

freelap[®]
freedom of timing

SWIMMING



COMPLETE GUIDE

In this guide, you will find all the information needed to set up your Freelap timing system and get you started with training.

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01. CREATE YOUR MYFREELAP ACCOUNT



1/ Download MyFreelap app (free)



MyFreelap app is available for free on App Store and Google Play Store.

From your mobile device: go to the app store, search “MyFreelap” app and download it.

2/ Create your MyFreelap account

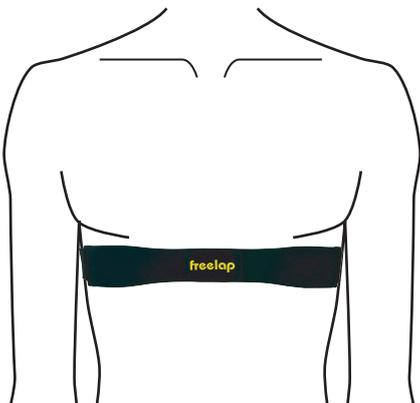
- Open MyFreelap app. At the bottom of the screen, click on “Register”.
- Fill out the registration form, and click on “Register”.
- Confirm your registration by clicking on the link in the activation Email we sent you.

3/ Sign in to your MyFreelap account

- Enter your username and password to sign in to your MyFreelap account.
- Then, turn on the Bluetooth and the Location on your mobile device.

You are ready to use the app!

02. PUT ON YOUR SWIM BELT & YOUR SWIM VEST



1/ Attach your Swim Belt

- **Humidify the electrodes of the Swim Belt.**
- Hook one side of the Swim Belt to one side of the 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.

The Swim Belt turns on automatically when the electrodes are in contact with the skin. It turns off automatically when it is no longer in contact with the skin.



2/ Put on your Swim Vest

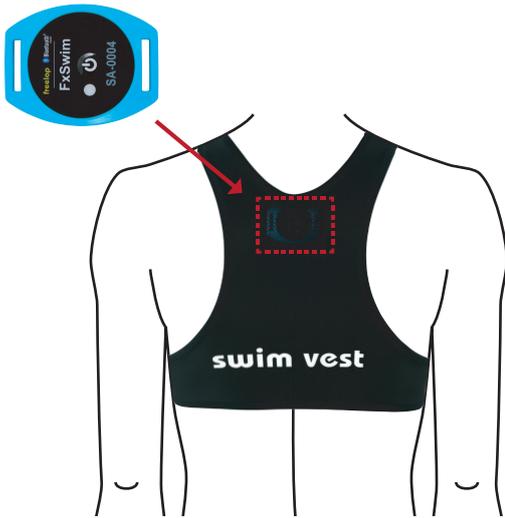
- Put on your Swim Vest over your Swim Belt
- **The small pocket must be on your back**

The Swim Vest is essential: It maintains your Swim Belt and your FxSwim in the right position.

03. TURN ON & ATTACH YOUR FXSWIM

1/ Turn on your FxSwim

- Press the central button for 2 seconds (the FxSwim flashes twice quickly).
- Then your FxSwim flashes twice every 3 seconds (scanning) to detect heartbeats. The detection lasts 1 minute maximum. If the FxSwim does not detect heartbeats after 1 minute, it turns off (2 slow flashes). In this case, check that the Swim Belt is not incorrectly positioned.



2/ Attach the FxSwim

FxSwim must be attached to the swimmer using the Swim Vest.

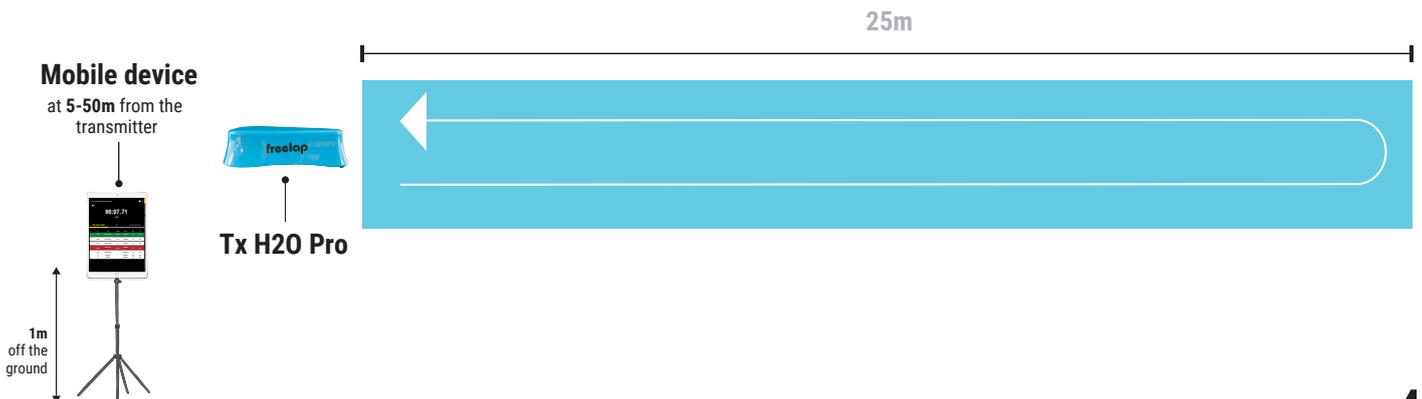
- Place the FxSwim in the small pocket on the back of the Swim Vest, specially designed for this purpose. Close the pocket with the snap button.
- **The FxSwim must be placed horizontally, facing outwards.**

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

04. TURN ON & PLACE YOUR TRANSMITTERS

- Turn on the Tx H2O Pro transmitter: press the central "ON/OFF" button for 1 second.
- Place your Tx H2O Pro on the starting block (or at the edge of the swim lane). This transmitter has the shape of an arrow. **Point the arrow towards the swim lane.**

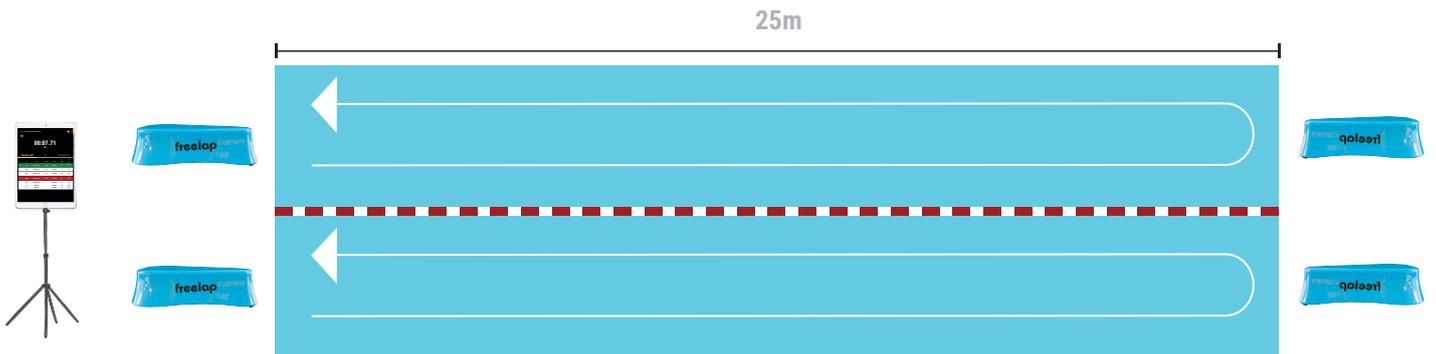
Example: Timing round trips (50M)



Example: Timing lengths (25M)



Example: Timing lengths (25M) / 2 swimmers simultaneously on adjacent lanes



- The Tx H20 Pro only covers one swimming lane. You can time several swimming lanes by placing Tx H20 Pro transmitters at the edge of each water line.



The swimmer must always pass within 2.5m of the Tx H20 Pro transmitters.

05. PLACE YOUR MOBILE DEVICE

To ensure the perfect reception of the data, make sure the mobile device running the MyFreelap App is **at 1m off the ground**.

Depending on your mobile device, place it **between 5 and 50 meters** (for the most recent devices) **from the last transmitter crossed**.

