Timing, Training & Racing – All In One

Performance Stopwatch
Race Meet System
Training Material

(For v6.01+ firmware)

autocoach

"Freedom to coach and assess performance without the burden of being a time-keeper" **--IAN POPE**

ACS100E/ ACS110E Menu List

1. “Watch” (Stopwatch measurement)
2. “Speed” (Velocity measurement)
3. “Splits” (Split time review)

4. “Beep Test” (Fitness Test)
5. “PTest” (Pace Test)
6. “Pace” (Pace training)
7. “Interval”(Interval training)
8. “Set Up” (9 different functions)

9. “Group” (2 lane race group timing)
10. “Race” (Race starter, 2 lane timing, Select sport)
11. “Memory” (Results review)

Sport Selection Operation
(In “Race” mode)
Unlock + rotate right dial
to select start method

Str Type	Features	Sport
Single	Final time without any intermediate splits	Swimming
Splits	Cumulative time splits	Swimming
Athletes	Gun noise start	Track and field
Distance	Cumulative times for distance	Cross country & Open water

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Setup Menu List

Item	Options	Description
Spacing	5s 7.5s 10s 12.5s 15s	Start Interval
Course	25Y 25M 33Y 50Y 50M 55Y 25ST 100M 200M 400M	Course Length
Lanes	0…9 9…0 1…10 10…1	Pool Lanes Type
Starts	Normal Over Top Str Nrm Str Top Str Man	Race Starting Method
Time Adj	(current time)	Set Time Offset
Channel	11-26	Set Radio Channel
Rate count	1 2 3	Rate Cycle Count
Beep type	Count Strtr Beeps	Beep sound type
PTst Stp	0s 0.5s 1s 1.5s 2s 2.5s 3s 3.5s 4s 4.5s 5s	Pace Test step

	Race Start	Dual lane timing	Exit whistle
Normal	√	√	√
Over Top	√	√	×
Str Nrm	√	×	√
Str Top	√	×	×
Str Man	Referee whistle	×	×

Setup Mode Operation (In "Setup" mode)

1. Rotate left dial to "Item"
2. Rotate right dial to select "Options"
3. Long press right dial to store the selection

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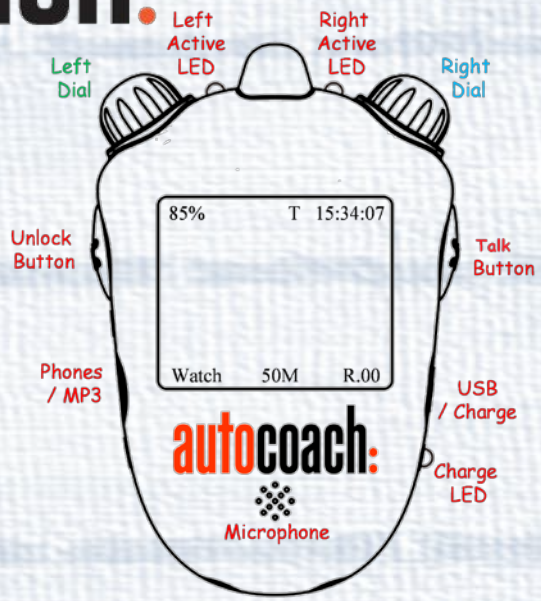

General Operation

On/ Off	Unlock+ press right dial (3sec)
Change Mode	Unlock+ rotate left dial
Reboot	Hold left & right dials together (10sec)

Time Call

Spoken time	Rotate right dial fully

Two Way Radio

Talk / PA	Press talk button
Select PA target • All • Speakers only • Watches only • Athletes	Press talk button+ rotate right dial • Talk to every Autocoach device • Class PA • Coaches • Currently not in use

autocoach: Watch Mode Operation

Short press right dial	Start a stopwatch
Short press right dial	Lap split
Short press left dial	Start / stop rate measurement
Long press right dial	Stop an active stopwatch

Swim	Stroke rate, distance per stroke, stroke index
Athletics	Stride rate, distance per stride

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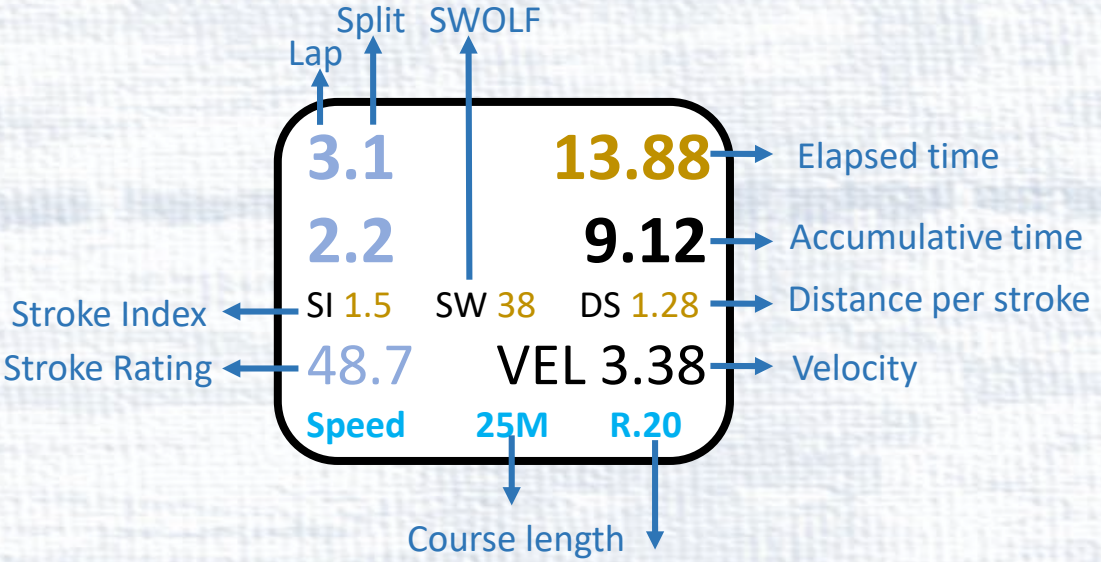
Speed Mode

Select Setup mode

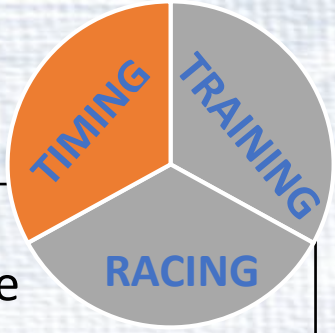
1. Rotate left dial to	"Course"
2. Rotate right dial to	• 25Y • 25M • 33Y 2 splits per lap (e.g. 1.1, 1.2, 2.1, 2.2 …) • 50Y • 50M • 55Y 4 splits per lap (e.g. 1.1, 1.2, 1.3, 1.4, 2.1, 2.2 …)
3. Long press right dial to store the selection	

