

freelap[®]
freedom of timing

TRACK & FIELD



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

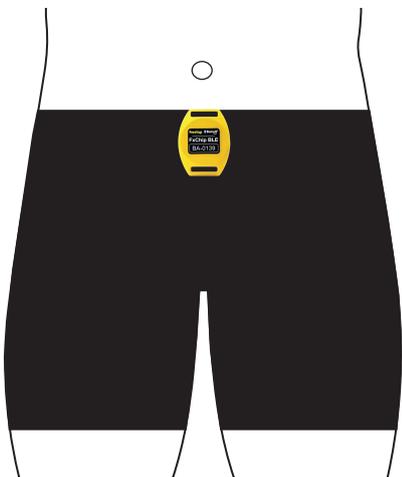
- Open MyFreelap app. At the bottom of the screen, click on "Create Account".
- Fill out the registration form, and click on "Register".
- MyFreelap will send you an activation Email. Open the email and click on the "Activate Now" button to confirm your registration.

3/ Sign in to your MyFreelap account

- Enter your username or email, and your 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 BLE



Attach your FxChip BLE to the athlete using his attachment clip (provided): Insert the clip into the notch at the top of the back of your FxChip BLE. Then hang the clip on the belt of the athlete's short.

It must imperatively be attached to the waist, centered in the alignment of the navel and positioned vertically.

03. TURN ON & PLACE YOUR TRANSMITTERS

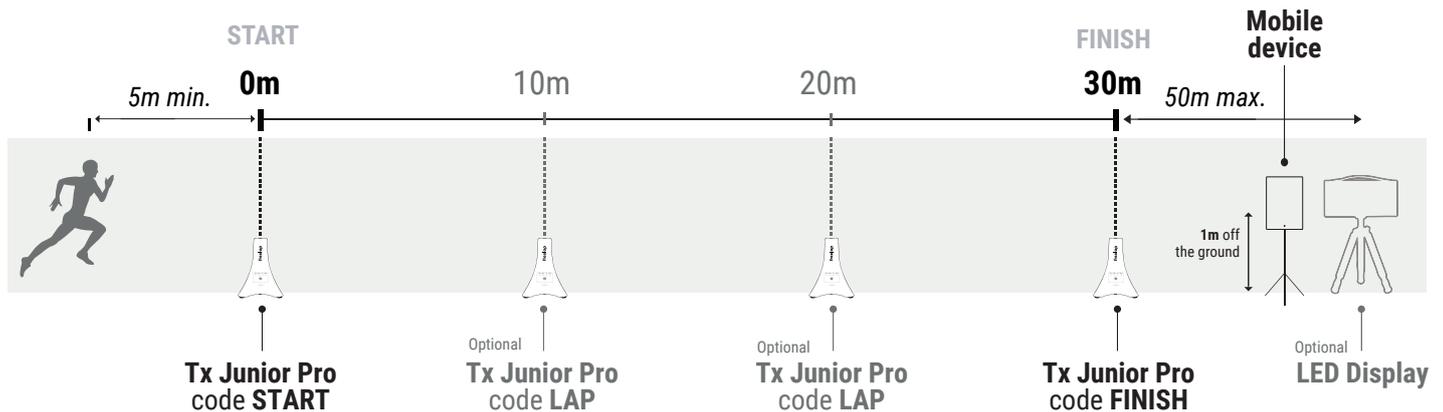
We will guide you on 3 different configurations. You can read only the one you need:

- 1: Flying Start (with only Tx Junior Pro transmitters - page n°4)
- 2: Start Block (with Tx Pad Pro OR Tx Touch Pro OR e-Starter START transmitters - page n°5)
- 2: Start Block (with PowerUnit and SpaceUnit transmitter - page n°6)

N°1: FLYING START - TIMING 30M (3X10M)

Freelap products needed : - 1 FxChip BLE transponder
- 1 Tx Junior Pro transmitter (code START)
- 1 Tx Junior Pro transmitter (code FINISH)

Optional: Add additional Tx Junior Pro transmitters (code LAP) to create multiple sectors on your course and get intermediate LAP times.



