# PowerMax speed timer

USER MANUAL

INITIAL SETUP

Console

Make sure the battery is fully charged prior to first use by plugging in the unit to a 120V outlet. The power cord plugs into the console in the back. There is a battery strength indicator that will show up when the unit is on, see the last page for details. [More console related instructions will come after the device is fully setup.]
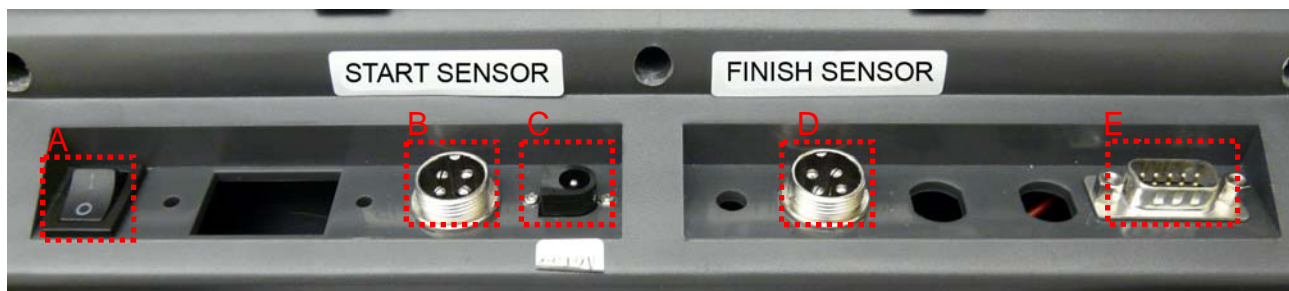
A. Power Button, B. Start Sensor Port, C. Power Cord Port, D. Finish Sensor Port, E. 9-pin data Port

Finish Line

Position the finish gate where you would like the finish line to be. The sensor and reflector should be aligned no more than 3M apart. It is important to make sure that these are lined up as the console will make a very loud noise when turned on if they're not aligned. Place the console near the finish line. Plug in the FINISH GATE cable into the 4 prong connection labeled "FINISH SENSOR". Plug in the female end of the 50M cable into the 4 prong connection labeled "START SENSOR".

Starting Line

Position either the start button or start gate where you would like to establish the start line (up to 50M from the finish line). If using a start gate, line it up the same way you did the finish gate.

Cable

After plugging the female connector into the console unwind the cable until it reaches the starting line. Connect the button or start gate to the other end of the cable.

The unit is now fully setup and ready to be turned on.

Power On

Turn on the unit by flipping the power switch on the back of the console (see Fig. 1). The data from the last session should still be in memory until it is cleared out.
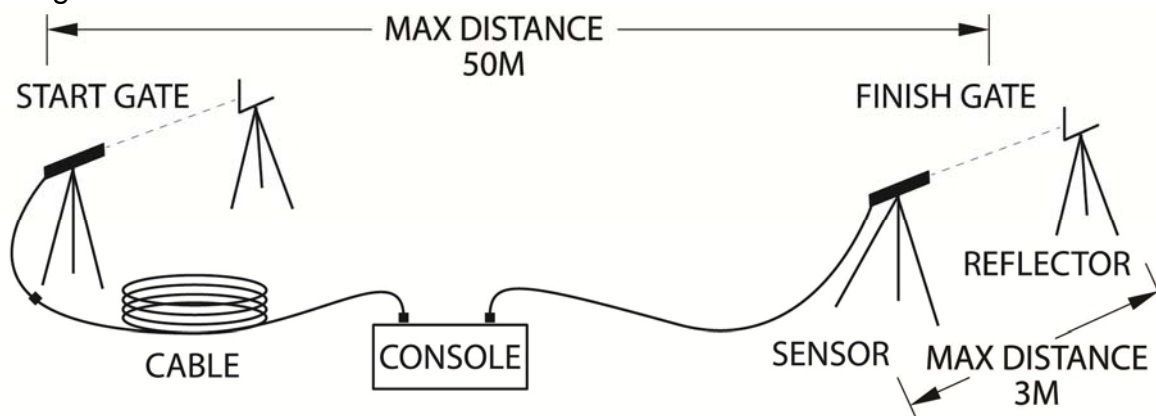
USAGE CONFIGURATIONS
Button Start

