

Watch Mode

- Rotate Right Dial: Adjusts Volume, Full right activates "Time Call"
- Rotate Left Dial: Selects split number of current race
- Press Right Dial: Press to start watch, short press to do Lap split, long press to stop watch
- Press Left Dial: Used for stroke rate measurement over 1, 2 or 3 arm cycles

"SWOLF" Score
v

Current Lap->	LAP 4	2'04"02	<-Elapsed Time
Split Number->	SPL 3	1'31"76	<-Cumulative Split
Stroke Index->	SI 3.3 SW 49 DS 2.1		<-Distance Per Stroke
Stroke Rate->	47.8	33.26	<-Incremental Split
Mode->	Watch 50M R0.18		<-Reflex Compensation

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Course Length

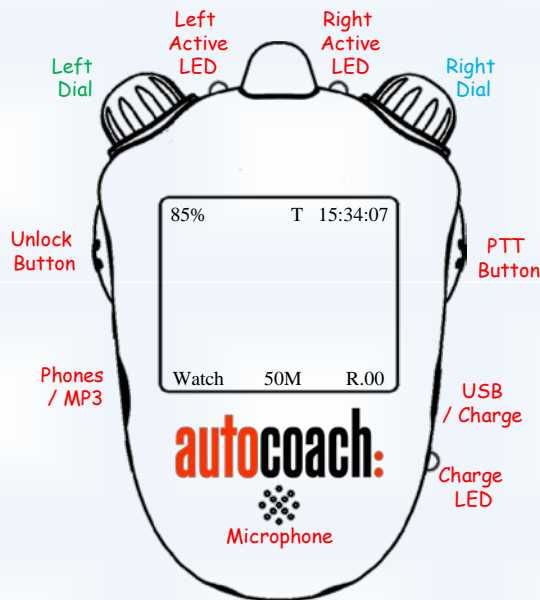
Splits Mode

- Rotate Right Dial: Adjusts Volume, Full right activates "Time Call"
- Rotate Left Dial: Selects split number of current race
- Press Right Dial: Press to recall the Right Watch Splits
- Press Left Dial: Press to recall the Left Watch Splits

Battery Level->	88%	13:37:02	<-Time of Day
Splits Mode->	Watch Lap 2 of 4		<-Selected Lap
	Spl :	[14"29]	
	Acc :	27"31	
Stroke Rate ->	Rate 43.1	SI 2.4	<-Stroke Index
Course Length ->	25 M	Lane 2	<-Lane Number Used
Mode->	Splits	Right	<-Watch Used

autocoach:

Quick Reference



Memory Mode

- Rotate Left Dial: Selects Memory Record Number to recall
- Press Right Dial: Long Press to recall the selected record
- Press Left Dial: Long press if record #0 is selected to ERASE all data

Battery Level->	88%	13:37:02	<-Time of Day
Date, Time->	16 Sep 11:15:07	Speed	<-Record Mode
Record Lap Count ->	2 Laps 50M Ln 2		
Mode->	Memory 1 of 50 Recs		<-Record number

Setup Mode

- Rotate Right Dial: Select Setting for the chosen Setup Item
- Rotate Left Dial: Selects what setup item is Chosen to adjust
- Press Right Dial: Long Press to store the selected setting
- Press Left Dial: Short press to reset Pace Clock

Battery Level->	88%	13:37:02	<-Time of Day
Previous Item->	Spacing	5.0 s	<-Setting to change
Item to Adjust->	Course	50M	
Next Item->	Lanes	1 ... 10	
Description >	Course Length		
Mode->	Setup	Net 478	<-Network ID

