freelap®
freedom of timing

SKI

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.

SUMMARY

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 "Create Account".
- 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.
- Turn on the Bluetooth and the Location on your mobile device.
You are ready to use the app!

02. ATTACH YOUR FXCHIP
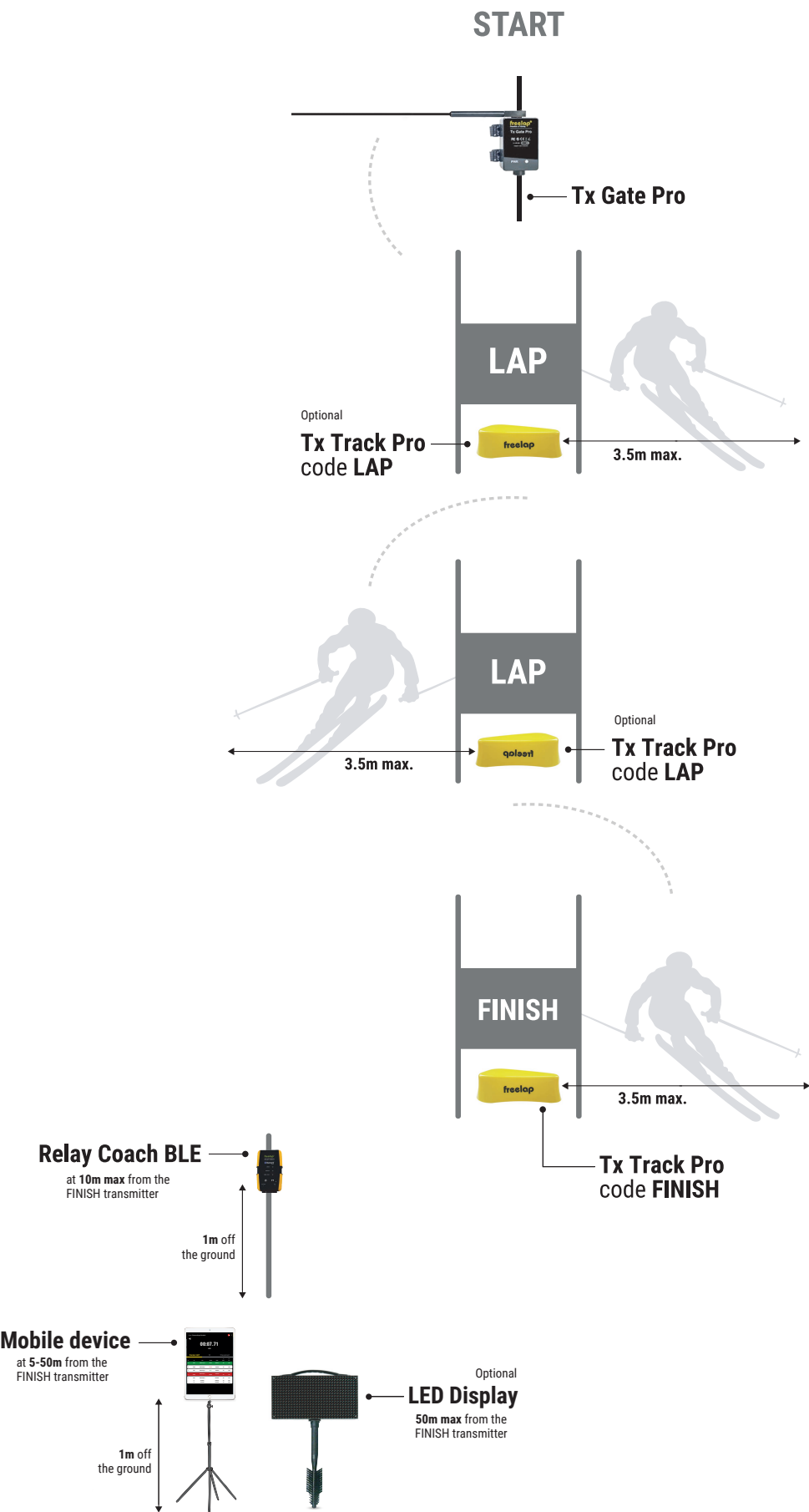
Attach the FxChip to the skier's ski boot.

The FxChip must be attached to the back of the skier's ski boot, placed vertically and facing outward.

/!\ Attaching the FxChip to any other location or position may result in inaccuracies or non-detection.

The FxChip turns on automatically when you move, and turns off after 10 minutes of inactivity.

It is an autonomous and smart device that does not require any manipulation, except its good fixation on the skier's boot.

03. TURN ON & PLACE YOUR TRANSMITTERS

START

Tx Gate Pro

LAP

Optional
Tx Track Pro
code **LAP**

3.5m max.

LAP

Optional
Tx Track Pro
code **LAP**

3.5m max.

FINISH

3.5m max.

Tx Track Pro
code **FINISH**

Relay Coach BLE

at **10m max** from the
FINISH transmitter

1m off
the ground

Mobile device

at **5-50m** from the
FINISH transmitter

1m off
the ground

Optional
LED Display

50m max from the
FINISH transmitter

Freelap products needed: - 1 FxChip transponder
- 1 Relay Coach BLE
- 1 Tx Gate Pro transmitter
- 1 Tx Track Pro transmitter (code FINISH)

Optional: Add additional Tx Track Pro transmitters (code LAP) to create multiple sectors on your course.

