stopwatch. For this, we have to change the SAFE TIME value by choosing "no" (see training section).

For sports where the speed is slower (e.g. swimming), the STOP TIME and SAFE TIME value has to be 10 seconds.

- HOLD TIME

When passing a Freelap transmitter the stopwatch will show a LAP TIME. The HOLD TIME is the period which the LAP TIME stays displayed on the stopwatch screen e.g. 10, 20 seconds or until the next LAP.

If you don't want to change all the settings, press the MODE button to confirm and return to TIME mode.

3 TRAINING

• STOPWATCH MODE

- START

Switch to TIMING (CHR) by pressing the MODE button once (you must be in TIME mode).

The stopwatch then displays how many laps can be stored before the memory is full. Following this the stopwatch will go into timing mode. The display will then start flashing which means it is ready to start.

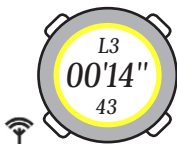


The stopwatch can start automatically:

- by leaving the transmitter field
- by passing the first transmitter (flying start)
- by activating the starting gate Tx Gate (alpin skiing)
- by activating the Tx Touch transmitter (athletics)

- LAP

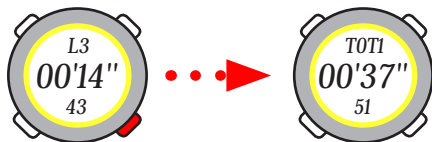
At each transmitter, the LAP time remains on the screen (to hold the time see section 2 - stopwatch settings) to allow the user to view as required (ex: L3 = LAP 3). Each time a LAP is registered the stopwatch will “beep” twice as an audible indication.



- SUBTOTAL (BLOCK OF LAP)

For training purposes the stopwatch can be stopped to create subtotal or block in two ways:

- Press and hold the STOP button for 1s (this is confirmed with a long “beep”).
- Remain in the transmitter field and the stopwatch will automatically stop.



- RECALL LAP

After a SUBTOTAL (BLOCK) is created the user may recall the previous LAP by pressing the UP or DOWN arrow buttons. After 10 seconds of inactivity the stopwatch starts flashing again (Waiting for the new start).

- CLOSE TRAINING FILE

Press the MODE button whilst viewing the SUBTOTAL or LAP, the file close and the stopwatch reverts to TIME mode.

• COUNTDOWN

The stopwatch can also be activated by a count down of 10 seconds (START without transmitter).

When the stopwatch is in timing mode (CHR) and waiting for a start the user can activate the countdown (of 10 seconds) by pressing the START button.



When the countdown reaches 5 seconds, the stopwatch emits a “beep” every second followed by a long “beep” to signal the start.

• MANUAL MODE

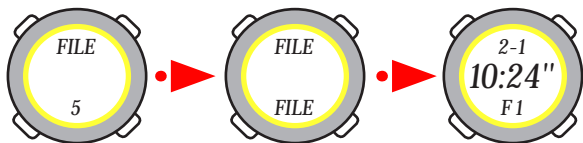
The stopwatch can also be used manually without transmitters (section 2 - stopwatch settings). Note: The countdown option is not possible in this mode.

To create intermediate LAP during training press the START button.

4 FILES

• Display files

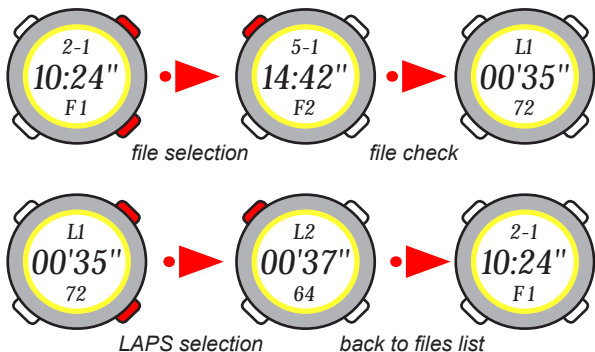
Switch to FILE mode by pressing the MODE button twice (must be in TIME mode). The number of each stored file within the stopwatch memory is shown on the screen, followed by the date and time it was created (F1).