When the athlete presses the start button nothing happens, but when the athlete releases the button the unit will send a signal to the console to start timing.
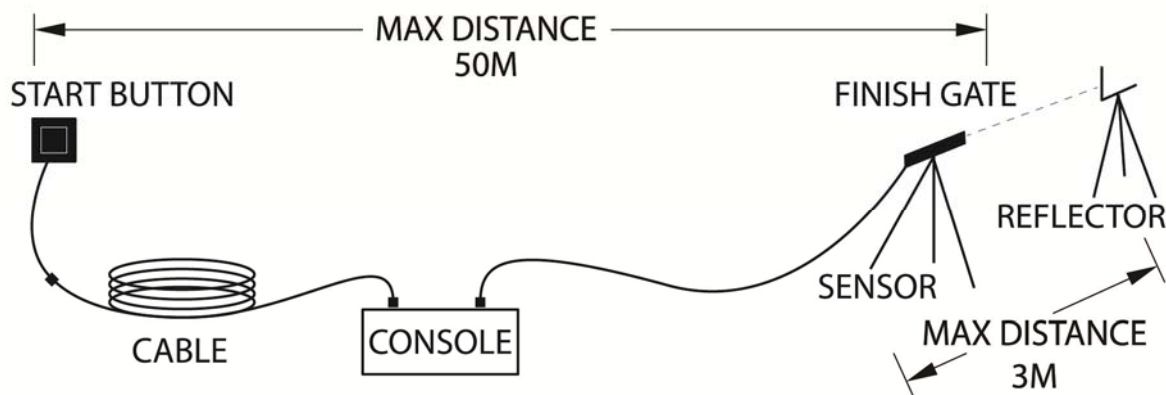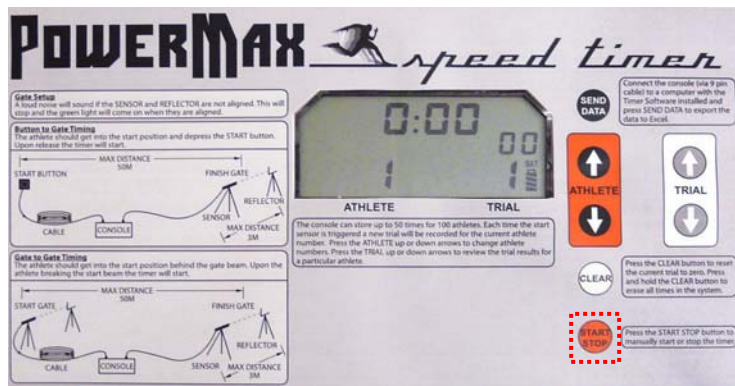

Gate Start

When the athlete passes through the start gate a signal is sent to the console to start timing.

Manual Mode

The trainer will give a verbal command while pressing the **START STOP** button on the console which will start the timing, similar to using a stop watch.


No matter how the unit is started the trial time will be recorded on the athlete number that is currently on the screen. Each time a start signal is sent to the console a new trial will be timed and stored with the current athlete number. A maximum of 50 trial times can be stored for an athlete.

The athlete number can be adjusted before or after a trial time has been recorded. It cannot be changed while a trial is in process.

FUNCTIONS/FEATURES

Memory Clear

Press and hold the **CLEAR** button for 2 seconds until the screen resets to Athlete 1, Trial 1, and 00:00:00 for the time.
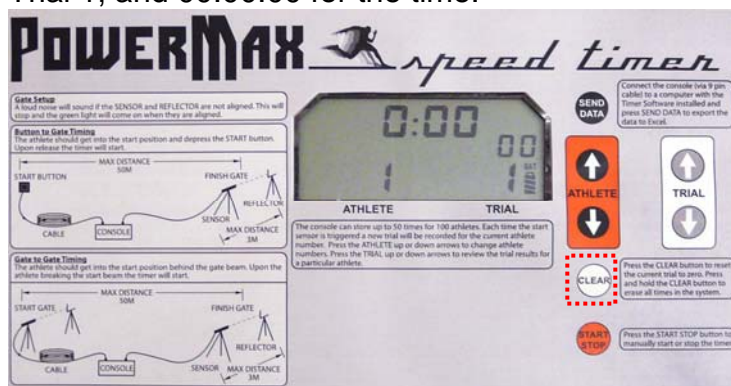

