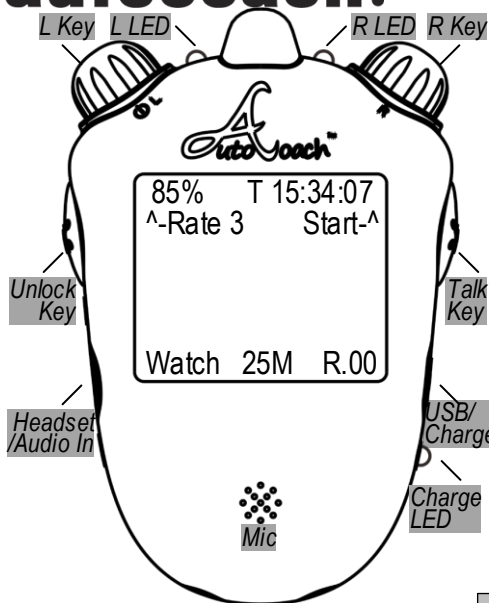


autocoach: 1/17

autocoach:



Talk/PA

85%	T	15:34:07
^-Rate 3		Start-^
Watch 25M R.00		
<div> <div>Hold Talk key to talk</div> <div>Target Device</div> </div>		
PTT	- ALL -	

Stopwatch Operation Guide V3.00

For V7.00+ Firmware

General Operation

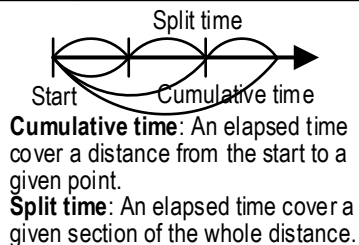
Turn On	Hold R/L & unlock key to show logo
Turn Off	When it is idle, hold R/L & unlock key to screen off. Auto shut off if idle 45 minutes.
Volume	Turn R key in Race/Group/Watch/Speed/Interval/BeepTest/Splits mode, "T" on top line enable talk time.
Talk /PA	Hold Talk key and talk to mic, turn R key to change receiver.
Select Mode	Hold unlock key & turn L key
Hail another stopwatch	Press Talk & unlock key
Clean Screen	Long press L key when idle
Recall Screen	Press unlock key when idle
Reset Device	Hold R&L key to show logo

▲ Devices with same Net & Channel can work together. Contact AutoCoach to set Net.

▲ Reset device with enough power if abnormal work.

	Target Device	Description
Hold Talk key & turn R key to select target device.	- ALL -	All devices can receive
	Speakers	Only speakers can receive
	Watches	Only watches can receive
	Athletes	Only athletes can receive
	Lane #1	Only odd athletes can receive
	Lane #2	Only even athletes can receive
	Athlete 1~16	Only Athletes who match the number can receive

Model	ACS100	ACS110	Packing List
Wireless	2.4GHz/100mW (Max)		Stopwatch
Screen	1.69" Color OLED	1.5" Black&White TFT (Sunlight Readable)	5V/1A Power Pack
Memory	99 Splits/99 Records		Mini USB Cable
Accuracy	Time: 0.01s , Velocity:0.01m/s		DVD/Memory Stick
Range	10 hours		Optional Parts
Power Pack	5V/1A/Mini USB Cable		AC101 Single ear headphone
Environment	-40~60°C, 20~90%RH		Watch storage bag
Dimensions	92*62*32mm ³		AUX audio cable
Net Weight	120g		



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Work Mode	Description ●:Yes ○:No	Model					
		ACS100			ACS110		
		E	L	S	E	L	S
Watch	Split time/Cumulative time/Stroke rate/DS/SW/SI/Reflex compensation /LAP mode	●	●	●	●	●	●
Speed	Split velocity/Cumulative time/Stroke rate/DS/SW/SI/Reflex compensation/LAP mode	●	○	○	●	○	○
Race	International standard start signals/split time/Cumulative time. Support pool swimming, running, marathon, open water swimming, etc.	●	●	●	●	●	●
Race Starter	When "Starts" in setup mode set to Str Top/Str Nrm/Str Man, the stopwatch in race mode only can start/close race, can't timing.	●	○	○	●	○	○
Group	Slave watch Of master stopwatch (Race/Interval/Pace/PTest mode), support up to 10 lanes.	●	○	○	●	○	○
Interval	Automatic start/split times, for novice swimmer or sprint training.	●	○	○	●	○	○
Pace	Automatic start/split time, for volume swim straining. Laps mode for single swimmer training.	●	○	○	●	○	○
Ptest	Pace mode with decreasing cycle time. Test end when the swimmer can't arrive the start line before the start signal sounded. The last split time before test ending is the achievement they get.	●	○	○	●	○	○
Beep Test	20m shutter run, 10m or 20m shutter swimming test. Test end If player can't arrive the start line before the start signal sound. The last finish level is the score.	●	○	○	●	○	○
Graph	Show Split times in bar graph and Split velocities in line graph for Watch/Speed/Race mode, easily to know min and max split and variety. Only enable when record more than 2 laps.	●	●	○	●	●	○
Splits	Review splits lap by lap. split time, cumulative time, split velocity, stroke rate, DS,SW,SI etc.	●	●	●	●	●	●
Memory	Review last 99 records	●	●	●	●	●	●
Setup	Setup various work parameters of system	●	●	●	●	●	●
FM Radio	Play FM radio (need plug in headset)	●	○	○	●	○	○
MP3	Emit FM Radio or audio in to the other AutoCoach devices	●	○	○	●	○	○

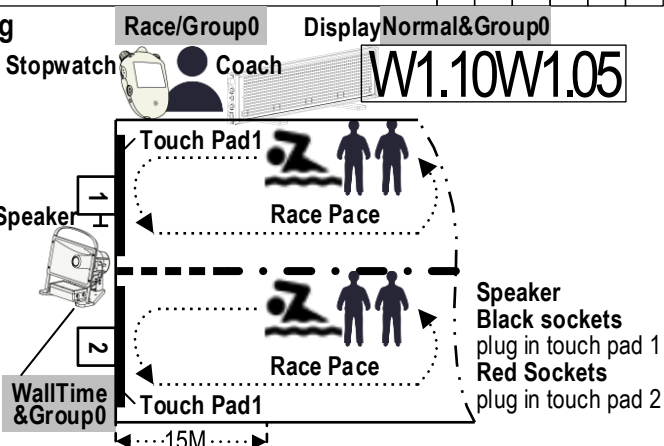
Swimming Turning Training

83% T 17:14:37
^Whistle Marks-^

W1.10 W1.05

Race Normal S Splits

Wall Time (W): The duration of freestyle or back stroke swimmer's feet touch the pad. It will be ignored if more than 2 seconds.

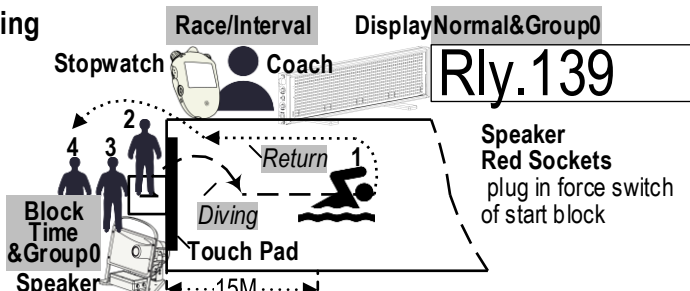


Swimmers queue in water 15 meters away to the start block. Swim towards the block at race pace start to do turning training.

When the feet of swimmer left off touch pad, display and stopwatch will show the wall time immediately, and the speaker will synchronously sound the time too.

Swimming Diving Training

0.6	0.6
LAP 1	
R.18 B.72	
LAP 1	
Race	Normal S Splits



Reaction Time(R): The time between start beep and the swimmer's feet start to push the block back.

Block Time(B): The time between start beep and the swimmer's feet stop pushing the block back (swimmer start to left the block).

Stopwatch set to race or interval mode, press the start button, swimmer start diving when hear start beep from stopwatch or speaker.

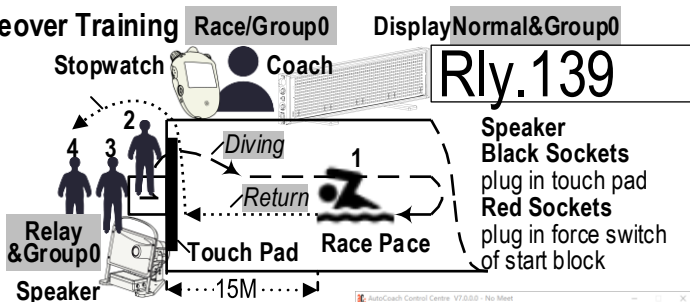
When the diving swimmer's feet left off block, display and stopwatch will display the reaction time and block time, speaker sound the block time synchronously.

If $0.15 < R < 0.21$, speaker will sound a high beep to indicator good start. If $R < 0.15$, it will sound a false start alarm. If $R > 1$, it will be ignored.

Stopwatch set to interval mode can automatically and continuously sound start beep for multi swimmers efficient training.

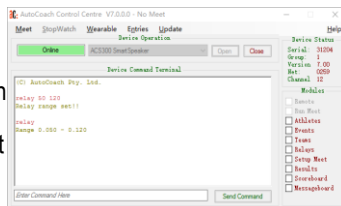
Swimming Relay Changeover Training

83%	T	17:14:37
^Whistle		Marks-^
Rly .139		
Race	Normal S Splits	



Changeover Time(Rly): The time between returning swimmer touch the pad and leaving swimmer's feet left off block.

Connect speaker with computer by the USB cable. Run AutoCoach Manager program on computer. Type in command "relay" to setup desire changeover time. For example, command "relay 50 120" set desire changeover time to 0.05~0.12s. Relay time range is 0~0.255s.



The 1st swimmer stay in water 15 meters away to start block. The 2nd to 4th swimmers queue behind the block. When the speaker and stopwatch sound "Ready", the 2nd swimmer aboard the block to get ready, and the 1st swimmer swims towards the block at race pace. The changeover training start.

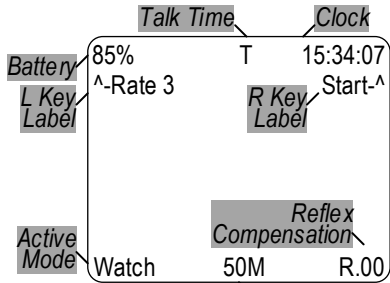
When the 1st swimmer touch the pad and the 2nd swimmers left off block, speaker and stopwatch will sound "Ready" again for next changeover to start.

The return swimmer will exit pool safely when the diving swimmer in water.

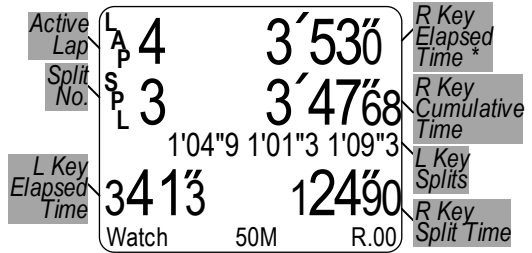
The diving swimmer will return when they reach 15 meter line, then become return swimmer for next changeover, and so on.

When the feet of diving swimmer left off the block, display and stopwatch will show the changeover time immediately, and the speaker will synchronously sound the time too. Speaker will sound false start Alarm (blare) to indicator disqualification when got negative changeover time. And higher beep means the changeover time is in the desire range.

