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1 INTRODUCTION

The performance testing system is a device that the athletes and their trainer use in order to measure and to register the training results for sprint and short distances.

This system can measure the reactions as of the start out of the starting blocks, but also the interval times of all different disciplines. After the test, the results are automatically printed out through the built-in printer. After analyzing the results, it is possible to work effectively on the correction, for example of the departure speed.

2 SET-UP OF THE CONFIGURATION

2.1 CONTENTS

The standard Performance Testing configuration consists of:

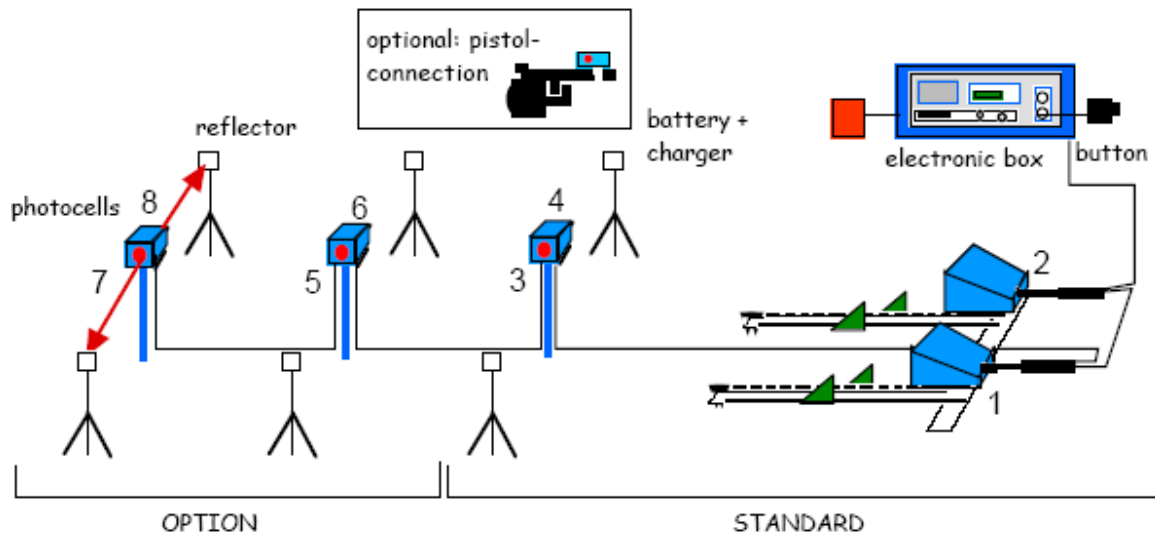
- 1 electronic box with a built-in printer
- 2 starting modules with velcro
- Cabling
- Double photocell modules + 2 reflectors (double gate)
- 1 carrying case
- 1 battery
- 1 battery charger
- 1 starting button
- 3 tripods (per gate)
- 1 manual

In case you have chosen for a single photocell module, you will receive one reflector and two tripods.

Optional:

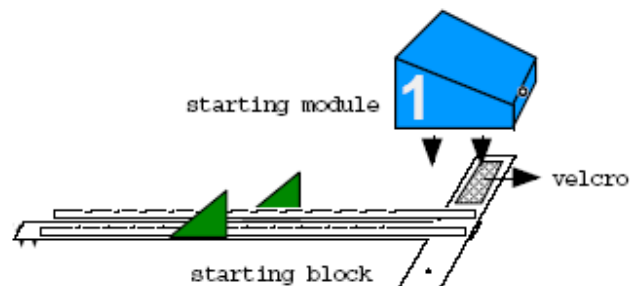
- Repeatedly double photocell modules + 2 reflectors + 3 tripods per extra gate
- Repeatedly single photocell modules + 1 reflector + 2 tripods
- Start detector for pistol

2.2 SCHEMATIC OVERVIEW OF THE SET-UP



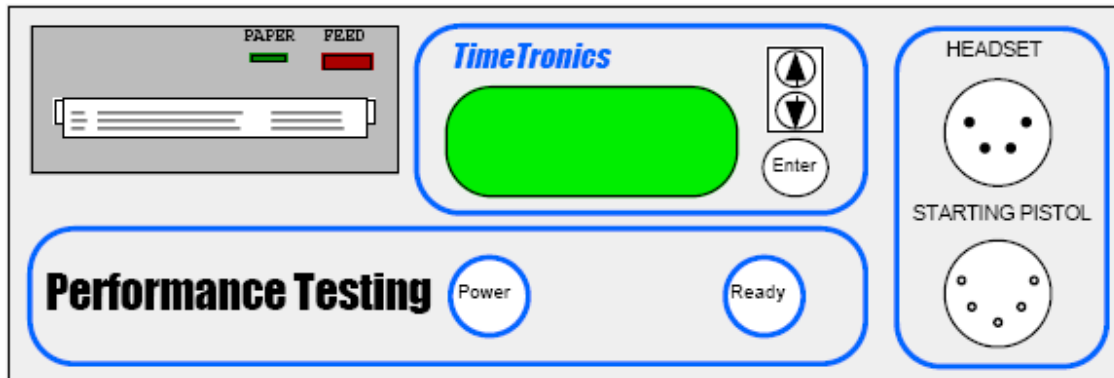
2.3 ATTACHMENT OF THE STARTING MODULES ONTO THE STARTING BLOCKS

All starting modules are equipped with velcro straps on their bottom plates. Simply tear off the loop part of those velcro straps and stick it onto the starting block. The hook part of the velcro straps remains attached underneath the starting module. Now you can easily stick the starting module onto the loop velcro on the starting block. After the races, you can again pull the starting modules off the blocks.