Selecting the Athlete

The unit automatically displays the last athlete number in use. Upon initial setup or after the memory is cleared it goes back to Athlete 1. Use the up and down arrows in the **ATHLETE** box to change athlete numbers (maximum of 100 athletes). The athlete number shown on the display is where the trial times will be recorded. The Athlete number is shown above the "ATHLETE" label at the bottom of the display.
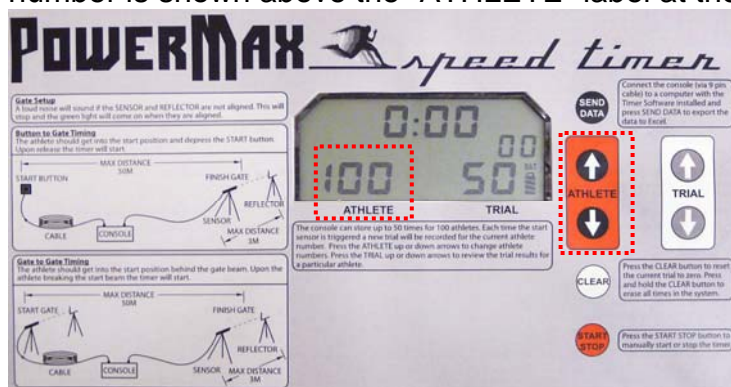

Trial Reviews

To review an athlete's times press the up and down arrows in the **TRIAL** box (maximum of 50 trials per athlete). The trial number is shown above the "TRIAL" label at the bottom of the display.
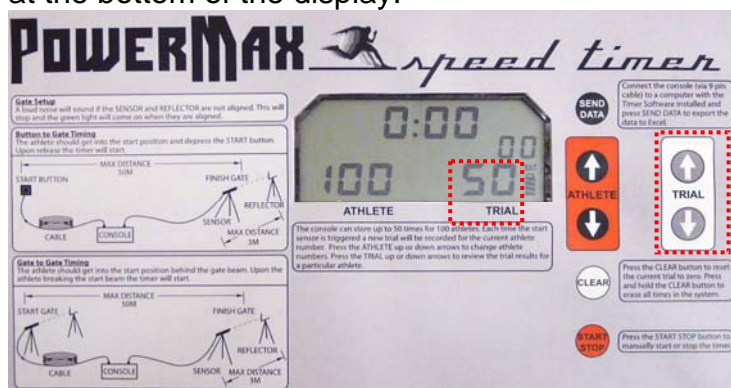
<u>Send Data</u>

Install the PowerMax Speed Timer software from the included CD on your computer. Connect the console to the computer using the 9 pin cable, run the "SpeedTimer.exe" file, once the com port indicator turns green, press the **SEND DATA** button. The data will automatically start downloading. Once the data is sent, press the "Excel" button and the data is exported to an Excel spreadsheet that can then be sorted and saved any way you choose. Make sure to save each download as a new file or it will overwrite the last one. The data will also stay on the console until it is cleared out (see "Memory Clear" above).
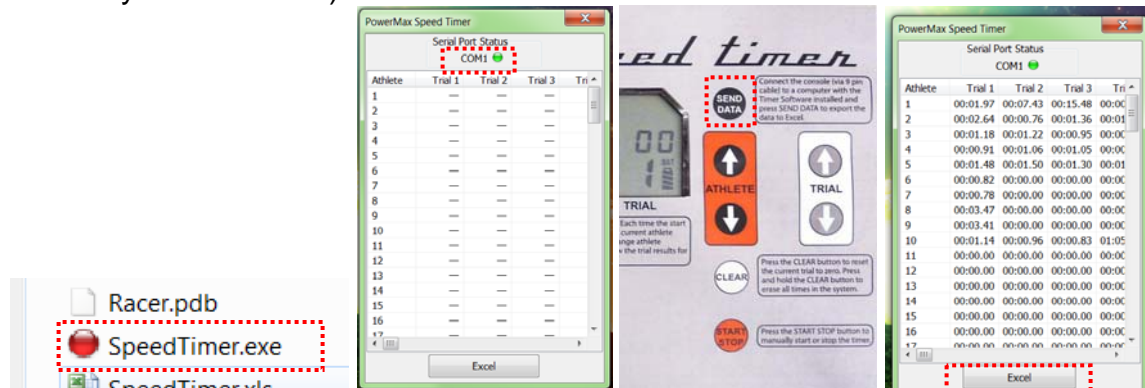
<u>Battery:</u>

The Speed Timer runs on an internal battery or on AC power. A small battery meter (lower right of console display) shows the battery level of the unit. Make sure to monitor this to ensure a unit has enough battery power for your workout. Battery life is continuous use for 8 hours. You can run the console on AC power while charging the unit.