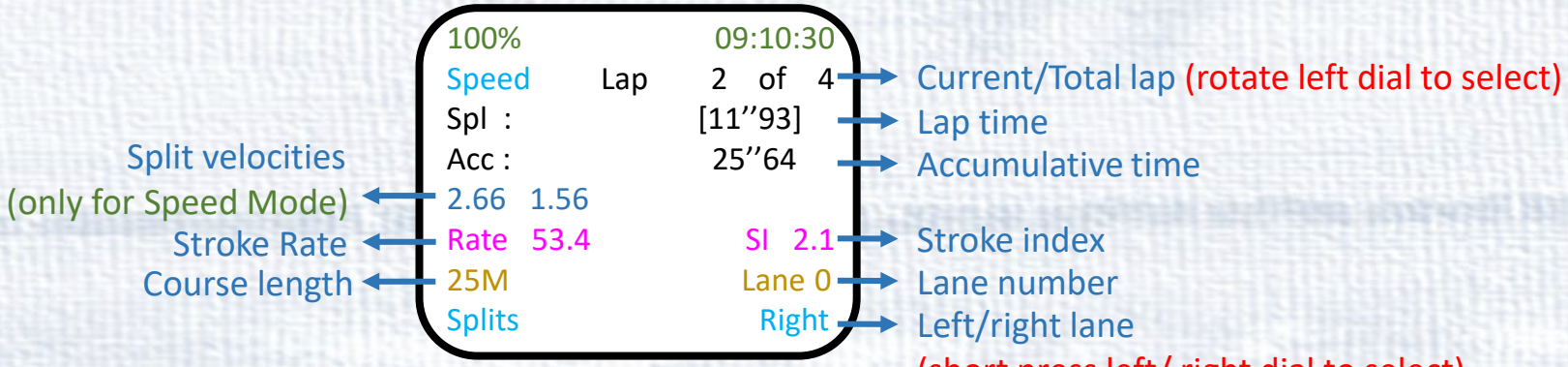
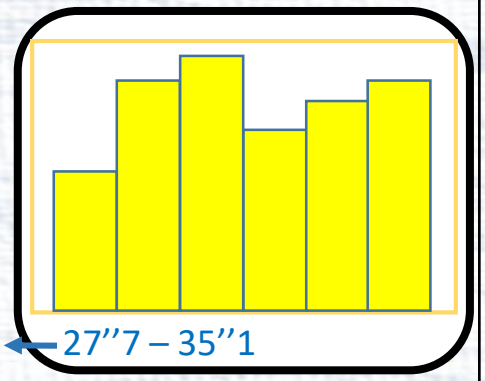
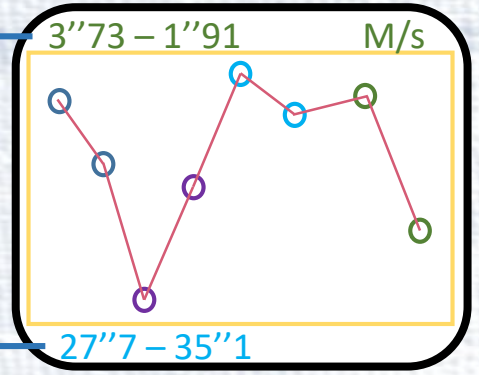
Select Speed mode

Short press right dial	Start a stopwatch
Short press right dial	Lap split
Short press left dial	Start / stop rate measurement
Long press right dial	Stop an active stopwatch
Rotate left dial	Select split to display

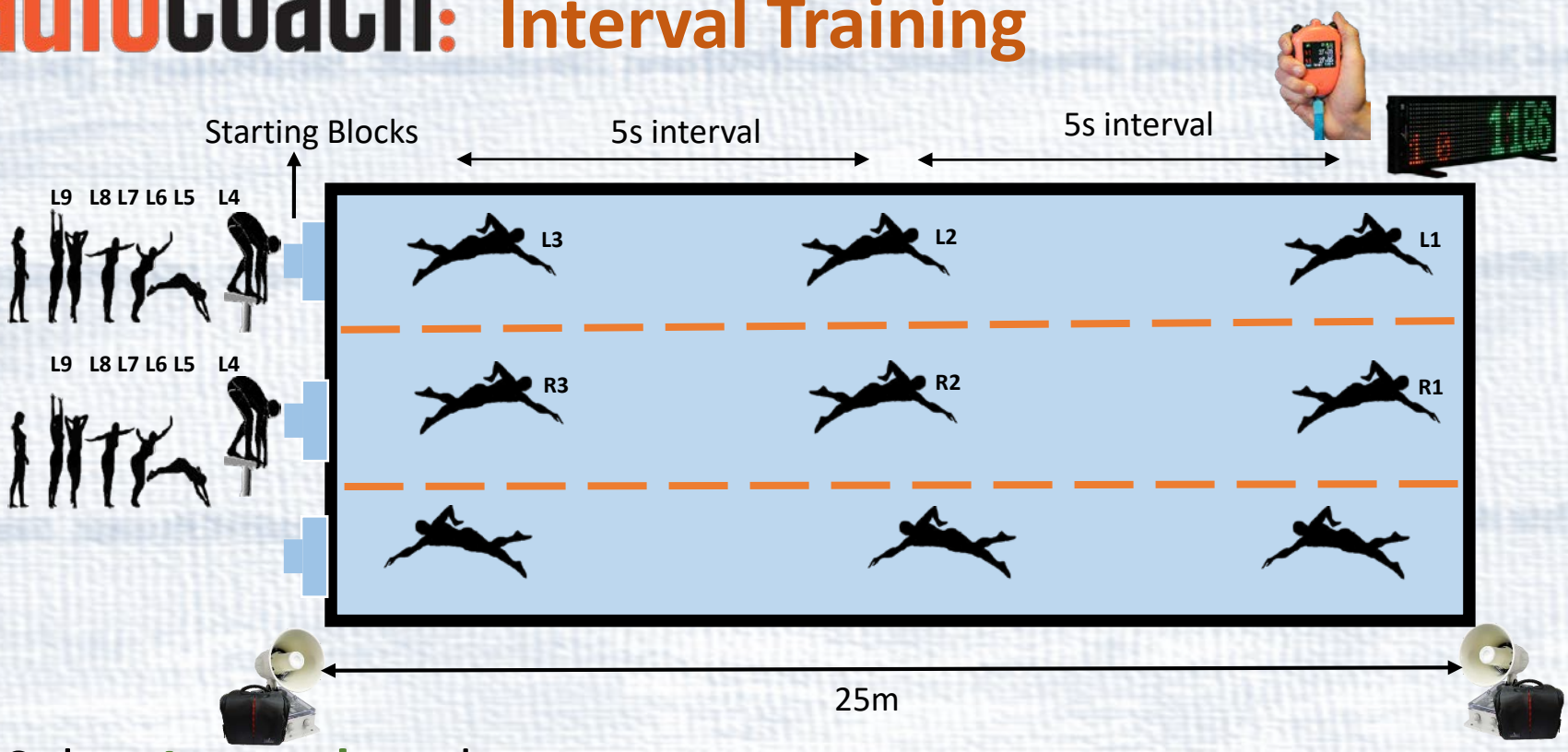


autocoach: Results Analysis



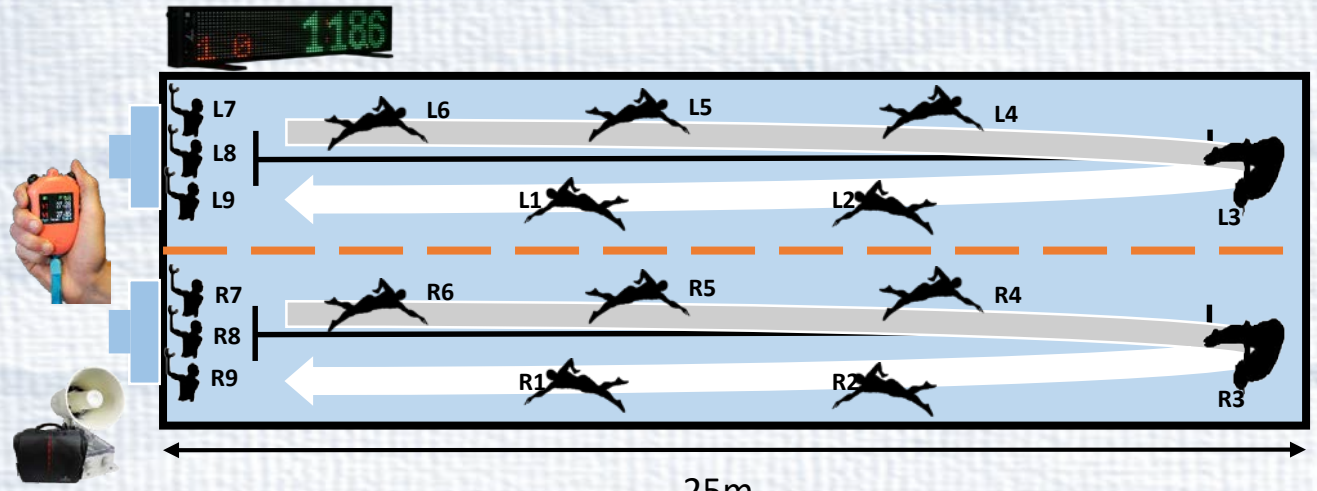
	If using **Watch** mode or **Race** mode	If using **Speed** mode
Select **Split** mode		
Select **Graph** mode (actived after more than 2 laps of results have been recorded)	**Time graph** 	**Velocity graph** 