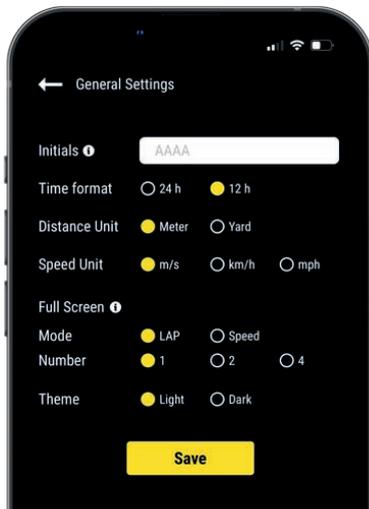
// The swimmer can use a connected watch to receive data. Using a Bluetooth headset, he can receive and hear data throughout his training (Apple Watch compatible).

06. SET UP YOUR MYFREELAP ACCOUNT



When you are using MyFreelap app for the first time, we recommend you to:

- Enter your Setting Preferences
- Create a Team
- Create an Exercise



1/ Set up your General Settings

On the main menu, click on **“Settings”** and then on **“General Settings”**.

- Enter your Initials: It will be displayed in the data table instead of the Chip ID (max. 4 characters)
- Choose your Time format
- Choose your Distance Unit
- Choose your Speed Unit
- Set up your Full screen mode (Mode and Number)
- Choose your MyFreelap Theme

2/ Create a Team *(optional)*

“Teams” section lets you create start lists to time several swimmers.

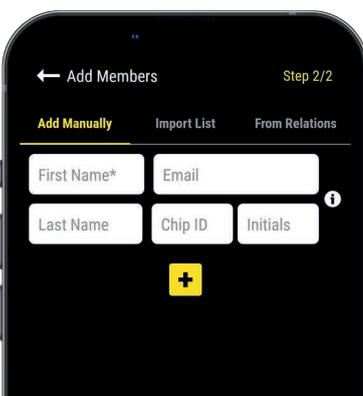
- From the main bottom menu, click on **“Teams”**.

- Click **+** to create a new Team.

- Enter the name of the Team, and a description and a logo of the Team (optional), then click on **“Next”**.

- **Add members to the Team.** MyFreelap offers you 3 ways to add members:

Add members manually, Import a list, or add members from your MyFreelap Relations.



If you add members manually or import a list we recommend you to complete for each swimmer:

- **First Name*** (required)

- **Last Name**

- **Email:** Lets you know if the member has a MyFreelap account and if he is part of your MyFreelap Relations.

- **Chip ID:** Assign a unique chip ID to each swimmer to save time when creating your Workout.

- **Initials:** will be displayed instead of the chip IDs.

3/ Create an Exercise *(optional)*

Exercises let you easily: Enter distances to get distance and speed data; Choose the data you want to display.

- From the main menu, click on **“Exercises”**.

- Click **+** to create a new Exercise.

Step n°1: Settings

- Enter the **Name** of the Exercise (must be unique)
 - Enter a **Description** (optional)
 - Select the **Sport**
 - Select the **Timing Method: Standard timing** (the most used in swimming)
 - You can add **distance(s)** to get your distance and speed data (optional)
- When you are done, click "Next" to go to Step n°2.

Step n°2: Display Data

By default, data types are enabled based on the standard data template of the selected sport. Here you can **customize the data you want to display**. Click to turn ON the data you want to display, and turn OFF the data you want to hide.

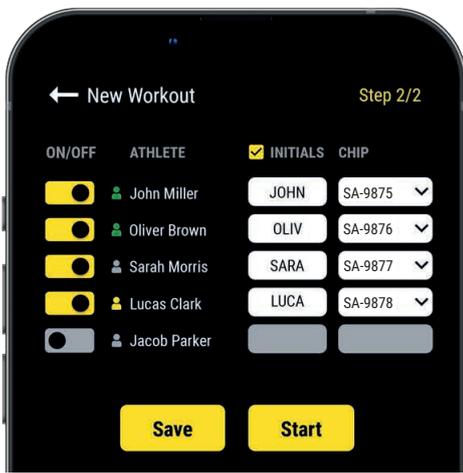
Click "Save" to save your Exercise.