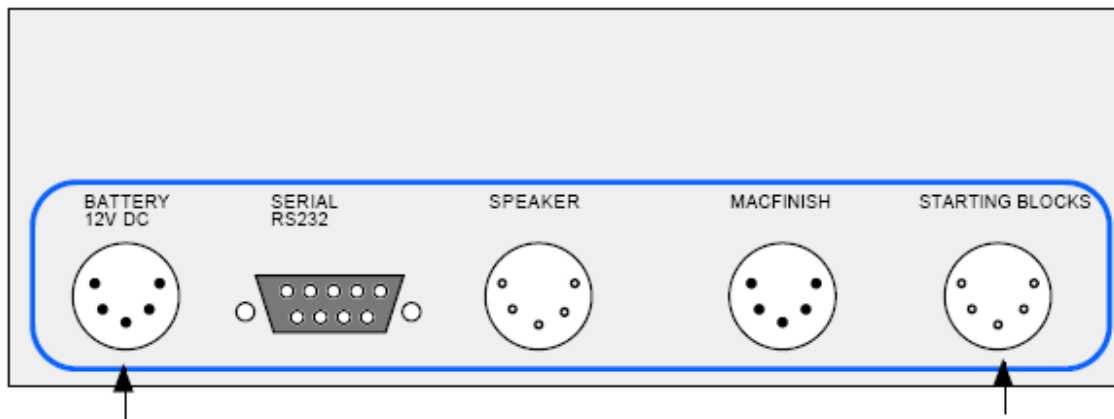
2.4 CONNECTIONS ON THE FRONT AND BACK PANEL OF THE FALSE START BOX

2.4.1 Front Panel



At the front panel of the Performance Testing Box, there are in fact only two connections; the 'Headset' connection and the 'Starting Pistol' connection. Only one connection will be used, namely the 'Starting Pistol' connection in which the cable from the start detector is plugged in. Furthermore the front panel has a built-in printer, a display unit and other maintenance buttons of which the function is explained further in the manual.

2.4.2 Back Panel



There are 5 connections on the Back Panel of which you will use only two:

Battery Connection (12v DC)

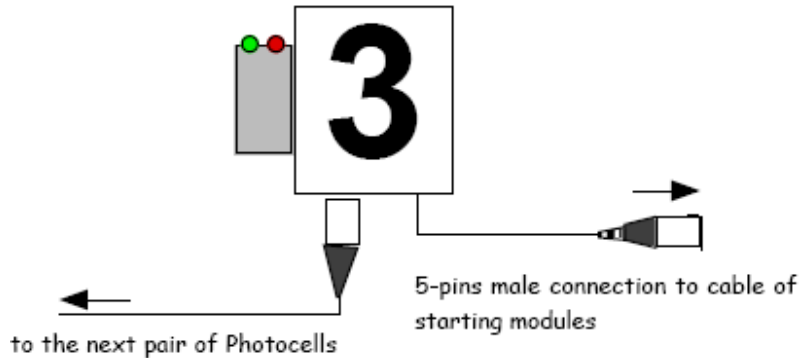
Where you plug in the battery.

Connection of the Starting Blocks

Where you plug in the cable which leads to both Starting Modules, or the cable that goes straight to the first pair of Photocells.

2.5 CONNECTIONS OF THE PHOTOCELLS

A picture of the side of the first pair of photocells:



As you notice there are 2 leds (red and green) on top of each photocell. When all the connections of the system are correctly made and the system is switched on (by pressing the power button), the green led will light up immediately. When the Photocells are correctly aligned on the reflectors, also the red led will light up.

The red led will turn on if:

- 1) the photocells are incorrectly aligned to the reflectors.
- 2) when there is an interruption of light of the photocells.

3 OPERATION

3.1 START-UP

Press the 'power' button in order to start-up the Performance Testing box.



Afterwards the main screen appears on the display:

```
Please >>Timing
Select  FlyingStart
Function 2 Lanes
        Displ Prefs
```

Through the arrows on the front panel of the electronic box you can select 'Timing', 'FlyingStart', '2 Lanes', 'Displ Prefs' or 'TOTAL RESET' (not visible here on the display):



We will get back on this later in this manual.

Press the 'ENTER' button.

3.2 PREPARE A FIRST PERFORMANCE TEST

Select 'