



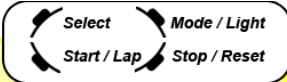
***freedom of timing***

**freelap  
stopwatch**

**USERS'MANUAL**

**freelap**

**ROAD MAP**



<b>Hour</b>	<ul style="list-style-type: none"> <li>👉 Date</li> <li>👉<sup>2s</sup> Edit Heure + Date</li> </ul>
<b>Chrono</b>	<ul style="list-style-type: none"> <li>👉 File Review</li> <li>👉<sup>2s</sup> Date File</li> <li>👉 PC</li> <li>👉 Start Chrono</li> <li>👉<sup>2s</sup> Stop</li> <li>👉<sup>2s</sup> Reset</li> </ul>
<b>Chrono + Lap</b>	<ul style="list-style-type: none"> <li>👉 Start Chrono</li> <li>👉 Stop</li> <li>👉<sup>2s</sup> Reset</li> </ul>
<b>Speed + Lap</b>	<ul style="list-style-type: none"> <li>👉 Start Chrono</li> <li>👉 Stop</li> <li>👉<sup>2s</sup> Reset</li> </ul>
<b>Pace</b>	<ul style="list-style-type: none"> <li>👉 Start Chrono</li> <li>👉 Stop</li> <li>👉<sup>2s</sup> Reset</li> </ul>

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## 1. INTRODUCTION

We invite you to attentively read this guide to familiarize you with your freelap stopwatch. You will also find there all information concerning its combined use with our various products.

The stopwatch is usable in two different modes:

- **SAF mode** - only with freelap transmitters

The **SAF mode** (SAFety) allows the recording of lap times when the athlete passes near a freelap transmitter.

Different applications :

Sporting installations equipped with permanent transmitters such as athletic track, swimming pool, bmx track, mbk track (cross-country and downhill), etc...

With the removable transmitters, the applications are identical but the athlete can easily moving with his material (ex: training camp).

- **SEN mode** - only with freelap sensors

The **mode SEN** (SENsor) is used for cycling and sulky (horse).

- Associated with Bike-Sensor, the stopwatch displays and records our speed

- Associated with Sulky-Sensor, the stopwatch calculates the kilometric reduction (time to kilometre)

For these two accessories, please contact us to obtain the adequate user's manual.

- **Main displays (mode button)**

- 1. Hour**



- Date (select button)**



- 2. Time Split (Total)**



- 3. Lap Time + Lap nbr**



- 4. Speed (km/h or mph)**



- 5. Pace**



- **Main functions**

- 2000 lap times : automatic or manual recording
- Large display of lap times, speed.
- Backlight automatic
- Virtual starting-block : the stopwatch starts when the athlete will be out of the field of the transmitter.
- Automatic stop of the stopwatch (Pause) when the athlete stays in transmitter field. (recording real time training)
- Interval training : after the last transmitter, the athlete has an unlimited time to press «STOP» and to visualize the interval time
- Programming distance between transmitters. Max 6550 m. Accuracy : 10 cm
- Accuracy : 1/100"
- Data recovery on stopwatch and PC transfer
- Compatible with the Bike-Sensor or Sulky-Sensor. Displays speed, pace, distance and records the average by kilometre.

## 2. SETTINGS

### • Hour and date

the stopwatch must be to zero like below:



A. Press «Mode» to put the stopwatch on hour mode



B. Press «Select» during 2 seconds so that the fields flashes

C. Press «Start» to modify the fields. Press «Select» to continue.

D. Press «Stop/Reset» to confirm.



### • TRANSMITTERS TRAINING CONFIGURATION (SAF)

A. From hour display, press «Mode» to get to chrono mode (the screen must display zero ; failing this press 2 seconds «Stop»).



B. Press «Select» for 2 seconds : SAF or SEN flashes.

C. Press «Start» to select SAF mode.  
Press «Select» to continue.



(SEN mode: for Bike and Sulky-Sensor. Configuration see respective guide)

D. The safety time flashes. It corresponds to minimum time possible between 2 transmitters. Press «Start» to modify this value (pressure continues = fast run).

Example :

Sport	Distance between transmitters	Safety
running (middle-distance)	100 m	10"
swimming	25 ou 50 m	10"
running (sprint)	30 m	1"
BMX / MTB / MX / SKI	unknown : 0 m	1"



**If the safety value is set to 0, the stopwatch does not receive any more the signals emitted by the transmitters (Off).**

Press «Select» to continue

#### E. Assisted or Manual Start/Stop

Either A or M flash. Press «Start/Lap» to select desired mode (by default : assisted).

Press «Select» to continue.

#### F. Beep

Press «Start/Lap» to activate or deactivate the beep.

Press «Select» to continue.

#### G. Distance between transmitters

Press «Select» to set the distance between transmitters.

Press «Start/Lap» to modify the value.

Press «Select» to continue.

Note : unknown distance : insert 0m.

#### H. Unit choice (km/h or mph)

Press «Start/Lap» to select unit speed.

Press «Stop» to validate your settings.

#### • **SENSOR TRAINING CONFIGURATION (SEN)**

To configure the freelap stopwatch with SENSORS accessories, please use the respective guides delivered in appendix.

#### • **BACKLIGHT**

This fonction can be activated from any display.

- Maintain pressed «Mode/Light» and press simultaneously «Select» to validate.

Backlight is activated during 5 seconds when the athlete passes near a freelap transmitter and can be desactivate by «Stop».

During backlight no lap times can be recorded.



When backlight doesn't work, the battery must be changed (CR2032).

### 3. START TRANSMITTERS TRAINING

When the stopwatch is set in «assisted» or «manual», it records lap times near the transmitters. The difference between «Assisted» and “Manual” is at the level of Start and the Stop.

- Start :

In mode A : When you start your stopwatch in transmitter field, the stopwatch starts automatically when you leave this field.

In mode M : When you start your stopwatch, it starts automatically that you are in transmitter field or out of the field.

- Stop :

In mode A : When you pass the last transmitter, a press on stop gives exact time from the first to the last passed transmitter. The time between the last transmitter and the press on «Stop» is not taken into account. If no transmitter was recorded, the stopwatch returns to its initial position.

In mode M : A press on «Stop» doesn't return at the last transmitter, but records too the total time without transmitter.

- **PROCEDURE**

Your stopwatch must be presented in the form of below with the beginning of each training.



- Press «Start» to start stopwatch (assisted or manuel mode)
- Press «Mode» to select desired display. You can change this before or during the training.
- Press «Stop» to mark the end interval. If you press again «Start», the stopwatch restarts. (Interval training)
- Press 2 seconds «Stop» to close the file.

The lap number (in swimming = a number of pool) is indicated in top of the display (chrono+lap, speed+lap or time/km+lap).

Manual lap : You can manually take lap times when you press «Start/Lap» during the exercise.

Pauses: That you are in Assisted or Manual mode, the athlete has the possibility to record pause times. If the athlete stays 10 seconds in the transmitter field, the stopwatch stops and starts again (without athlete action) when you move away the transmitter field.

• **EXAMPLES**

**Athletic / Half-distance**

Protocol :

- 400 metres heats (1 lap/100m).
- 4 TX Junior or 4 TX Fulltrack must be placed at each 100 metres.

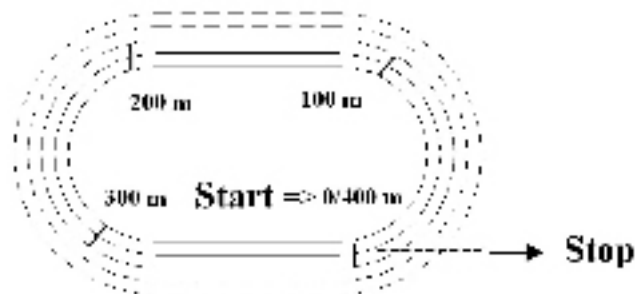
Stopwatch configuration :

- SAF = 10sec. Assisted Mode.
- Distance between transmitters = 100 metres.

Procedure :

1. Press «Mode/Light» to select display mode.
2. Place in the start transmitter field.  
Press «Start» and run your first 400 metres.
3. Your stopwatch displays lap times or speed at each transmitter during 10 seconds and after returns in chrono mode.
4. The first 400 metres finished, recover then press «Stop» => display the exact time of the first to the last transmitter.
5. If you wish to continue your heats, repeat operation 2 to 4. That allows to record all your heats in one file. At the end of training, press 2 seconds «Stop» to put the stopwatch to zero.

**Piste de 400 Mètres**



According to the display mode chosen, the display of the stopwatch is presented as follows :

Position	Lap	Lap Time	Speed [Km/h]
Start	00	00''00''''	00:00
100 m	01	16''30''''	22:08
200 m	02	16''70''''	21:55
300 m	03	16''80''''	21:43
400 m	04	16''20''''	22:22
Stop (Total)		1'06''00''''	

## Athletic / Sprint

Protocol :

- 60 metres heats (1 lap/20m).
- Place TX Touch transmitter on the starting line and 3 TX Junior at 20.8m, 40.8m et 60.8m, at line side. 0.8m corresponds to stopwatch detection.
- The stopwatch detects well the field at 20m, 40m et 60m.

Stopwatch configuration :

- SAF = 1s, Manual Mode, Distance between transmitters = 20 m
- **Note : Minimum time between transmitters = 2"**

Procedure :

Fix your stopwatch around the hips on the transmitters side with the adequate belt (for an accuracy of 2/100 ").

1. Press «Start» to switch on your stopwatch before training and press «Mode» to select lap time mode.
2. In the starting-block, press the TX Touch button until the red light switch on (means ready for start).
3. Free the pressure and run your 60 metres.
4. After the last transmitter, the time of the last 20 metres is displayed during 10 seconds.
5. To review the 2nd and the 1st lap, press «Select»
6. Repeat operation 2 to 5 for the next 60 metres.
7. Press «Stop» at the training end and second once during 2 seconds to record the laps in one file.

## Swimming

Protocol :

- 100 metres heats (1 lap/50m : 25 metres pool).
- Attach your Tx H2O transmitter to the starting platform.

Stopwatch configuration :

- SAF=10sec, Assisted Mode, Distance between transmitters=50m

Procedure :

1. From chrono mode, press «Mode/Light» to view time+lap mode. Enter in the swimming pool and place yourself in the transmitter field. Press «Start» to start the stopwatch. The stopwatch starts automatically when you go out of the transmitter field.
2. The stopwatch displays the lap times at each 50 metres during 10 seconds.
3. The first 100 metres finished, recover => after a 10 seconds break, the stopwatch displays automatically the effective stroke total time. Press «Stop», the stopwatch displays the time of the last 100 metres.
4. Repeat operation 1 to 3 for each 100 metres.

Note : Press «Stop» at the training end and second once during 2 seconds to record the laps in one file.



## BMX / VTT (cross-country and downhill)

Protocol :

- downhill with 1 intermediate  
( start : Tx Junior / Intermediate and finish : Tx H2O)

Stopwatch configuration :

- SAF = 1sec, Assisted Mode.
- Distance between transmitters = 0 metre (no compensation)
- **Note : Minimum time between transmitters = 3,5"**

Procedure :

1. From chrono mode, press «Mode/Light» to view time+lap mode. Enter in transmitter field. Press «Start» to start the stopwatch. The stopwatch starts automatically when you go out of the transmitter field.
2. At intermediate, the stopwatch displays lap time during 10 seconds.
3. At finish, the 2nd time of the race is displayed during 10 seconds.
4. To review the 1st lap, press «Select».
5. Press «Stop» to display the exact total time from the 1st to the last transmitter.
6. If you wish to continue your runs, repeat operation 1 to 5. That allows to record all your runs in one file. At the training end, press 2 seconds «Stop» to set the stopwatch to zero and close the file record.

## 4. TRAINING FILE

### • GENERALS

Your stopwatch offers the following possibilities to you :

1. 64 memorized files

Recording of 999 times by file. If the memory is full, the exercise can be continued but this one will be recorded in a new file.

2. 2000 lap times memorized (2 files)

3. Display date, hour and training configuration for each file.

4. Two types of files can be created :

C highercase => File without intermediate Stop.

c lowercase => File containing one or more Stop intermediates. (interval training)



When the 64 files are recorded but that the 2000 lap times are not reached, new files also named C01, C02, C03,....., are created.

When 2000 intermediate lap times are memorized, the first files are progressively cancelled new files created.