Turn on and set up your Tx Junior Pro transmitters

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

Place your Tx Junior Pro transmitters

- Place your Tx Junior Pro code START on the start line as follow:
- Place it on the ground (do not raise it), at the edge of the track, **less than 1.5m from the athlete's pass.**
- For an optimal accuracy, **you should start to run at least 5m before the START transmitter.**
- The same way, place your Tx Junior Pro code LAP at the desired locations to get your intermediate times (optional).
- Finally, place your Tx Junior Pro transmitter code FINISH on the finish line.



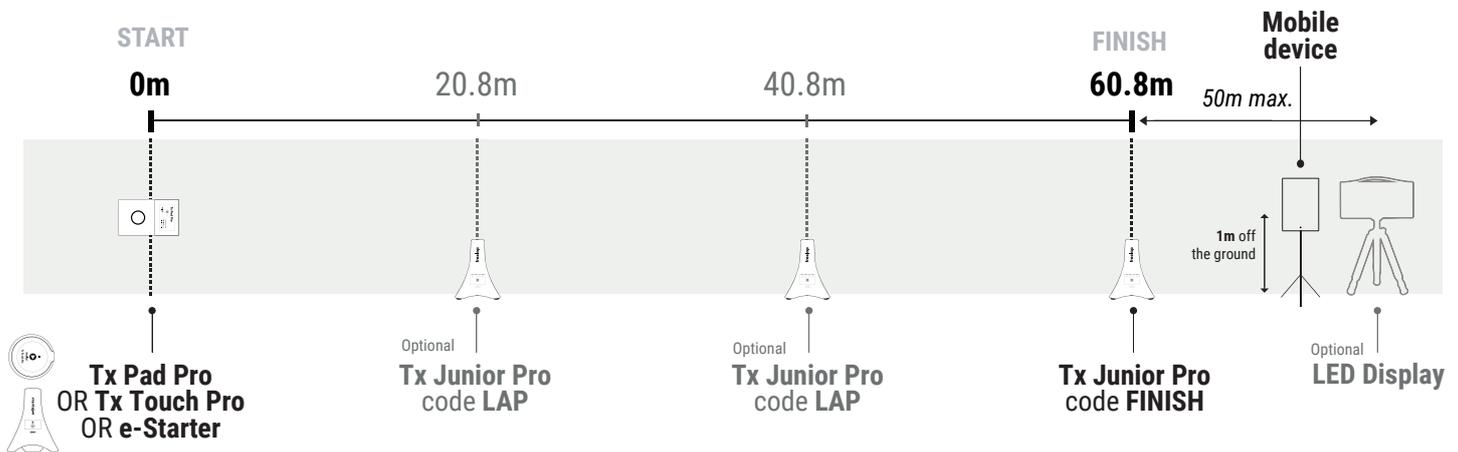
- **The athlete must always pass within 1.5m of the Tx Junior Pro transmitters.**
- **Transmitters must be at least 0,7s (10m) apart**
- **Maximum 11 transmitters on your course**

>> Example: Timing 4 athletes simultaneously - on ANNEX N°1 page n°13

N°2: START BLOCK -TIMING 60M (3X20M)

Freelap products needed : - 1 FxChip BLE transponder
- 1 Tx Pad Pro OR Tx Touch Pro OR e-Starter transmitter
- 1 Tx Junior Pro transmitter (code FINISH)

Optional: Add additional Tx Junior Pro transmitters (code LAP) to create multiple sectors on your course and get intermediate LAP times.



Place your START transmitter (Tx Pad Pro or Tx Touch Pro or e-Starter)

Place your START transmitter on the ground (do not raise it) on the start line.

> **Tx Pad Pro:** Press the Power button for 1s to turn on the transmitter. Then, keep your finger pressed inside the Start zone of the transmitter. Remove your finger and start the race.

> **Tx Touch Pro:** Keep your thumb pressed on the central button. The led confirms that the device is ready. Release the button and start the race. It will emit a confirmation "beep".

> **e-Starter:** Press the starter top button. The transmitter is waiting 10s to let you prepare yourself. Then it emits a "SET" voice sound to warn that the pistol shot is imminent. Take the start at the sound of the pistol shot (Be careful not to start before the sound signal. The transmitter does not detect false start.). No need to wait until the first athletes have finished their run to trigger a new start process.

Turn on, set up and place your Tx Junior Pro transmitters

- Turn on the transmitter: press the Power button for 2 seconds.

- Once the transmitter is on, press the Power button again (short press) to select the desired code (LAP = intermediate transmitter/ FINISH = finish transmitter). Each short press of the Power button switches you to the next code. The LED of the selected code flashes.