autocoach: Interval Training



Select **Interval** mode:

Select interval time	Unlock + rotate right dial
Race starts: "Take your mark" → (randomized time delay) → Beep every interval	Short press right dial 5 seconds prior to commence the interval
Beep starts: Repeat "8, 9, Go" every interval	Short press left dial 5 seconds prior to commence the interval
Stop the interval	Long press right dial
Pause the training (timer keeps running but beep is muted)	Long press left dial



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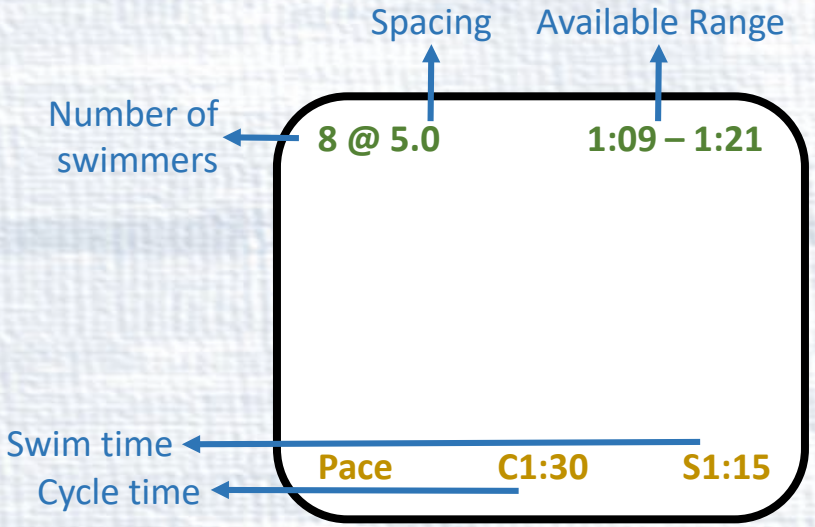
Pace Training

Select Setup mode

Rotate left dial to	Spacing	Beep Type
Rotate right dial to	• 5s • 7.5s • 10s • 12.5s • 15s	• Strtr • Beeps • Count (for interval mode)
Long press right dial to store the selection		



Select Pace mode

Select target swim time (e.g. S1:15) and cycle time (e.g. C1:30)	Rotate left dial will change both "C" and "S" Press unlock and rotate right dial will change "S" separately
Select max number swimmers in any lane	Rotate right dial
Measure split times of each lane	Short press left/ right dial after start
Stop training	Long press left dial