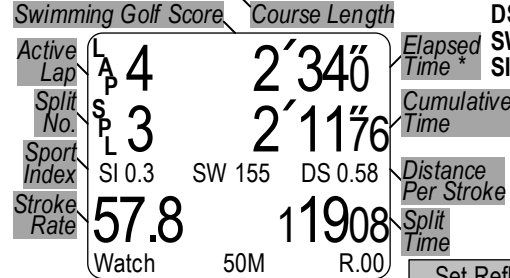
Watch Mode Single stopwatch
Operation is same as Speed mode



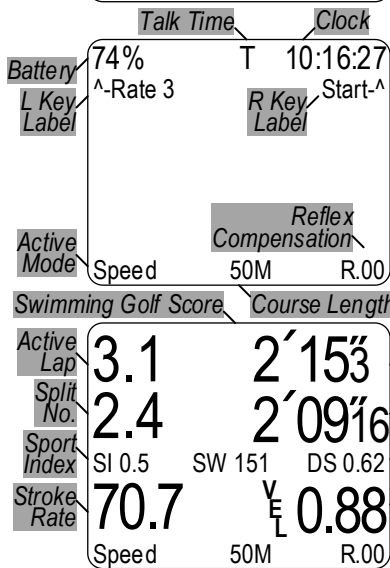
Dual independent stopwatches ↓
*When "Rate Count" in setup mode is zero, L Key can timing like R key instead of stroke rate function.



DS: Distance in meters covered a swim cycle
SW: Stroke cycle count plug split time. Lower is better.
SI: Product of DS and velocity. Higher is better

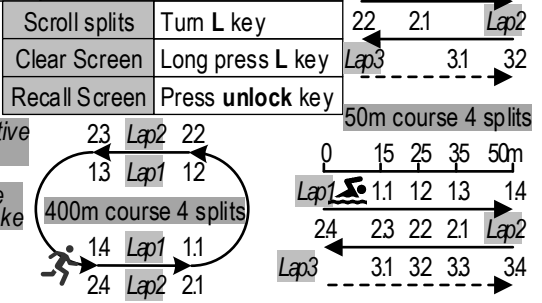


Speed Mode



Set Reflex Compensation Hold **unlock** key & turn **R** key. It is lap elapsed time if set to LAP.*

Talk Time	Turn R key clockwise to show "T" on top line
Stroke Rate	Short Press L key two times to cover strokes equal "Rate Count"
Timing	Start Short press R key when idle
	Timing Short press R key when active
	Stop Long press R key when active



Race Mode

Battery 83% **Talk Time** T **Clock** 17:14:37

L Key Label ^-Whistle **R Key Label** Marks-^

Active Mode Race Normal S Splits

Start Type **Race Type** **Timing Type**

L&R Key Elapsed Time

R Key Splits 20"7 18"7 18"0 *** R Key Cumulative** 57"44

L Key Splits 22"2 16"4 17"9 *** L Key Cumulative** 56"58

Race Normal S Splits

Timing Type	One Timing Button	Timing Result
Split	One Athletes	Split & Lap Cumulative
Singl *	One Athletes	Single Time
Multi	Multi Athletes	Single Time
* Disable when ACS82 active		

Set	Race Type	Set "Racing" in setup mode					
	Start Type	Set "Starts" in setup mode					
	Timing Type	Hold unlock key & turn R key					
Start	On Block	Short press L key when label "Whistle" or "Marks"					
	On Marks	Short press R key when label "Marks" or "Set"					
	Off Block	Long press L key when label "Abort"					
	Start Race	Short press R key when label "Race"					
	False Start	Double click R key after start					
Timing	Timing	Short press R/L key when timer active					
	Timing & Stop Timer	Long press R/L key when timer active					
End Heat & Players Exit		Long press L key when timer idle					
Scroll Split Times		Turn L key					
Talk Time		Turn R key clockwise to show "T" on top line					
Race Type	Race Sound Signals						
	Timing Type	On Block	On Marks	Off Block	Start Race	False Start	End Race & Athletes Exit
Aths	Singl/ Split	On your marks	Set	Step down	Bang	Blare	Double Beep
Swim		Long Whistle	Take your marks		Beep	Blare	Double Beep/Whistle
Swim	On your marks		Beep				
Aths			Multi		Bang		
		Start Type	Timing Buttons	On Block	End Race & Players Exit		Exit Pool Time
		Normal	Enable	Long Whistle	Double Whistle		Before next heat start
		Str Nrm	Disable				
		Ovr Top	Enable				
Time			Str Top	Disable			
R Key			Str Man	Disable			

Group Mode

Control by start watch support 10 lanes

L&R Key Elapsed Time

R Key Lane No. L 0 *** R Key Cumulative** 1'42"39 **R Key Splits** 47"8 54"6

L Key Lane No. L 1 *** L Key Cumulative** 1'43"71 **L Key Splits** 49"2 54"5

R Key Lane No. L 1 **Group No.** L 0

Set Group No.	Hold unlock key & turn R key
Timing	Short press R/L key when timing. * Race mode record cumulative time, Interval / Pace mode record split time.
Scroll Splits	Turn L key
Talk Time	Turn R key clockwise to show "T" on top line

Players Available Time Range

9 @ 5.0 \ Start Spacing 1:20-1:30 Swim-^

L Key Label R Key Label

Active Mode

Arrived Players

Cycle Time C1:30 S1:25 Swim Time

L&R Key Elapsed Time

L3 R3 1'10 1'10 R Key Splits R Key Last Split

1'03"1 1'06"6 1'05"9

L Key Splits L Key Last Split

1'08"1 1'02"2 1'10"6

Pace C1:30 S1:25

57% 14:37:24

L Key Label ^-Count Swim-^ R Key Label

Laps Pace Mode

Pace Laps 0:36.0

Players Available Time Range

9 @ 5.0 \ Start Spacing 0:40-0:52 Swim-^

L Key Label R Key Label

Active Mode

Arrived Players

Cycle Time C1:50.0 S0:36 Swim Time

L&R Key Elapsed Time

L3 R3 1'06 1'06 R Key Splits R Key Last Split

1'08"4 1'05"9 1'06"7

L Key Splits L Key Last Split

1'09"7 1'10"2 1'04"3

PTest C1:50.0 S0:36

Pace Mode

Set	Train Sound Type	Set "Training"	In Setup Mode
	Start Spacing	Set "Spacing"	
	Players	Turn R key set players per lane	
Start	Cycle Time	Turn L key, S=C-5s	Timing
	Race Type	Short press R key when idle	
Timing	Train Type	Short press L key when idle	
	Timing	Short press R/L key when active	
	To Next Lap	Long press L key when active	Clean Screen
Clean Screen	Stop Timing	Long press R key when active	
	Recall Screen	Long press L key when idle	
Recall Screen	Recall Screen	Press unlock key when idle	