- Place it on the ground (do not raise it), at the edge of the track, **less than 1.5m from the athlete's pass and 80cm AFTER the desired distance.**

- Place your Tx Junior Pro code LAP **80cm AFTER the desired distance** to get your intermediate times.

- Finally, place your Tx Junior Pro transmitter code FINISH **80cm AFTER the finish line.**



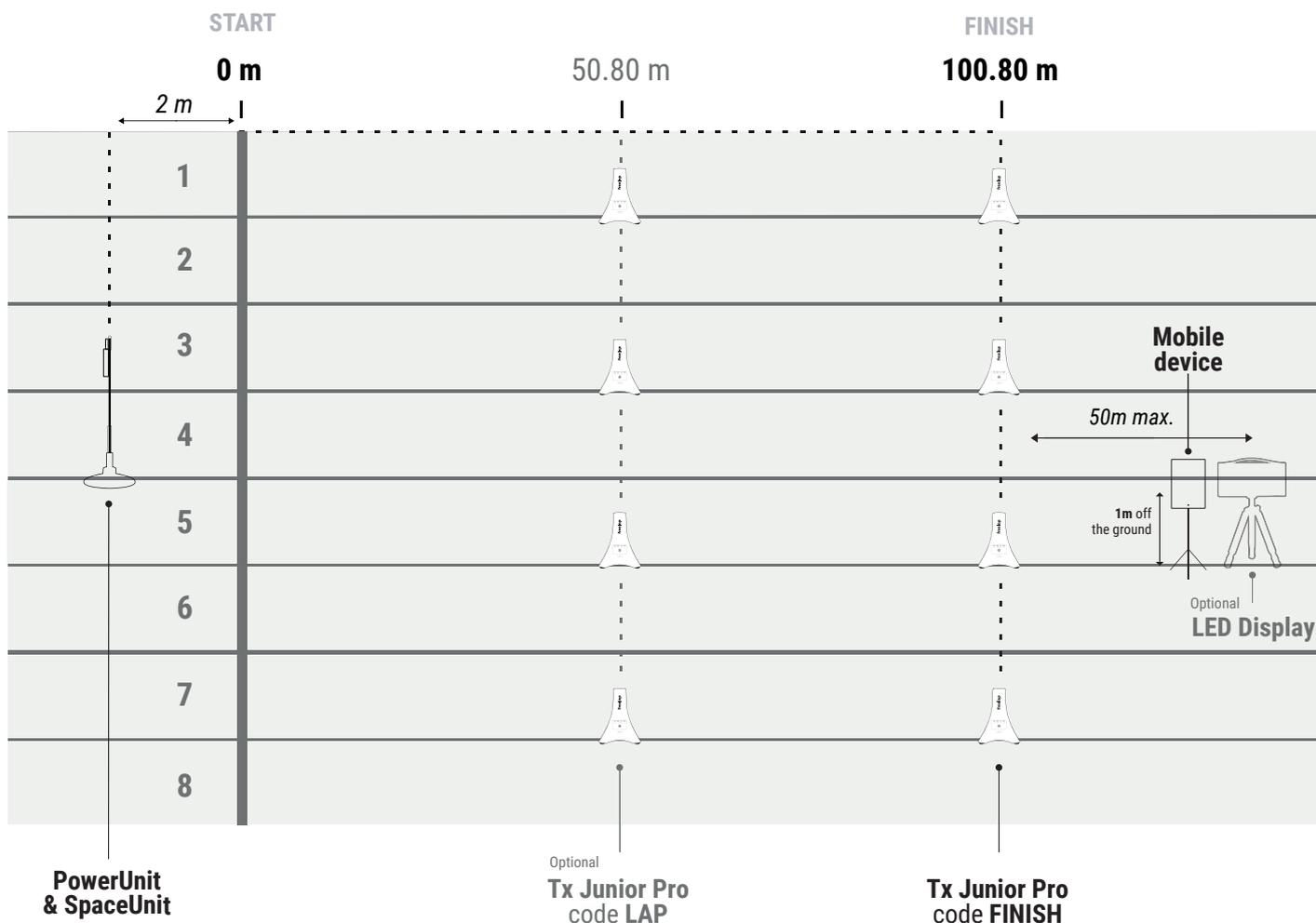
- **The athlete must always pass within 1.5m of the Tx Junior Pro transmitters.**
- **Transmitters must be at least 0,7s (10m) apart**
- **Maximum 11 transmitters on your course**