1/ Place your Tx Gate Pro transmitter

- Plant a wooden stake ideally 4x4cm (not supplied) in the start area.
- Attach your Tx Gate Pro to your stake using the Velcro straps. **The stick should be placed between 35 and 50 cm, parallel to the ground. The case of the Tx Gate Pro must be facing toward the track.**

The Tx Gate Pro does not have any buttons. It turns on automatically when the skier takes the start (when the stick is moved by the skier, the Tx Gate Pro emits a signal that triggers instantly the start of the FxChip). It turns off automatically after each start.

2/ Turn on, set up and place your Tx Track Pro transmitters

- Turn on the transmitter: press the central "ON/OFF" button for 2 seconds.
- Once the transmitter is on, press the central button again (short press) to select the desired code (LAP = intermediate transmitter / FINISH = finish transmitter). Each short press of the central button switches you to the next code. The LED of the selected code flashes.

- Place your Tx Track Pro code LAP on the ground, at the desired locations to get intermediate times. This transmitter has the shape of an arrow. Place the transmitter towards the course to draw your 3 meters imaginary line of passage.
- It can be placed inside a giant gate.
// You can add more Tx Track Pro code LAP between the START and the FINISH transmitters to get more intermediate times.

- The same way, place your Tx Track Pro transmitter code FINISH on the finish line.

⚠️ **- The skier must always <u>pass within 3m of the Tx Track Pro transmitters</u>**
- Transmitters must be <u>at least 10m apart </u>(between them, or with other transmitters)
- <u>Maximum 11 transmitters</u> on your course

3/ Turn on and place your Relay Coach BLE

- Turn on your Relay Coach BLE: Press the "ON/OFF" button.

- Place your Relay Coach BLE: Clip on the Relay Coach BLE to an additional gate and position it **after the finish line at a maximum of 10 meters**.

04. TURN ON & PLACE YOUR LED DISPLAY *Optional*

- Turn on your LED Display: Press the "ON/OFF" button.
- Fix the screen on its "Brushgrip" support .
- Place your LED Display **after the FINISH transmitter at a maximum distance of 50 meters.**

// Your LED Display uses broadcast communication. This means that your BLE device automatically transmits the data. No manipulation is required.

05. PLACE YOUR MOBILE DEVICE

To ensure the perfect reception of the data, make sure the mobile device running the MyFreelap app is **at least 1 meter off the ground**.
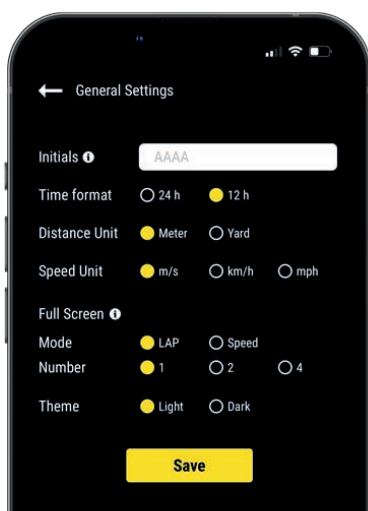
Depending on your mobile device, you will be able to stand **between 5 and 50 meters** (for the most recent devices) **away from the finish line**.

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 skiers.
- 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 skier:
– **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 skier 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: Choose your timing mode (Standard or Roster); 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 skiing)
– 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**:
    - <u>Single</u>: 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)
    - <u>Team</u>: Select a **Team** in the dropdown list
– Choose the **Exercise** of the Workout (optional)

Steps 2: Start List *(<u>Team</u> Workout only)*

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

Select your Relay Coach BLE
2354

• The app will detect the Relay Coach BLE turned on around you.
Click on your Relay Coach BLE to select it.

• **You are ready to start the Workout !**
Data will be instantly collected, stored and displayed.
• Click on ⋮ to display the full screen mode.
• Once the Workout is finished, click on 🔴 to end it.

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08. ABOUT YOUR TIMING DATA

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

• **N°:** Number of the LAP(1,2,3 ..) / Number of the Rest time (P1, P2, P3 …)

• **ID:** Chip ID / or Initials

• **LAP:** LAP time (the number of intermediate times of the LAP is indicated in parenthesis) + **Click on a LAP to see the details of the intermediate times**

• **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 LAPs (the Rest times reset the SPLIT back to 0)

• **DIST. (unit):** Distance of the LAP

• **SPEED (unit):** Average speed of the LAP

• **Rest Times:** Marked with a yellow border, named P1, P2…

• **Total row:** Show the Total time of the LAPs and the Total distance covered. (Yellow background – is displayed at the bottom of the table if there is only 1 rider or if you filter the data table.)

09. 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

10. 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 chip is attached to the back of the skier's ski boot, placed vertically and facing outward
- Transmitters are turned on, correctly placed, and set on the correct code
- You have 1 transmitter set to the code "FINISH"
- Your course does not contain more than 11 transmitters
- Transmitters are at least 10 meters apart
- You cross the detection zone of each transmitter during the Workout
- 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 or keeping your phone in your pocket: it's ok).
- That your chips / your Relay Coach BLE / your LED Display have 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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