Laps Pace Mode Single swimmer per lane

Set	Enter Laps Pace Mode	In pace mode, turn R key set players to zero.
	Return Pace Mode	Turn L key clockwise when idle
	Swim Time	Integer Turn R key when idle
Others	Decimal	Hold unlock key & turn R key
		Same as pace mode

Pace/PTest Training Normal/Group0

Coach

Normal/Group0

9 8

7 6 5 4

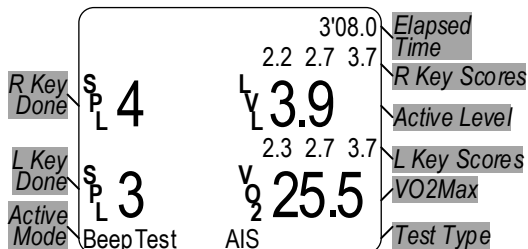
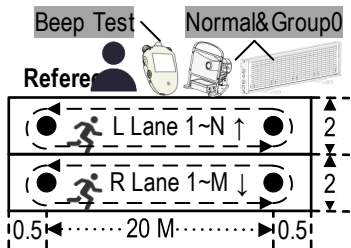
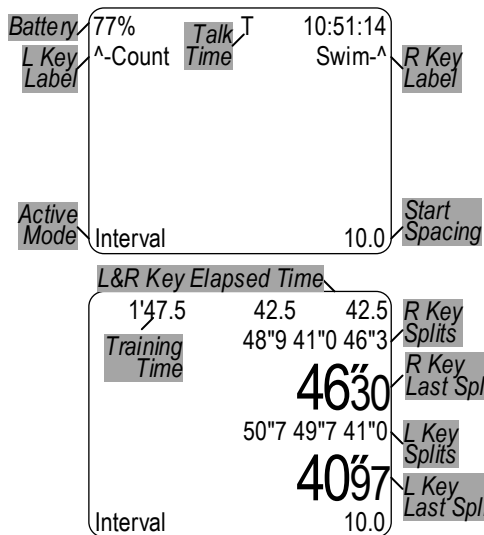
1 2 3 4

7 6 5 4

1 2 3 4

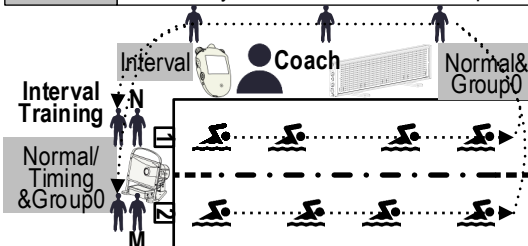
Ptest Mode

Set	Train Sound Type	Set "Training"	In Setup Mode
	Start Spacing	Set "Spacing"	
	Pace Step	Set "PTst Stp"	
Start	Players	Turn R key when idle, swim time set automatically.	Timing
	Cycle Time	Turn L key when idle	
Timing	Race Type	Short press R key when idle	
	Train Type	Short press L key when idle	
	Timing	Short press R/L key	Clean Screen
Clean Screen	Stop Timing	Long press R key	
	Recall Screen	Long press L key when idle	
Recall Screen	Recall Screen	Press unlock key when idle	



Interval Mode

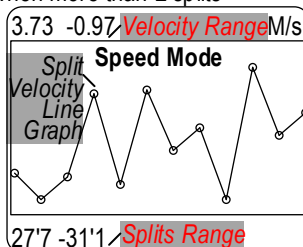
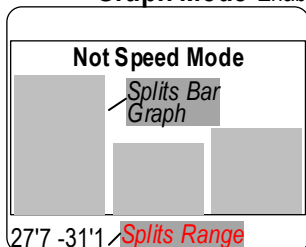
Set	Sound Type	Set "Training" in setup mode
	Start Spacing	Hold unlock key & turn R key
	Second Modulus Mode	Set start spacing to [10]. System ignore the number of time which more than 10s, for fast conveyed.
Start	Race Type	Short press R key when idle
	Train Type	Short press L key when idle
Timing	Timing	Short press R/L key when active
	Pause/Resume	Long press L key when active
	Stop Timing	Long press R key when active
Scroll Splits		Turn L key
Clean Screen		Long press L key when idle
Recall Screen		Press unlock key when idle
Talk Time		Turn R key clockwise show "T" on top line



BeepTest Mode

Start	Short press R key when idle
Record	Short press R/L key when active
Stop	Long press R key when active
Volume	Turn R key
Select Test Type	Hold unlock key & turn R key AIS : Australian Institute BNCF: British National Coach Federation WP10: 10 meters water polo WP20: 20 meters water polo

Graph Mode Enable when more than 2 splits



Battery 72% **Clock** 18:26:11
Active Item PTst Stp 1 s **R Key** Save-^
Item Detail Spacing 5.0 s **Item Value**
Active Mode Racing Swim
Start Interval Setup **Net ID**
Net 259

Operation	Select Item	Turn L key
	Select Value	Turn R key
	Save Value	Long press R key to sound "Stored"
	Reset Pace Clock	Short press L key reset Pace Clock of AutoCoach display

Splits Mode

R/L Key Datas	Short press R/L key
Select Lap	Turn L key
Talk Time	Turn R key clockwise show "T" on top line