## • FILES DISPLAY ON STOPWATCH

Your freelap Stopwatch provides information according to the sport practised during and after the activity.

The files display is done always more recent with oldest. From display hour, proceed it as follows :

A. Press «Mode» (If the stopwatch is not to zero press 2 seconds «Stop/Reset»)



B. Press «Select», the last record flashes. Press «Select» to scroll the trainings. (Press «Select» until desired file).



C. Press «Mode/Light» to validate your choice. The total lap number of the file flashes and the last lap time displays. Press «Select» to display the time for each lap.



D. Press «Mode/Light» to change display mode ( speed or time to kilometre for each lap). Press «Select» to display the following lap.

To know the configuration training of each recorded file, use «Select» and «Mode/light».

When the desired file flashes : (C highercase for a full training)

- Press 2 seconds «Select» : the recording hour displays
- Press «Mode» : the recording date displays
- Press a second once «Mode» : display recording parameters (SAF/SEN mode)
- Press a last once «Mode» : display recording distance (metre).

The cumulated values of the file in progress can recording being constantly displayed by «Select».

**To stop the file display in progress or to return in stopwatch mode, press «Stop».**

## • DELETE ALL FILES

1. Press the 4 buttons in the same time → all digits are displayed
2. Press «Select» → stopwatch version number is displayed (word «factory» centered on the display).
3. Press «Stop» → delete all files → then return automatically in hour mode.

## 5. FREELAP MANAGER

### • SOFTWARE SETUP

The software can be downloaded from our website [www.freelap.ch](http://www.freelap.ch) or in the CD with the interface.

Before plug the USB interface.

1. Insert freelap CD. (automatic detection)
2. Select desired language
3. Click ok to continue the setup

### • USE AND FONCTIONS

The software is compatible with freelap stopwatch, cardio and chip. After the run, create a group and your athlete(s). Each athlete has his own diary.

During the training display, you will distinguish various tabs.

- Listing tab

The listings tab display the time, speed, distance, average heart rate and maximum heart rate.

Colors allow you to differentiate the pauses, the subtotal and the total.

- Time and Speed tabs

This tabs display the training in graph form. 2 types of graph are available :

- Time[s] = (f) Lap
- Speed [Km/h] = (f) Lap or Speed [m/s] = (f) Lap

To make a zoom in :

- Press the left button of your mouse
- Trace a rectangle from left to right on the desired zone

To make a zoom out :

- Press the left button of your mouse
- Trace a rectangle from right to left on the desired zone

- Compensation

A compensation in metre can be inserted according to the practised activity. It allows to compensate the time according to the different distance detection of the various freelap transmitters.

- Swimming with TX H2O = 2 metres
- Sprint with TX Junior = 1.5 metres
- another activities = blank compensation (0 metre).

- Distance

According to the practised activity, the distance between transmitters must be adjusted in the stopwatch parameters. If you forgot, introduce the corresponding distance into the software to modify the speed.

- Comment

A comment can be added to each training.

## • **DOWNLOADING DATA TO PC**

The communication port of your PC is selected automatically by the software.

1. Select an athlete
2. Click on downloading icon (2 arrows)
3. The downloading method is detected automatically. For the cardio and chip, select the last training or all trainings. For the stopwatch go in point 4. If no device was detected, refer you at the FAQ.
4. Search the file in the stopwatch :
5. From hour mode, press «Mode/Light» (Chr stop 00:00).
6. Press «Select» to select last file. (Follow to press Select to desired file)
7. Press 2 seconds «Select» => the recording hour are displayed.  
If there is a «c» lowercase, press «Select» to obtain a «C» higher-case to download the full file.
8. On the PC, click on downloading data then press «Start» on the stopwatch.
9. Click OK when it is finished.

## • **FAQ**

Downloading data from stopwatch :

The downloading data doesn't work and the following message appears :  
Time delay exceeded !

- You are forgotten to press «Start» on the stopwatch

- Each transmitter is adapted to dedicated sport. It is possible that lap time reception is not accurate. In sprint, for an optimal accuracy, the stopwatch must be fixed at the shorts.
- The battery at the end of the lifetime can generate a reduction of the transmission detection or fail in the reception of lap times.
- Battery change. When the backlight function does not work any more, the battery must be changed by an adequate professional service.