Action / Beep Type	Short press left dial	Short press right dial
Strtr	"Take your marks" … Beep!	"Take your marks" … Beep!
Beeps	"Lap 1.1" … Start Beep! "1.2" … Start Beep! …	"Lap 1.1" … "Go!" "1.2" … "Go!" …

autocoach: Race Practice

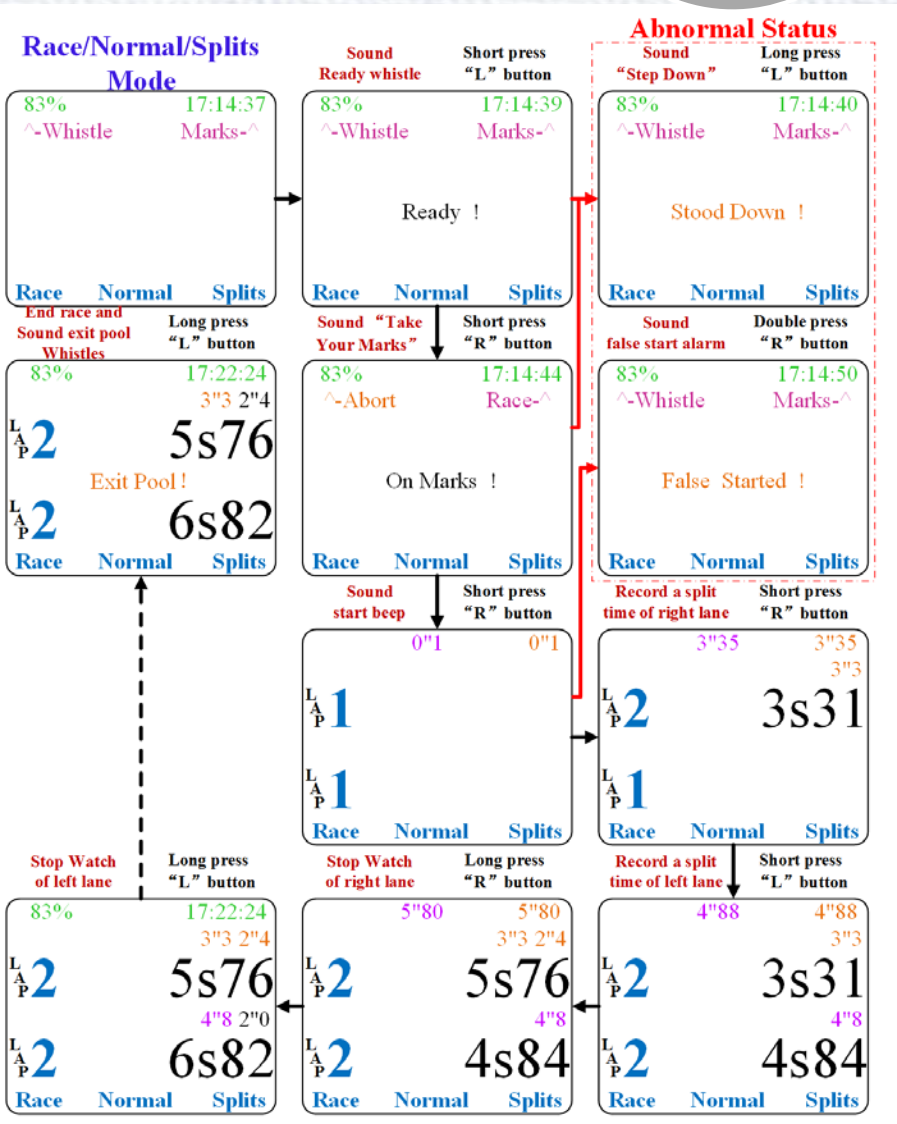
Select **Setup** mode

1. Rotate left dial to	"Channel"	"Start"	"Course"
2. Rotate right dial to	11 – 26 (same as speaker/ LED)	Normal	• 25M • 50M
3. Long press right dial to store the selection			

Select **Race** mode

Unlock + rotate right dial to select start method as "Splits"