*Split velocity enable for speed mode

Battery 57% **T** 17:27:39 **Clock**
Mode Speed **Lap** 2 of 3 **Lap**
Split Spl : [52"13] **Cumulative**
Stroke Rate Acc : 1'48"38 ***Split Velocity**
Course 1.09 0.69 0.83 1.26 **Sport Index**
Active Mode Rate 77.4 SI 0.8 **Lane No.**
50 M Lane 0 **R/L Key**
Splits Right

Audio Emit

Plug in	Mode	Emit Source	Enable Emit	Disable Emit	Select Receiver	Change Frequency
Headset	FM Radio	FM	Press Talk key	Press unloc k key	Turn R key when emitting	Turn L key
Headset	Not	Headset Mic				
Audio Player	FM Radio	Audio In				

72% Vol 31 Sig 20
FM Radio Mode
FM Frequency 98.5
Receive Device - ALL -

61% T 12:41:27
Not FM Radio Mode
Receive Device PTT - ALL -

Setup Mode

Spacing	Start spacing of Pace or PTest mode
PTst Stp	PTest mode cycle time decline step
Rate Count	Stroke rate cycle count in Watch/Speed mode
Channel	Radio channel
Time Adj	Change time in half hour step
Starts	Start type of Race mode
Lanes	Pool lanes type
Course	Course length
Training	Train sound type of Interval/Pace/PTest mode when press left key start
Racing	Race sound type of Race/Interval/Pace/PTest mode when press right key start

Memory Mode

Select Record	Turn L key
Recall Record	Long press R key recall in splits mode
Erase All Records	Turn L key scroll to record #1, long press L key

Battery 82% **17:39:27** **Clock**
L key Label ^-Erase **Recall-^**
Start Time 8Sep 16:42:37 **Race**
3 Laps 50 M Ln 0 **Lane No.**
Total Laps **Course**
Active Mode Memory 1 of 10 Recs **Record**

FM Radio Mode

Need plug in headphone

Sig	Frequency	Turn L key
	Volume	Turn R key
72% Battery	Vol 31 Volume	Sig 20 Signal Level
Active Mode	Frequency 98.5	FM Radio

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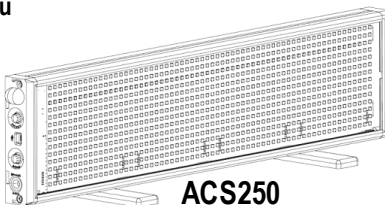
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Display Operation Guide V3.00

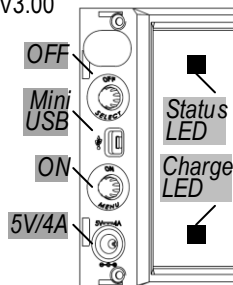
For V7.0.0+ Firmware



ACS200



ACS250



Work Mode	Normal	Show lap time, split time, velocity, strokerate, BeepTest level, race meet information. When stopwatch is timing, it will switch to Normal mode. When stopwatch is idle, it will resume previous mode.		Packing List		
				ACS250	ACS200	
	Time	Display real time clock in 24 hours as “hh:mm:ss” or “hh:mm”		Display & DVD		
	Pace Clock	Pace	Two 60s clocks (30s different) copy analog pace clock.		Mini USB Cable	
		Pace 5/ Pace 10	Amazing new type pace clock, display 6 numbers or letters in different colors (red/yellow/green/cyan/magenta/blue). From left to right, the cycle time of each color increase 5s (Pace 10 is 10s). The value cover 0:15~4:35 (Pace 10 is 0:15~5:00) in 5s step. Swimmer start when see their private color character.		5V/4A Power Pack & D Cords	
				ACS251 Aluminum Case	ACS201 Portable Bag	
Turn On		Long press ON key to show “AUTOCOACH:” & firmware version “V...”				
Turn Off		Long press OFF key to show “Off!”. Auto shut off if idle 45 minutes.				

Work Mode	Normal	Turn ON key to show "Normal"
	Clock	Turn ON key to show "Time"
	Pace Clock	Turn ON key to show "Pace" or "Pace 5" or "Pace 10". Short press ON key reset to "00".
	Timing Resolution	Turn ON key to show "Normal", Turn OFF key select value, long press ON key to "Saved".
Set	Channel	Turn ON key to show "Chan", Turn OFF key select value, long press ON key to "Saved".
	Group	Turn ON key to show "Group", Turn OFF key select value, long press ON key to Show "Saved". Group 0 relate to 1st&2nd lanes, group 1 relate to 3rd&4th lanes, etc.
	Cycle Time	Turn ON key to show "Pace5/10", Turn OFF key select value, long press ON key to "Saved".
	Swap Lanes	Turn ON key to show "Swap", Turn OFF key select value, long press ON key to Show "Saved". Use stopwatch to start timing in race mode to check lane number is correct.
Check	Brightness	Turn OFF key when status LED flashing
	Battery & Net	Short press ON key
	Group & Channel	Short press OFF key
	Status LED	Battery: Blue>75%, Green 20~75%, Red <20%
Reset Device		Hold ON & OFF key to show "AutoCoach:"

Model	ACS250	ACS200	ACS210
Wireless	2.4GHz/100mW (Max)		
LED Matrix	64*14	32*14	16*14
Characters	8*1/12*2	4*1/6*2	2*1/3*2
Time Range	9:59:59	59:59	59S
Lanes	2	2 (in turn)	1
Power Pack	5V/4A		
Environment	-40~60°C, 20~90%RH		
Dimensions /cm	80*20*5	45*20*5	28*20*5
Net Weight	3.3kg	2kg	1.3kg

Optional Accessories		
ACS203 Tripod	Mount one Display	Metal/3.5kg/50kg Load/1~1.86m height / 102*28*39cm ³ packed
ACS205 Tripod	Mount 5pcs ACS250	Metal/5kg/80kg load / 1.3~2.1m height / 102*28*39cm ³ packed
ACS202 Tripod	Mount one ACS200	Metal & plastic/1kg/ 1.63m height /55cm packed length

▲ Devices with same Net & Channel can work together. Contact AutoCoach to set Net.