>> Example: Timing several athletes simultaneously - on ANNEX N°2 page n°14

N°3: START BLOCK USING POWERUNIT & SPACEUNIT - TIMING 100 (2X50M) - 8 ATHLETES

Freelap products needed : - 8 FxChip BLE transponders
 - 1 PowerUnit & SpaceUnit
 - 4 Tx Junior Pro transmitter (code FINISH)

Optional: Add additional Tx Junior Pro transmitters (code LAP) to create multiple sectors on your course and get intermediate LAP times.



Install the PowerUnit & SpaceUnit

- Take the SpaceUnit out of its packaging, the ellipse will take shape itself. Join the 2 central axes, fitting them together to stiffen the structure. Connect the SpaceUnit to the Tx port of the PowerUnit.

Turn on and set the PowerUnit

- Press 2s on the Power button to turn on the transmitter.
- Press on the Set button to select the **MIC mode**. Each press of the Set button switches you to the next mode. The LED of the MIC mode must flash. The START led automatically lights up to confirm that the transmitter is set as a START transmitter.

Place the PowerUnit & SpaceUnit

- Place the transmitter on the ground, at a distance of **2 meters behind the start line**. The **Freelap logo must face toward the start line**. If you time on 8 lanes, place the transmitter between lanes n°4 and n°5.

How to trigger the start

- To trigger the start, make a loud sound (e.g. clap or gunshot) close to the transmitter (within approx. 1m for an optimal detection). When the transmitter detects the sound signal, it instantly triggers the start of the transponder timer. The green MIC led confirms that the start has been triggered.

Turn on, set up and place your Tx Junior Pro transmitters

- Turn on the transmitter: press the Power button for 2 seconds.
- Once the transmitter is on, press the Power button again (short press) to select the desired code (LAP = intermediate transmitter/ FINISH = finish transmitter). Each short press of the Power button switches you to the next code. The LED of the selected code flashes.
- Place it on the ground (do not raise it), at the edge of the track, **less than 1.5m from the athlete's pass and 80cm AFTER the desired distance**.
- Place your Tx Junior Pro code LAP **80cm AFTER the desired distance** to get your intermediate times.
- Finally, place your Tx Junior Pro transmitter code FINISH **80cm AFTER the finish line**.



- **The athlete must always pass within 1.5m of the Tx Junior Pro transmitters.**
- **Transmitters must be at least 0,7s (10m) apart**
- **Maximum 11 transmitters on your course**

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

- Turn on your LED Display: Press the "Power button.
- Screw the screen onto its tripods.
- 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

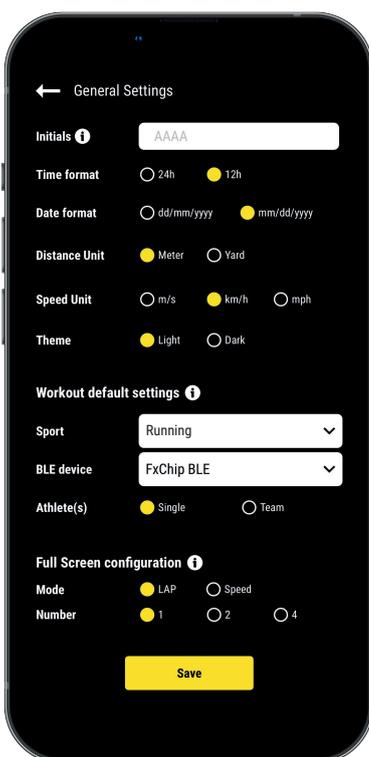
To ensure the perfect reception of the data, make sure the mobile device running the MyFreelap App is **at least 1m off the ground**. Depending on your mobile device, you will be able to stand **between 5 and 50 meters** (for the most recent devices) **away from the finish line**.

// If the athlete is using a smartwatch or is keeping his smartphone in his pocket: it's ok.



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 (optional) and Create an Exercise (optional).