## 6. TECHNICAL SPECIFICATIONS

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

- Lap times memory : 2000
- File number : 64
- The lap time value is displayed during 10 seconds and returns in chrono mode.
- Battery type : CR2032 lithium
- Battery life : average 2 years with 2 hours by day in chrono mode
- Backlight automatic of 5 seconds when the athlete passes a transmitter
- Battery life with backlight : about 10.000 lap times
- Water resistance : 30 metres
- Minimum lap time in Assisted mode : 3,5 seconds
- Minimum lap time in Manual mode : 2 seconds

## 7. LIMITED FREELAP WARRANTY

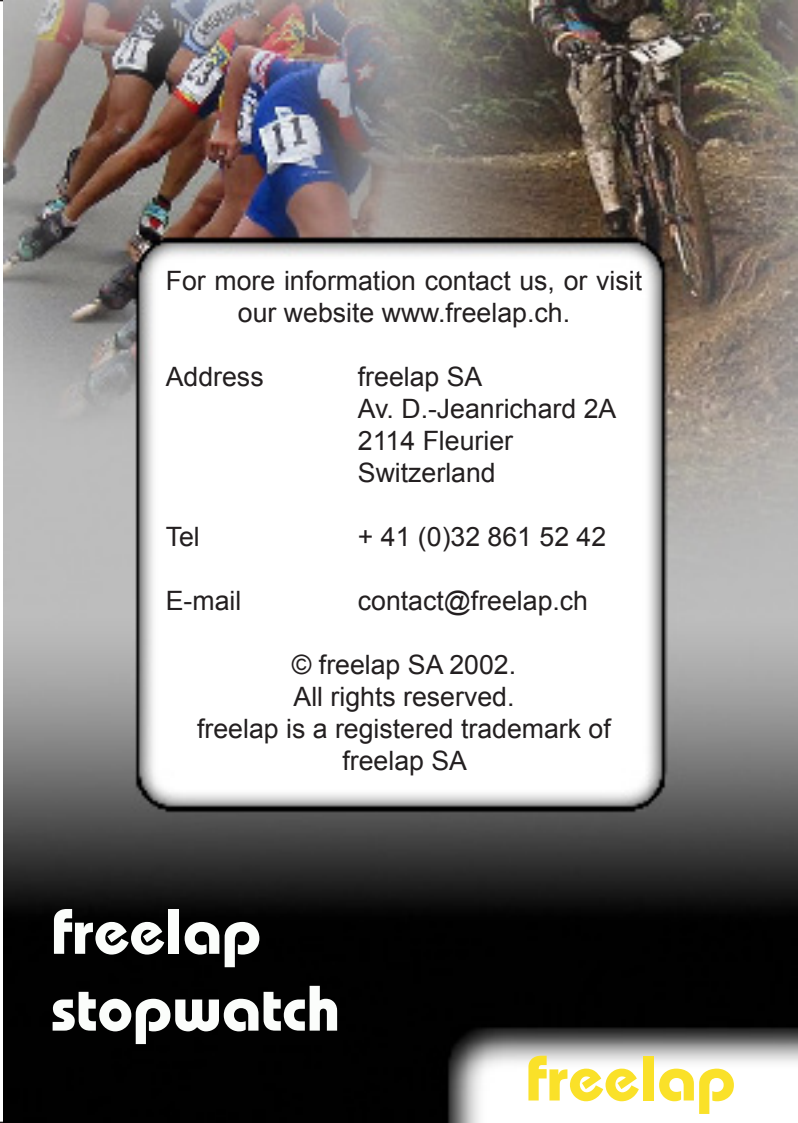
- Freelap warrants to the original consumer/purchaser of this stopwatch that the product will be free from defects in material or workmanship for one year from the date of purchase. Please keep the receipt which is your proof of purchase.
- Warranty does not cover receiver battery, damage due to misuse,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

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## 8. DISCLAIMER

The material in this manual is for informational purposes only. The products it describes 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](http://www.freelap.ch).

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

Tel                   + 41 (0)32 861 52 42

E-mail             [contact@freelap.ch](mailto:contact@freelap.ch)

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