▲ Reset device with enough power if abnormal work.

ACS250		ACS200		ACS250		ACS200	
Stopwatch @ Watch Mode		Elapsed Time (Green) ss		Lane No. (Red) Stopwatch @ Race Mode		Elapsed Time (Green) ss	
9.9		9.9		10 9.9		10 9.9	
59:59		59:59		12.15 13.16		13.16	
1:02:03		1:02		1:32.61		12.15	
1:35:27.49		15.74		Ready.			
R 53		R 53		Abort !			
Stopwatch @ Speed Mode		Split Velocity (Yellow)		ON Marks!		Start Infos	
R 53 V1.5		V1.5		False Start!			
R 53 16:24		R 53		Ev 4 Ht 1 of 2 Mixed Open 50 br Prel		Mixed Even (Green)	
Stopwatch @ Interval/Pace/Ptest Mode		ss		Ev 5 Ht 1 of 1 Boys Open 200 br Prel		Even Male Even (Cyan)	
59		59 59		Ev 6 Ht 1 of 1 Girls Open 200 br Prel		Female Even (Megenta)	
1:14		1:14		Msl Ev 9		Marshalling Even	
1:26.31:35.4		1:35.4		Speaker @ Relay Mode Rly:Changeover Time (s)			
R Key Split Time (Yellow) L Key Split Time (Magenta)		1:26.3		Rly.139		Rly.139	
Stopwatch @ BeepTest Mode				Rly -.021		Rly -.021	
L 10.10		10.10		Speaker @ BlockTime		False Start	
Real Time Clock hh:mm:ss / hh:mm				R:Reaction Time (s) B:Block Time (s)			
Time		Time		R.18 B.72		R.18 B.72	
16:52:47		16:52		Speaker @ WallTime Mode W:Wall Time (s)			
Time:Elapsed Time (Green)				W1.10W1.05		W1.05	
R Key Split Time (Yellow)						Touchpad1 (Yellow)	
L Key Split Time (Magenta)						W1.10	
R:Strokerate (Magenta)						Touchpad2 (Megenta)	
V:Split Velocity (Yellow)							
L:Beep Test Level (Yellow)							
Rly:Change over Time (Yellow)							
Rly:False Start Change over Time (Yellow)							
B:Block Time (Yellow)							
W:Wall Time							
(R Key: Yellow, L Key Magenta)							

* Infors will scroll to left if longer than display.

Pace

00 30

Pace

00 30

Pace Clock

60s Clock
30s interval

10s
5s
0s

Pace 10
1:00-1:50

63236B50

Pace 5
1:10-1:35

Pace 10
1:10-2:00

000000 01

000000 01

741889 49

13251B 42



60s Clock
White

Characters (0~9~A~T) change in 5s or 10s.

Pace 10
0:55-1:45

Pace 5
0:55-1:20

Pace 5
1:00-1:25

951EC031

9753EF31

43218731

Swimmer Number #	Cycle Time	mm:ss						
		0:55	1:05	1:15	1:25	1:35	1:45	
1		1	1	1	1	1	1	
2		2	2	2	2	2	2	
3		3	3	3	3	3	3	
4		4	4	4	4	4	4	
5		5	5	5	5	5	5	
6		6	6	6	6	6	6	
7		7	7	7	7	7	7	
8		8	8	8	8	8	8	
9		9	9	9	9	9	9	
10		0	0	0	0	0	0	
11		B	B	B	B	B	B	
12			C	C	C	C	C	
13			D	D	D	D	D	
14				E	E	E	E	
15				F	F	F	F	
16					G	G	G	
17					H	H	H	
18						I	I	
19						J	J	
20							K	
21							L	

Swimmer Number #	Cycle mm:ss	0:55	1:00	1:05	1:10	1:15	1:20	
1		1	1	1	1	1	1	
2		2	2	2	2	2	2	
3		3	3	3	3	3	3	
4		4	4	4	4	4	4	
5		5	5	5	5	5	5	
6		6	6	6	6	6	6	
7		7	7	7	7	7	7	
8		8	8	8	8	8	8	
9		9	9	9	9	9	9	
10		0	0	0	0	0	0	
11		B	B	B	B	B	B	
12			C	C	C	C	C	
13				D	D	D	D	
14					E	E	E	
15						F	F	
16							G	

Swimmer Number #	Cycle mm:ss	1:00	1:05	1:10	1:15	1:20	1:25	
1		1	1	1	1	1	1	
2		2	2	2	2	2	2	
3		3	3	3	3	3	3	
4		4	4	4	4	4	4	
5		5	5	5	5	5	5	
6		6	6	6	6	6	6	
7			7	7	7	7	7	
8					8	8	8	
9							9	

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Speaker Operation Guide V3.00

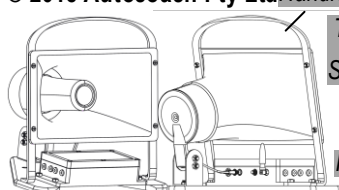
For V7.0.0+ Firmware

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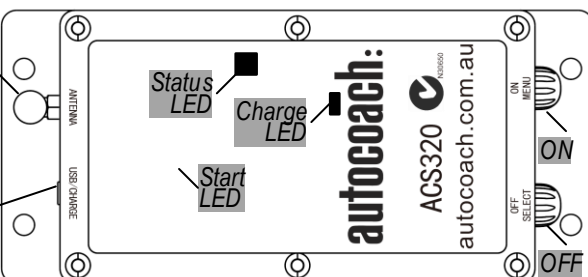
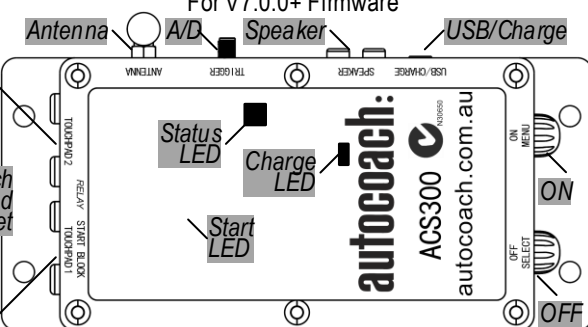
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ACS300