1/ Set up your General Settings

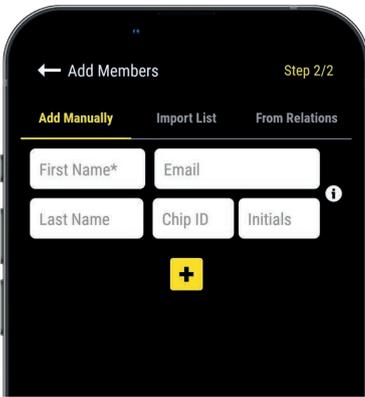
On the main menu, click on **"Settings"** and then on **"General Settings"**.

- 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 Date format
- Choose your Distance Unit
- Choose your Speed Unit
- Choose your MyFreelap Theme
- Set up your Workout default settings:
 - Sport by default
 - Freelap BLE device used by default
 - Athlete(s): Single or Team Workout
- Set up your Full screen mode (Mode and Number)

2/ Create a Team *(optional)*

"Teams" section lets you create start lists to time several athletes.

- 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.



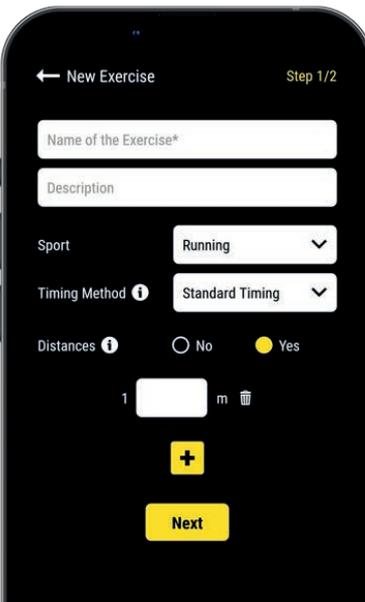
If you add members manually or import a list we recommend you to complete for each athlete:

- **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 athlete 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.

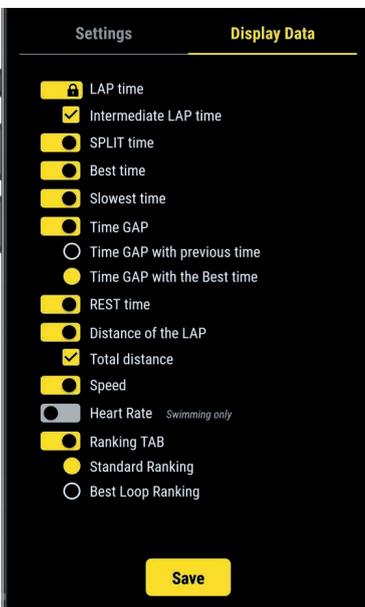
- From the main menu, click on **"Exercises"**.
- Click **+** to create a new Exercise.



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): 1 athlete = 1 chip. The data is associated to the athlete with the chip ID.
 - Roster timing (mostly used by big teams training in a row): The data is associated with the athlete according to the order of passage mentioned in the athletes list. Athletes can use the same chip.
- Add **distance(s)** to get your distance and speed data

When you are done, click "Next" to go to Step n°2.



Step n°2: Display Data

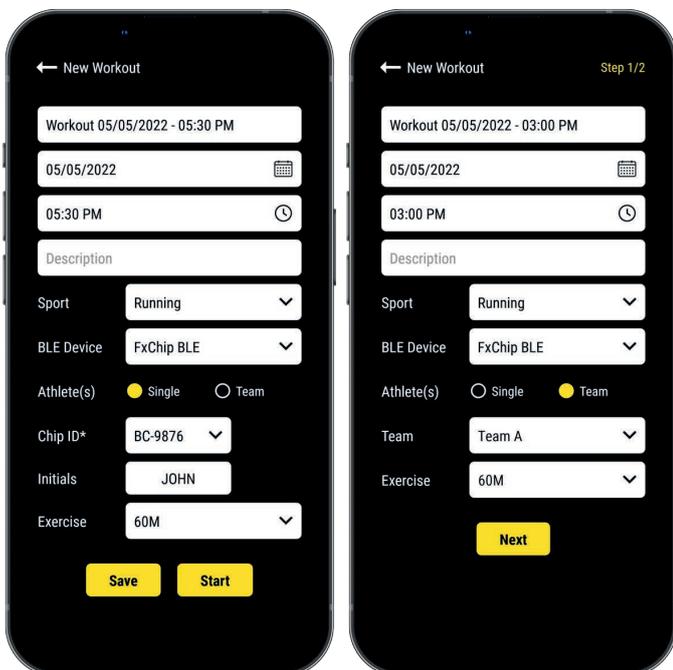
By default, data types are enabled based on the standard data template of the selected sport. Here you can **customize the data you want to display**. Click **ON** to turn ON the data you want to display, and turn OFF the data you want to hide.