1. Short press left dial → Sound start whistle
2. For backstroke: press again to sound second whistle
3. Short press right dial → "Take your marks"
4. Second press right dial → Start beep
5. Splits Mode: Short press left/ right dial → left/ right lane splits
6. Long press left/ right dial → Final time of each lane
7. Long press left dial when timing inactive → Exit whistle



autocoach: Race preparation

For example: 8 lane operation, “Str Nrm” master

- 1 **Starter stopwatch** → setup “Str Nrm” → operate in “Race” mode (starter stopwatch)
- 4 **Timing stopwatches** → “Group 0”… “Group 3” → operate in “Group” mode (timing stopwatch)
- 4 **LEDs** setup as “Group 0”… “Group 3” or a large scoreboard
- 2 **Speakers** setup as “Group 0”

Starter
(“Race” mode)

Timing
(“Group” mode)

LEDs

Speakers
(“Group 0”)

autocoach: Race preparation

For example: 8 lane operation, “Nrm” master

- 1 **Starter stopwatch** → setup “Nrm” → operate in “Race” mode (starter stopwatch)
- 3 **Timing stopwatches** → “Group 1”… “Group 3” → operate in “Group” mode (timing stopwatch)
- 4 **LEDs** setup as “Group 0”… “Group 3” or a large scoreboard
- 2 **Speakers** setup as “Group 0”

Starter & Timing (“Race” mode)

Timing (“Group” mode)

LEDs

Speakers (“Group 0”)

autocoach: Race setup...continue

Speakers

Long press rear dial	Turn on	
Long press front dial	Turn off (cannot turn off if race is in progress)	
Rotate front dial	Adjust volume	
1. Rotate rear dial to	"Normal"	"Channel"
2. Rotate front dial to		System operation channel
3. Long press rear dial to store the selection within 3 seconds of adjustment		

LEDs

Long press lower dial	Turn on		
Long press upper dial	Turn off (cannot turn off if race is in progress)		
Rotate upper dial	Adjust brightness		
1. Rotate lower dial to	"Normal"	"Channel"	"Group"
2. Rotate upper dial to		Operation channel	Desired group which corresponds to stopwatch lane pair
3. Long press lower dial to store the selection within 3 seconds of adjustment			

autocoach. S (swimming) or A (athletics)

Starter Stopwatch

Details and operation see p.p.1

Details and operation see p.p.2

In "Race" mode / In "Setup"→Start	Single	Splits	Athletes	Distance
Normal	S	S	A	S, A
Over Top	S	S		
Str Nrm	S	S	A	S, A
Str Top	S	S		
Str Man	S	S	A	S, A

In "Setup" mode

Course	S	25Y, 25M, 33Y, 50Y, 50M, 55Y
	A	100M, 200M, 400M (need to reset course length upon each race completion)
Lane	S	0 … 9, 9 … 0, 1 … 10, 10 … 1
	A	1 … 10, 10 … 1

autocoach:

All the Autocoach devices (stopwatches, LEDs, speakers) must be set to the same channel

Race setup

Starter stopwatch and Timing stopwatches In "Setup" Mode

1. Rotate left dial to	"Channel"
2. Rotate right dial to	11 – 26 (ensure same channel as speakers and LEDs)
3. Long press right dial to store the selection	

Timing Stopwatch In "Group" Mode

Unlock + rotate right dial to select timing stopwatches to "Group 0" (first lane pair), "Group 1" (second lane pair), etc.