ACS320



Work Mode	Turn On	Long press ON key to sound “On”	Model	ACS300	ACS300T	ACS300B	ACS320
	Turn Off	Long press OFF key to sound “Off”	Wireless	2.4GHz/100mW (Max)			
	Normal	Turn ON key to sound “Normal”. Talk time function disable.	Touch Pad	Disable	Enable	Enable	Disable
	Timing	Turn ON key to sound “Timing”. Talk time function enable.	A/D Jack	No	No	Yes	No
			Volume	>110dB			>95dB
	Relay	Turn ON key to sound “Relay”. For relay change over training.	Power Pack	5V/1A/3.5mm plug			
	Block Time	Turn ON key to sound “BlockTime”. For swimming diving training.	Environment	-40~60°C, 20~90%RH			
Wall Time	Turn ON key to sound “WallTime”. For swimming turning training.	Dimensions/cm	26*28*28			20*14*23	
		Net Weight	2.4kg			1kg	
Set	Channel	Turn ON key to sound “Channel ...”,turn OFF key select value, long press ON key to sound “Stored”.	Packing List	Speaker	Optional Accessories	ACS203 Tripod	Metal/3.5kg /50kg Load /1~1.86m height /102*28*39cm3 packed
	Group	Turn ON key to sound “Group...”, turn OFF key select value, long press ON key to sound “Stored”.		5V/1A Power Supply			
	Volume	Turn Off key when status LED flash		USB-3.5mm Cable			
				DVD		ACS301 A/D Cable	4m/SMA Male to Mini BNC Male
Check	Mode & Channel	Short press OFF key	AC321 Carry bag for ACS320				
	Battery & Group	Short press ON key					
	Start LED	Flash one time for visible start signal	▲ Devices with same Net & Channel can work together. Contact AutoCoach to set Net. ▲ Reset device with enough power if abnormal work.				
Status LED	Battery: Blue>75%, Green 20~75%, Red <20%						
Reset Device	Hold both ON & OFF key until hear firmware version and Net ID						

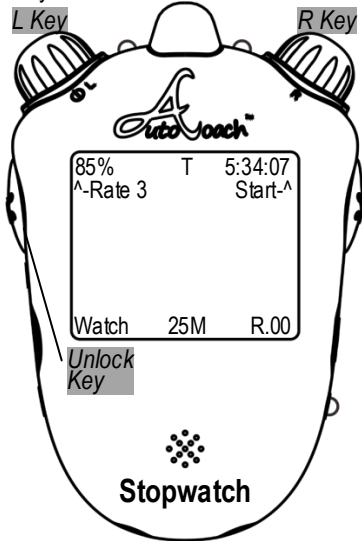
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AutoCoach Devices Synchronization

All autococh devices can work synchronously if they have same **Net ID**, **Channel** and **Firmware version**. End user can update firmware by Autocoach Manager program and set up **Channel** by the keys of device. Call autococh for **Net ID** change service.

L Key

R Key



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with **Time Call** tm

Net: 259 CH: 15
S/N A1-12345 V7.00

Hold R/L key + **Unlock** key until hear "On" to turn on stopwatch, it will display the Net ID (**Net**), Channel (**CH**) and firmware version (**V**).

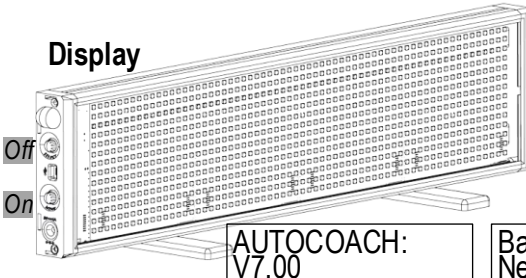
72% 18:26:11
Save-^

Time Adj 17:50
Channel 15
Rate Count 3

Set Radio Channel
Setup Net 259

Hold **Unlock** key and turn **L** key to **Setup** mode. Release **Unlock** key then turn **L** key to **Channel** item. Turn **R** key to select desired channel. Long press **R** key to sound "stored" to save the setting.

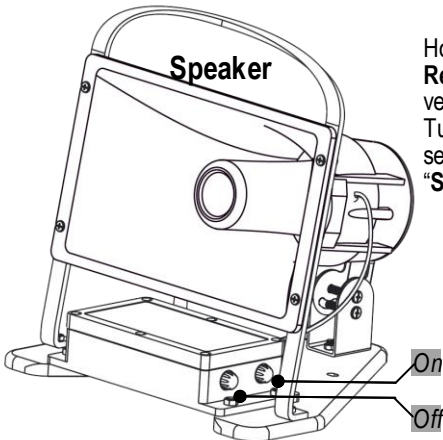
Display



When display is off, long press **On** key to turn it on, it will show firmware version (**V**) and Net ID (**Net**).

When it is on and timer is idle, rotate **On** key to **Chan** item, rotate **Off** key to select desired channel, long press **On** key until display "Saved" to save the setting.

Speaker

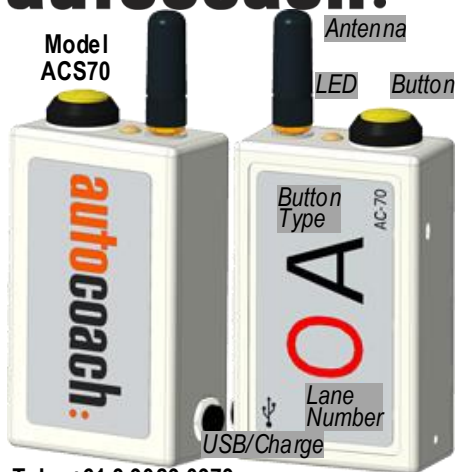


Hold Both **On** & **Off** key to hear "**Reboot...**" to reboot device, can hear firmware version "**Version...**" and Net ID "**Network...**" Turn **On** key to hear "**Channel...**", turn **Off** key to select desired channel, long press **On** key to hear "**Stored**" to save value.