Click "Save" to save your Exercise.

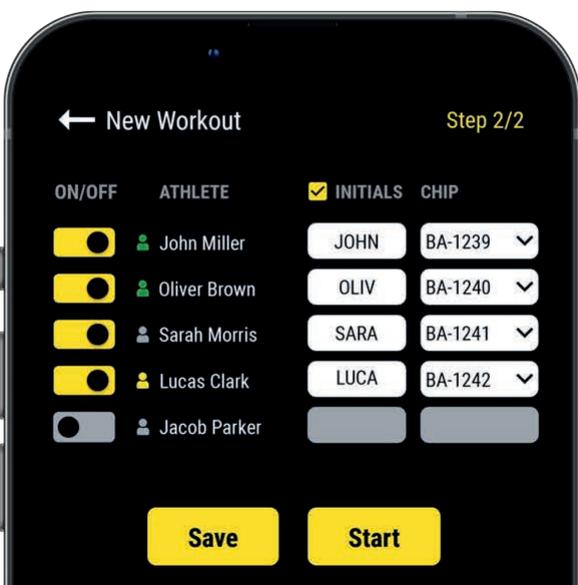
07. CREATE & START YOUR WORKOUT



- 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 **ON/OFF** to turn OFF the missing athletes
- Enter/edit Initials (max. 4 characters)
- Assign a chip to each athlete (chip ID must be unique). Then click “Start” to start the Workout.

The start list is different depending on whether you have chosen Standard timing method (by default) or Roster timing (using an Exercise set up on Roster timing).

Find more examples in our complete MyFreelap guide: www.freelap.com/support/myfreelap-app



- **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.

08. 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.	(m/s) SPEED
1	MIKE	00:07.88 (2) ^		00:07.88	60	7.61
	L1	00:04.58		00:04.58	30	6.55
	L2	00:03.30		00:07.88	30	9.09
P1	MIKE	05:00.00				
2	MIKE	00:07.92 (2) v +00.04	00:07.92	60	7.57	
P2	MIKE	05:00.00				
3	MIKE	00:07.83 (2) v -00.09	00:07.83	60	7.66	
P3	MIKE	05:00.00				
4	MIKE	00:07.71 (2) v -00.12	00:07.71	60	7.78	
Tot	MIKE	00:31.34			240	

- **N°:** Number of the LAP(1,2,3 ..) / Number of the Rest time (P1, P2, P3 ...)
- **ID:** Chip ID / or Initials / or First Name (Roster timing)
- **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 athlete 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 waist, centered in the alignment of the navel and positioned vertically
- 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 0,7 seconds (10 meters) apart
- 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 or keeping your phone in your pocket: it's ok).
- That your chips and 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 / recharge it (cf: instructions for use of your devices)
- You are not close to a railway line (may causes interference)