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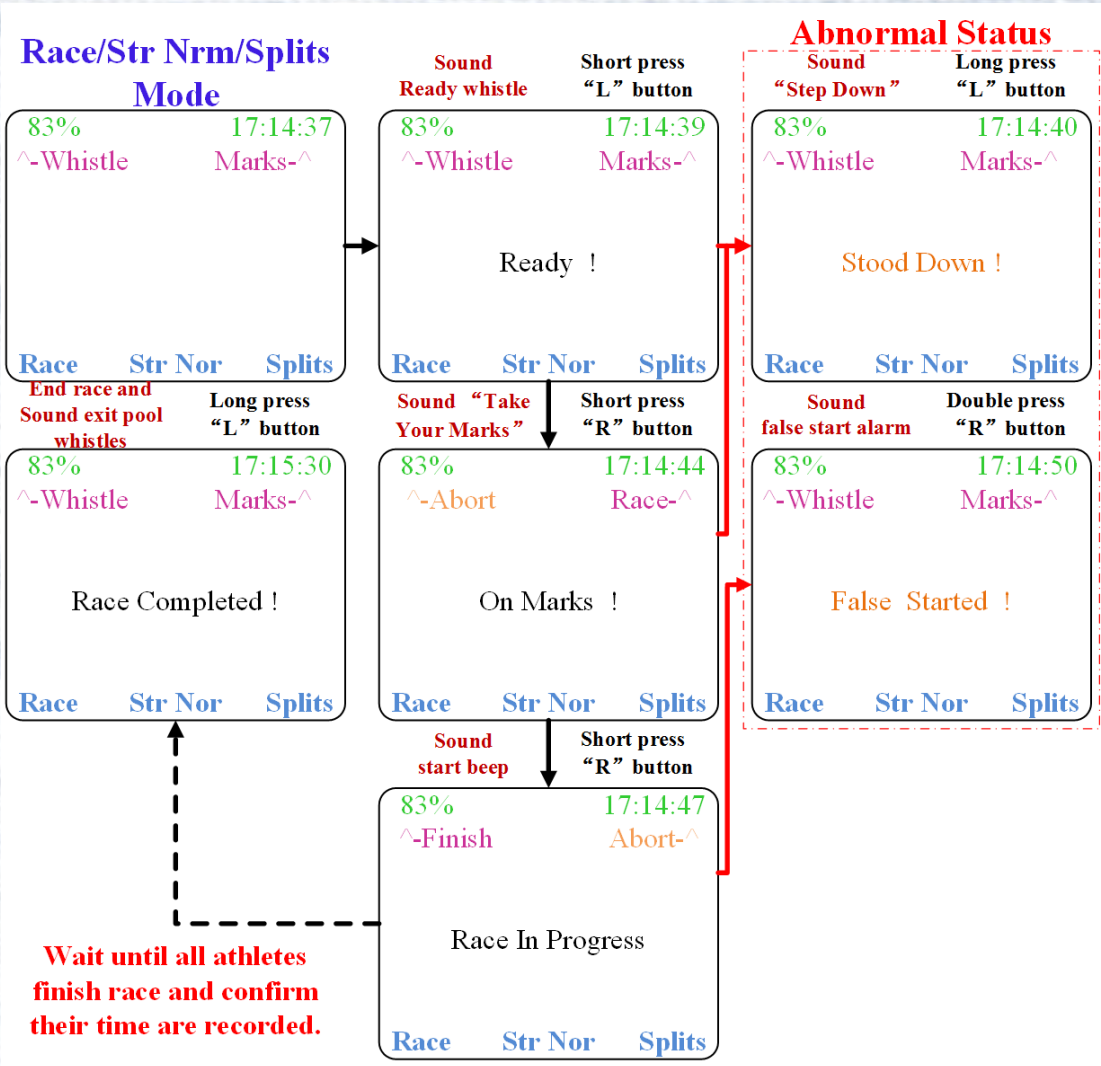
Race Operation
Swimming – Str Nrm Splits

1. Short press left dial → Sound start whistle
2. For backstroke: press again to sound second whistle
3. Short press right dial → "Take your marks"
4. Second press right dial → Start beep
5. Splits Mode: Short press left/ right dial → left/ right lane splits
6. Long press left/ right dial → Final time of each lane
7. Long press left dial when timing inactive:
   Normal Mode → Exit whistle
   Over the Top → Finalize the race but will not sound to swimmers

Abort a race: (prior to race starting)

- Long press left dial → "Stand Down"

False start: (race has started)

- Double press right dial → "False Start"