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Timing Button Operation Guide V3.00

For V7.00+ Firmware



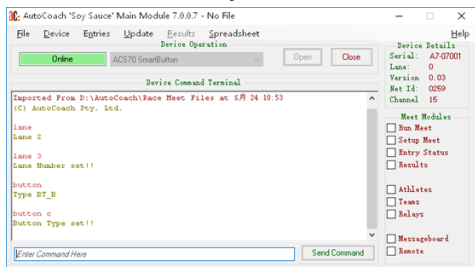
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Turn On	When it is off (led off), hold button down about 2 seconds until blue led flash. It will sound volume up tone.			
Turn Off	When it is idle (blue led slowly flash), hold button down about 2 seconds until led off. It will sound volume down tone. * Not allowed turn off when it is timing.			
Timing	Short/long press button when it is timing			
Reset	Hold button down about 15 seconds until sound beep.			
LED		Specifications		
Off	All LEDs Off		Wireless	2.4GHz/100mW
Idle	Blue	Short flash	Power Pack	5V/1A
Timing		Long flash	Environment	-40~60°C
Weak Signal	Red	Flash	Ingress Protection	IP54
Charge		On	Dimensions	51*110*15mm ³
			Net Weight	80g



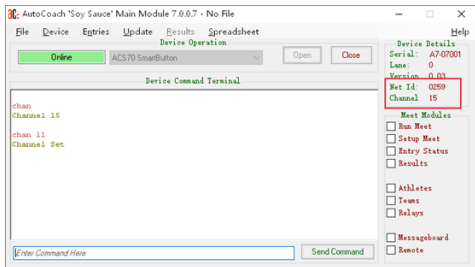
```
lane
lane 2

lane 3
lane Number set!!

button
Type BT_B

button c
Button Type set!!
```

Each lane support 3 types (A/B/C) timing button. Use original USB cable connect with computer to change lane number or button type. Command "lane" check current lane number, command "lane *" set new number. (*=0~9)
Command "button" check current button type, command "button" set new type. (*=A/B/C)



```
chan
Channel 15

chan 11
Channel Set
```

The setting of **Net ID** and **Channel** should be same as the stopwatch so that they can work together. Normally they are setup properly to match the stopwatch when shipping. Command "Chan" check current channel, command "Chan *" set new channel. (*=11/13/15/17/19/21/23/25)

Contact Autocoach to set Net ID.

Current Race													
Lane	Athlete Name	Team	Age	En	HC1	HC2	DQ	SeedTime	Place	HPice	Pel Time	Watch	TPad
0	HoluhJanelle	WOW	10	✓	□	□	□	34.99					
1	FahnestLucy	RND	11	✓	□	□	□	34.98				10.46	
2	KunkEmily	OTT	10	✓	□	□	□	34.93					
3	Meyer Hannah	TRL	11	✓	□	□	□	34.89					
4	Yang Emma	OTT	11	✓	□	□	□	34.87					
5	Walters Aloha	MLN	8	✓	□	□	□	34.88					
6	Warner Abby	TRL	10	✓	□	□	□	34.90					
7	Sutherland Jessica	MLN	11	✓	□	□	□	34.95					
8	Auticoch Marina	HOP	11	✓	□	□	□	34.98					
9	Fules Samantha	SEY	10	✓	□	□	□	35.00					

Timing result will store both locally and remotely in the Autocoach Manager program of computer. Refer to Autocoach Manager manual for more detail.

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Smart Cap Operation Guide V3.00

For V7.00+ Firmware



Turn On	Hold button down about 3 seconds until green led flash. It will sound "On ... Battery %".
Turn Off	When it is idle, hold button down about 3 seconds until leds off. It will sound "Shuts down ... Off". Not allowed turn off when it is timing.
Change Mode	Double click button when idle.
Battery Level	Click button in Talking mode.
Reset	Hold button down about 15 seconds until reboot. Will report firmware version/Net ID/Channel/Athlete number/Battery level.

Work Mode	
Talking	For team training, work with stopwatch (Interval/Pace/Ptest mode), receive specified start signal and timing result from it.
Timing	For individual training, work independently, announce laps/splits/speed/Strokerate/DPS /turn/wall time etc.
Tracking	Trace motion path by GPS system. * Available for ACS500G .

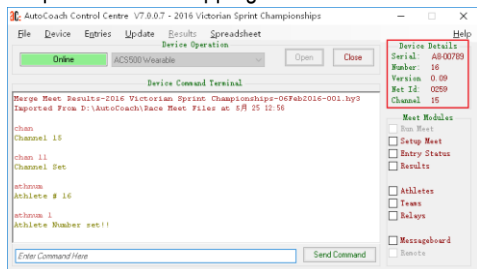
LED			Specifications	
Off	All LEDs Off		Wireless	2.4GHz/100mW
Idle	Green	Short flash	Power Pack	5V/1A
Timing	Green /Red	Long flash	Environment	-40~60°C
Charge	Amber	On	Ingress Protection	IP67
Red led means weak signal or low battery			Dimensions	110*101*31mm ³
			Net Weight	120g

Stopwatch can talk with desire athlete by hold **Talk** key and turn **R** key to select athlete number (Athlete1~16/Line1~2).

Use original USB cable connect with computer to change athlete number.

Command "**athnum**" check current athlete number, command "**athnum ***" set new number. (*=1~16)

The setting of **Net ID** and **Channel** should be same as the stopwatch so that they can work together. Normally they are setup properly to match the stopwatch when shipping.



Command "**Chan**" check current channel, command "**Chan ***" set new channel. (*=11/13/15/17/19/21/23/25)

Contact Autocoach to set Net ID.

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