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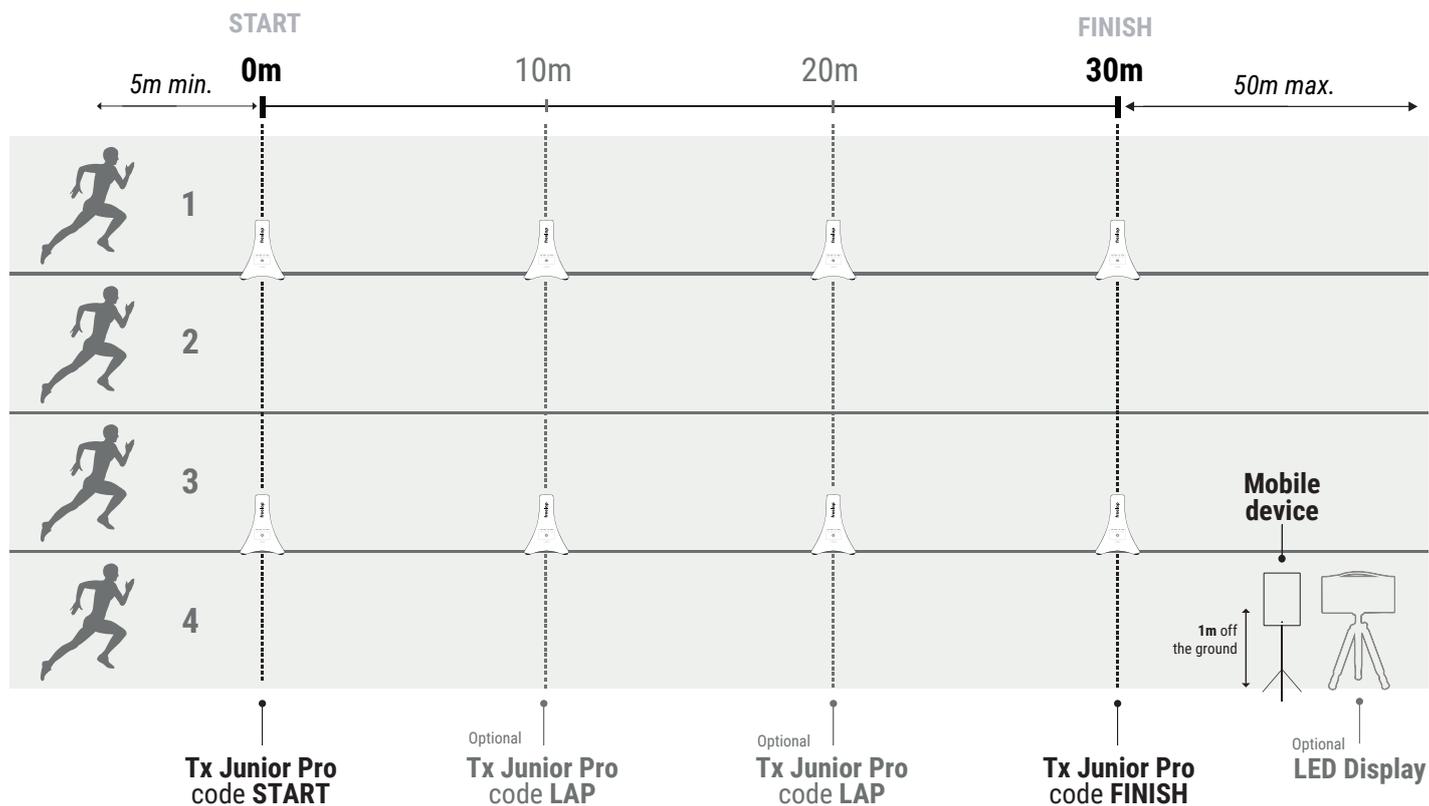
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ANNEX N°1: Flying start - Timing 4 athletes simultaneously