07. CREATE & START YOUR WORKOUT



- From the main menu, click on "Workouts".
- Click **+** to create a new Workout, and enter:

- The **Name** of the Workout
- Edit the **Day & Time** if needed
- A **Description** (optional)
- Select the **Sport** of the Workout
- Select the **type of Freelap BLE device** you will use
- Select the **type of Workout**:
 - Single: Enter the **ID** of the chip you will use (2 letters and 4 digits written on the front of your device), and enter your **Initials** (max. 4 character)
 - Team: Select a **Team** in the dropdown list
- Choose the **Exercise** of the Workout (optional)



Steps 2: Start List (*Team Workout only*)

- Click to turn OFF the missing swimmers
- Enter/edit Initials (max. 4 characters)
- Assign a chip to each swimmer (chip ID must be unique). Then click "Start" to start the Workout.



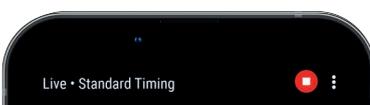
- **You are ready to start the Workout !**
Data will be instantly collected, stored and displayed.
- Click on to display the full screen mode.

08. TAKE THE START

- Place yourself on the starting block (or just next to the transmitter) and **wait at least 10 seconds in this zone** (initial rest time before the start).
- **Then take the start:** as soon as you leave the detection field of the Tx H2O Pro transmitter, the rest time is recorded. The swim session begins.
- **A rest time is detected when the swimmer remains at least 10 seconds in a transmitter detection field.** As soon as the swimmer stops the rest, the recording resumes. When crossing the next transmitter, the LAP time and the previous rest time will be recorded and sent via Bluetooth to your mobile device.

During the training, you will receive timing data each time the swimmer crosses a transmitter field, and you will receive heartbeat data every 5 seconds. Data is automatically saved on your MyFreelap app.

09. STOP RECORDING



- Once the training session is finished, click on to stop it.

Turn off your FxSwim & Swim Belt

To stop your FxSwim, press the central button for 2 seconds (the device flashes slowly 2 times). Then, remove your Swim Belt to stop sending the heart rate.

10. ABOUT YOUR TIMING DATA

In the data table, data displayed depends on the set up of the Workout:

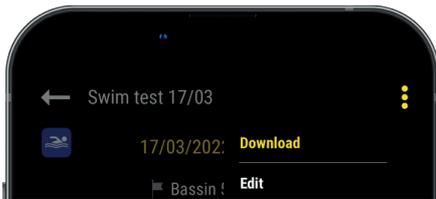
| N° | ID | LAP | GAP | SPLIT | (m) DIST. | (km/h) SPEED | HR |
|------|------|----------|------------|------------|--------------|-----------------|-----|
| 1 | JOHN | 01:05.21 | | 01:05.21 | 50 | 2.76 | 100 |
| 2 | JOHN | 01:13.52 | +08.31 | 02:18.73 | 50 | 2.45 | 160 |
| Tot. | | JOHN | M 01:09.36 | T 02:18.73 | T 100 | 2.60 | 130 |
| P1 | | JOHN | 00:34.93 | 02:53.66 | | | 134 |
| 3 | JOHN | 01:19.72 | +06.20 | 04:13.37 | 50 | 2.26 | 141 |
| 4 | JOHN | 01:28.49 | +08.77 | 05:41.86 | 50 | 2.03 | 152 |
| Tot. | | JOHN | M 01:24.10 | T 02:48.21 | T 100 | 2.15 | 147 |
| P2 | | JOHN | 00:27.45 | 06:09.31 | | | 137 |
| 5 | JOHN | 01:11.89 | -16.60 | 07:21.20 | 50 | 2.50 | 148 |
| 6 | JOHN | 01:15.43 | +03.54 | 08:36.62 | 50 | 2.39 | 150 |
| Tot. | | JOHN | M 01:13.66 | T 02:27.32 | T 100 | 2.45 | 149 |
| Tot. | | JOHN | M 01:15.70 | T 07:34.24 | T 300 | 2.40 | 142 |

- **N°**: Number of the LAP / Number of the Rest time
- **ID**: Chip ID / or Initials
- **LAP**: LAP time
- **GAP**: Time Gap (with the previous LAP time or with the Best LAP time)
- **Best Time**: Green background
- **Slowest Time**: Red background
- **SPLIT**: Total cumulative time of the LAP times and Rest time)
- **DIST. (unit)**: Distance of the LAP
- **SPEED (unit)**: Average speed of the LAP
- **HR**: Average Heart Rate of the LAP
- **Rest Times**: Marked with a yellow border and named P1, P2, P3...

