

SWIMMING CONFIGURATIONS

» INTRODUCTION

» HOW TO ATTACH YOUR SWIM BELT TO THE SWIMMER ?

- Humidify the electrodes of the Swim Belt.
- Hook one side of the Swim Belt to one side of the elastic band. To do this, insert the plastic hook on the end of your Swim Belt into the hole at the end of your elastic band.

- Place the Swim Belt on your skin (Freelap logo facing out), just below your chest. Then hook the other end of the Swim Belt to your elastic band.



- Adjust the elastic band so that it is perfectly placed on your skin, tight enough to stay in place.

» HOW TO ATTACH YOUR FXSWIM TO THE SWIMMER ?

Your FxSwim **must be attached to the swimmer using your Swim Vest** as follows:

- Put on your Swim Vest over your Swim Belt (the small pocket must be on your back).

- Place your FxSwim in the small pocket on the back of your Swim Vest, specially designed for this purpose. Close the pocket with the snap button.

- The FxSwim must be placed horizontally, facing outwards.

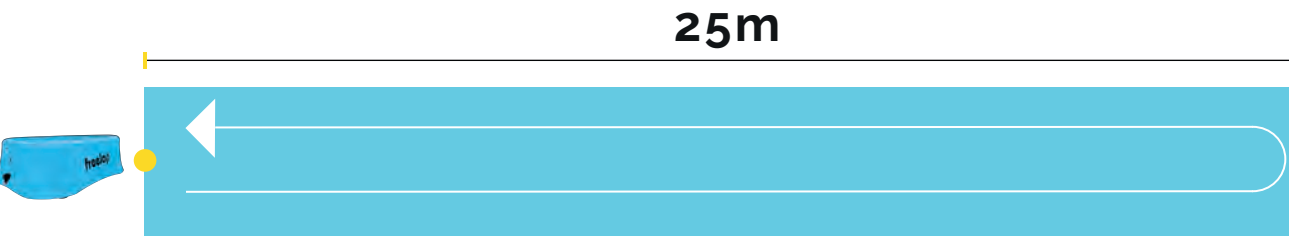


!/\ Attaching the transponder, the heart rate belt and the swim vest to any other location or position may result in inaccuracies or non-detection.

» EXAMPLES : TIMING 50M

» N°1 : TIMING ONE SINGLE SWIMMER OVER 50M IN A 25M SWIMMING POOL

FREELAP PRODUCTS NEEDED : - 1 FxSwim transponder
- 1 Tx H2O Pro transmitter
- 1 Swim Belt



Time over 50m

- Place the Tx H2O Pro transmitter on the starting block (or on the ground at the end of the swim lane)

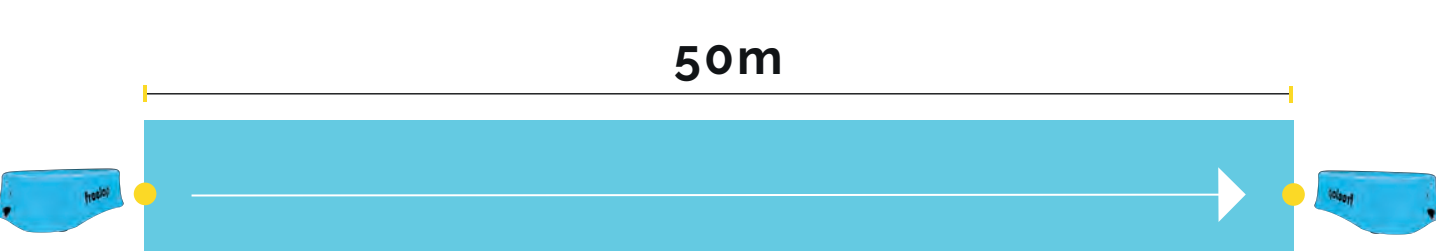
The transmitter has a detection field of 2.5m, it must be placed as follows:

- This transmitter has the shape of an arrow. Place it at the end of the water line, pointing the tip of the arrow towards the swim lane.
- Place the transmitter at a maximum distance of 2.5m from the water (so that the transponder of the swimmer crosses the detection field).

- In a 25m swimming pool, you can obtain split times over 50m by placing 1 transmitter only on the starting block (the athlete swims 25m up and 25 back - split, 50m). In your MyFreelap workout in data section, you will get your data over the 50m.

» N°2 : TIMING ONE SINGLE SWIMMER OVER 50M IN A 50M SWIMMING POOL

FREELAP PRODUCTS NEEDED : - 1 FxSwim transponder
- 2 Tx H2O Pro transmitters
- 1 Swim Belt



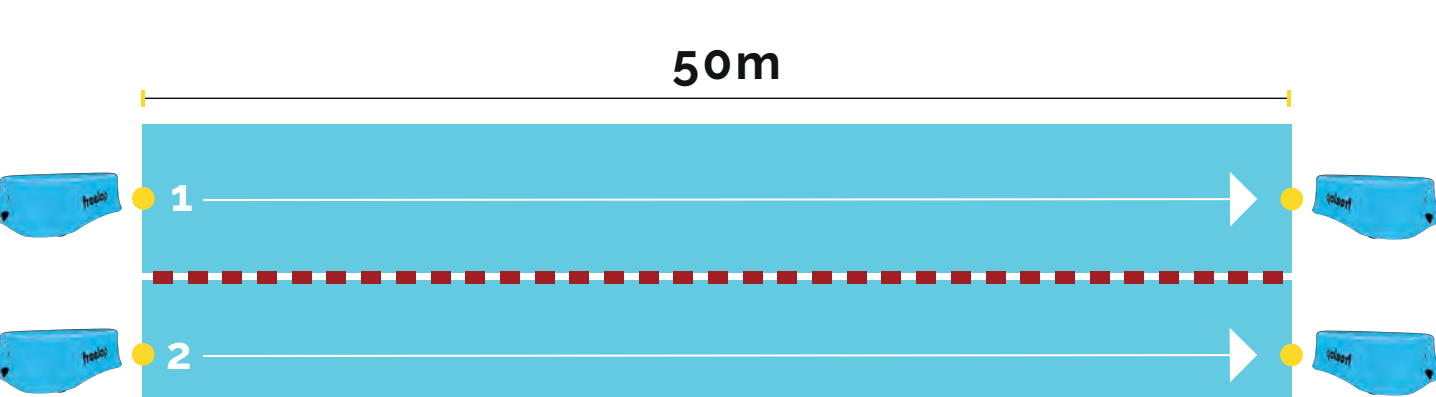
Time over 50m

- In a 50m swimming pool, you can obtain split times over 50m by placing 2 transmitters (1 transmitter at each end of the swimmer's water line).

In your MyFreelap workout in data section, you will get your data over the 50m.

» N°3 : TIMING 2 SWIMMERS SIMULTANEOUSLY OVER 50M IN A 50M SWIMMING POOL

FREELAP PRODUCTS NEEDED : - 2 FxSwim transponders
- 4 Tx H2O Pro transmitters
- 2 Swim Belt



Time over 50m

- The Tx H2O Pro only covers one swimming lane. You can time several swimming lanes by placing Tx H2O Pro transmitters at the edge of each water line.

- Yes, you can time as many swimmers as you want on adjacent lanes by placing 2 more transmitters.

- Yes, as many swimmers as you want can use the transmitters in one lane.

- In your MyFreelap workout in data section, you will get the data over the 50m for each swimmer.