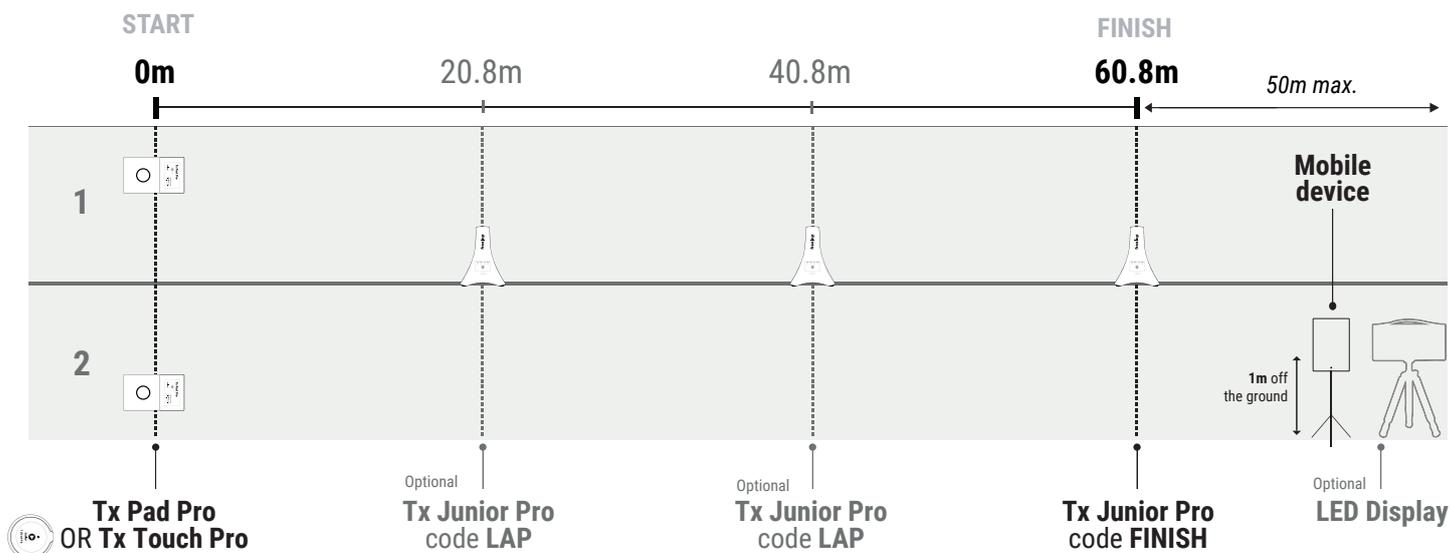


The Tx Junior Pro can cover 2 lanes: 1 lane on each side of the transmitter.

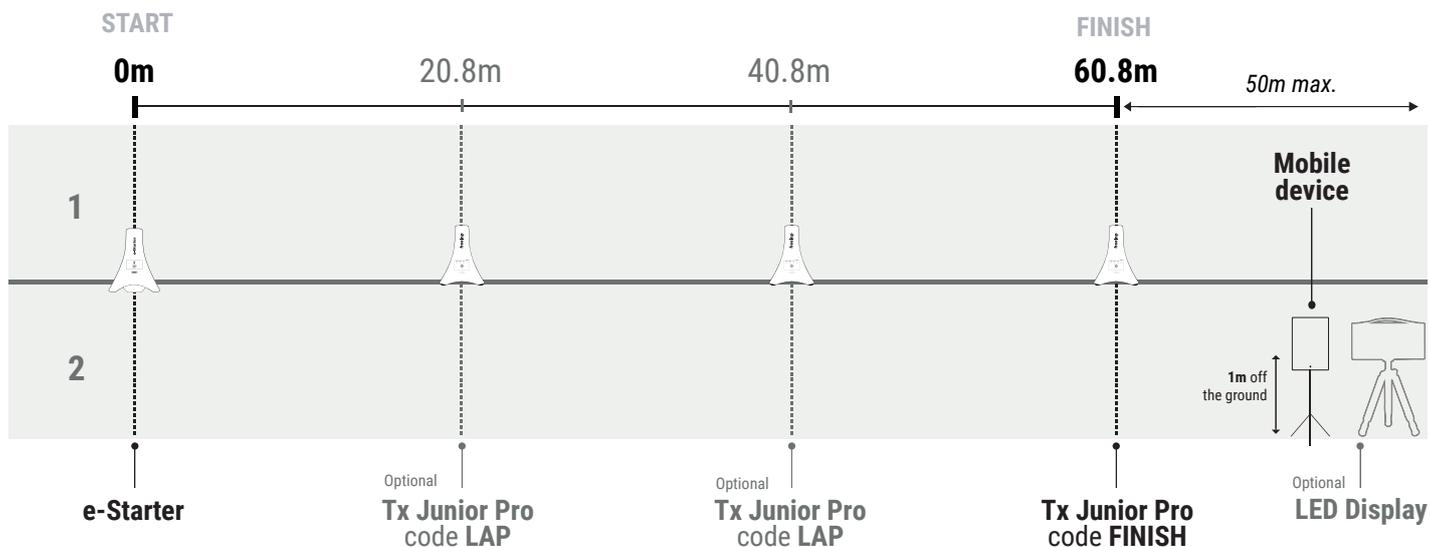
! \ Do not superimpose magnetic fields: If you want to time on 4 lanes, 2 transmitters are enough: 1 to cover the lanes n°1 and n°2, and 1 other to cover the lanes n°3 and n°4.

ANNEX N°2: Start Block - Timing several athletes simultaneously

> With Tx Pad Pro or Tx Touch Pro (timing 2 athletes)



> With e-Starter (timing 2 athletes)



- e-Starter transmitter can cover 2 lanes. Place it between the 2 lanes.

- The Tx Junior Pro can cover 2 lanes: 1 lane on each side of the transmitter.

!/ \ Do not superimpose magnetic fields: If you want to time on 4 lanes, 2 transmitters are enough: 1 to cover the lanes n°1 and n°2, and 1 other to cover the lanes n°3 and n°4.