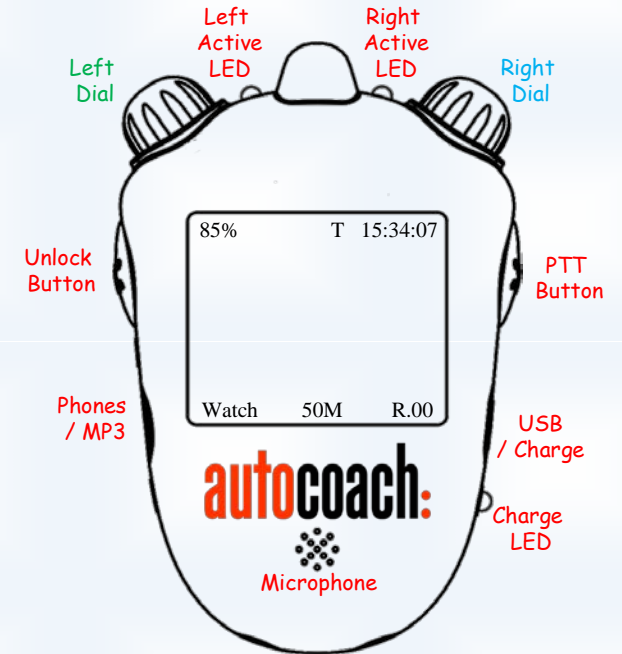
Speed Mode

- Rotate Right Dial: Adjusts Volume, Full right activates "Time Call"
- Rotate Left Dial: Selects split number of current race
- Press Right Dial: Press to start watch, short press to do sub lap splits, long press to stop watch
- Press Left Dial: Used for stroke rate measurement over 1, 2 or 3 arm cycles

"SWOLF" Score
v

	1.4	27"52	<-Elapsed Time
Split Number->	1.3	19"76	<-Cumulative Split
Stroke Index->	SI 3.3 SW 49 DS 2.1		<-Distance Per Stroke
Stroke Rate->	47.8	1.79	<-Sub Lap Velocity
Mode->	Speed 50M R0.18		<-Reflex Compensation

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Course Length



General Functions

Operation

Turn On or Off:	Press Unlock + Dial for 3 seconds when watch is not timing
Change Mode:	Hold Unlock button in and rotate Left Dial whilst watch not timing
Talk / PA:	Press PTT and talk into Microphone.
Abort / Cancel Split:	Press dial twice rapidly when watch Active
Hail another Watch:	Press PTT and Unlock at same time
Reboot Stopwatch:	Press Left & Right Dials at once for 10 Seconds after "reboot" sound
Configure Spoken Times:	In Watch, Speed, Interval modes rotate Right Dial (volume) Fully
Select PA Target:	Whilst PTT is pressed, Rotate right Dial to select Target
Play FM Radio:	Plug in Headphones and select FM Tuner Mode
Broadcast FM Radio:	Play FM Radio, then Hold Unlock then Press PTT. Press Unlock to Cancel
Broadcast MP3 Audio:	Use Autocoach Cable, Hold unlock then press PTT. Press Unlock to cancel
Reset Pace Clock on LED:	Select Setup mode, then press left Dial

Pace Mode

Operation

Set Max Per Lane:	Hold Unlock Button and rotate Right Dial
Set Desired Swim time:	Rotate Right dial
Set Desired Cycle time:	Rotate Left Dial
Start with Count:	Press Right Dial to start
Start with Beep:	Press Left Dial to start

Group Mode

Operation

Select Group Number:	Hold Unlock Button and rotate Right Dial
Abort Timing:	Double Press Left or right dial
Set Volume or Spoken Times:	Rotate Right Dial

Interval Mode

Operation

Set time Between Starts:	Hold Unlock Button and Rotate Right Dial
Start with Race Starts:	Press Right Dial to start
Start with Count:	Press Left Dial to start
Pause starting:	Long Press Left Dial whilst active

Watch / Speed Mode

Operation

Set Reflex Compensation:	Hold Unlock Button and rotate Right Dial
Set Volume or Spoken Times:	Rotate Right Dial
Select Split to display:	Rotate Left Dial
Clear Display:	When watch Inactive, long press Left Dial