- **Total row GREY** : Is displayed when the swimmer take a Rest time
- **LAP**: Average time of the LAPs performed before the Rest
- **SPLIT**: Total cumulative time of the LAP times performed before the Rest
- **DIST. (unit)**: Total Distance of the LAPs performed before the Rest
- **SPEED (unit)**: Average speed of the LAPs performed before the Rest
- **HR**: Average Heart Rate of the LAPs performed before the Rest

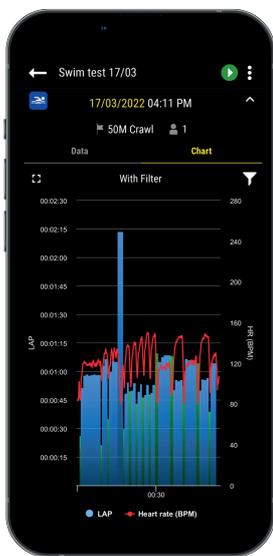
- **Total row YELLOW** :
- **LAP**: Average time of all the LAPs
- **SPLIT**: Total cumulative time of all the LAP times (without Rest times)
- **DIST. (unit)**: Total Distance of all the LAPs
- **SPEED (unit)**: Average speed of the LAPs
- **HR**: Average Heart Rate of the all the LAPs

11. DOWNLOAD ADVANCED DATA



The “**Download**” feature lets you get the min., avg. and max. Heart Rate of the LAPS, and the detailed chart of the training.

- Once the training is finished, stop your FxSwim (press the central button for 2 seconds), then remove your Swim Belt to stop sending the heart rate.
- Press 3 short presses on the FxSwim central button.
- From the app, click on your Workout and then on the top right on  , and then on “Download”.



This chart lets you see the evolution of the performance throughout all the Workout. It displays in chronological order:

- **Red line:** all heartbeats, in beats per minute BPM
 - **Blue:** LAP times
 - **Green:** Rest times
- > Hover over the chart to see the detailed information.
- > You can zoom in / out the chart to get an overview or analyze a period more precisely.

12. PARTICULAR CASE: THE BACK SWIMMING

When performing the "back" style, the FxSwim is totally immersed in the water. Bluetooth transmission cannot be performed correctly. **Timing data is stored in the memory of the FxSwim and can be downloaded after the training** (cf 11/ Download advanced data).

13. ABOUT SYNCHRONIZATION

Data is automatically saved locally on your MyFreelap app.

- If you have Internet during the Workout (online Workout): the data is automatically synchronized to your MyFreelap Web account.
- **If you do not have Internet during the Workout (offline Workout):**



This icon appears in the overview of your Workout. As soon as you have an Internet connection, click on the icon to synchronize your Workout data to your MyFreelap Web account.

***For more information please check our complete MyFreelap guide:
www.freelap.com/support/myfreelap-app***

14. CHECKLIST

Verify that:

- You are using the Freelap devices recommended for your sport.
- You have the last version available of MyFreelap app
- MyFreelap app is opened on your mobile device and run in first plan (required on IOS)
- Bluetooth & Location are activated on your mobile device
- Your FxSwim and Swim Belt are correctly attached
- Transmitters are turned on and correctly placed
- You cross the detection zone of each transmitter during the session
- You correctly place your mobile device: next to the FINISH transmitter (between 5m-50m) at a height of 1 meter. (If you are using a smartwatch: it's ok).
- That your FxSwim has the latest update available. To update it you have to use FDM (Freelap Device Manager) app
- The batteries of your devices are not flat – change it (cf: instructions for use of your devices)

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