You can scroll through the stored files by pressing the UP or DOWN arrow buttons. Once you have found the file you want to view press SEL / LIGHT button (SELECT) to load.

If your file contains several LAPS or a STOP you can scroll through them using the UP or DOWN arrow buttons.

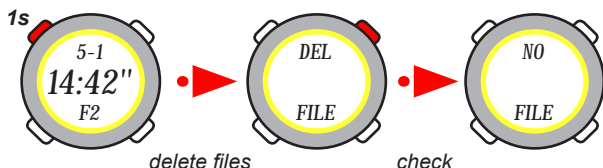
To return to the files list press the SEL / LIGHT button.



To return to TIME mode press the MODE button.

- **Delete files**

When viewing the files or laps list a user can delete all files by pressing the SEL/LIGHT button for 1 second. You will be asked if you are sure, to confirm YES press START.



5 PC DOWNLOAD

To download training data to your computer you need an IrDA interface (infrared). This accessory is supplied by Freelap SA.

Before connecting the USB-IrDa stick install the driver found on the CD-ROM supplied. You can also download it from www.freelap.ch.

You can now connect the stick to your computer and launch the Freelap Manager software.

Warning, always connect the USB stick BEFORE launching the Freelap Manager software.

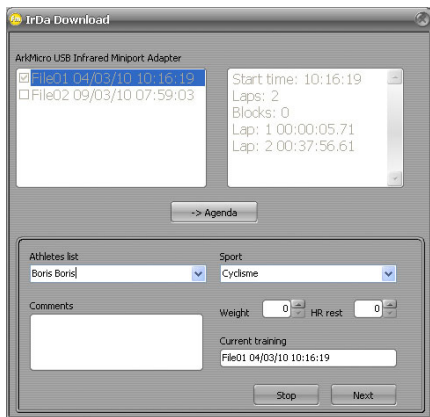
Place your stopwatch in front of the USB-IrDa stick (maximum recommended distance 10 cm).

Switch to PC mode by pressing the MODE button (must be in TIME mode).



A window will appear in the software showing the files within the stopwatch. You can preview the LAPS of each file by selecting it.

Check the files to download into the Freelap Manager diary and click on DIARY button. You can choose the athlete and the sport for each file. Then select by the NEXT button.



6 TECHNICAL SPECIFICATIONS

The Freelap stopwatch was developed to record lap times with complete freedom.

- Maximum number of LAPS: 765 (1 file = 1 training)
- Maximum number of Files : 155 (1 LAP by file)
- Minimum LAP time : 1 second
- Time accuracy : 2/100" of a second
- Operating temperature : -20°C to +50°C
- Battery type : CR2032 lithium
- Battery lifetime : 5 years (Hour) and 1000 hours (Stopwatch)
- Weight : 40 grams
- Water resistant : 30 meters

7 LIMITED FREELAP WARRANTY

- Freelap warrants to the consumer/purchaser of this stopwatch that the product will be free from defects in material or workmanship for one year from the date of purchase. Please keep the receipt which is your proof of purchase.
- Warranty does not cover the receiver battery, damage due to misuse, abuse, accidents or non-compliance with the precautions.
- Freelap informs you that interference is always possible and that the recorded data can sometimes be false in spite of EMC test passed successfully. (EMC accreditation number n° sts 024)

Copyright© 2002 - 2010 Freelap SA, 2114 Fleurier, Switzerland.
All rights reserved.

8 DISCLAIMER

The material in this manual is for informational purposes only. The products described are subject to change without prior notice, due to the manufacturer's continuous development program.

Freelap makes no representations or warranties with respect to this manual or with respect to the products described herein.



For more information contact us, or visit
our website www.freelap.ch.

Address: Freelap SA
Av. D.-Jeanrichard 2A
2114 Fleurier
Switzerland

E-mail: contact@freelap.ch

© Freelap SA 2002-2010.

All rights reserved

freelap is a registered trademark of
Freelap SA

freelap stopwatch

EN - USER'S GUIDE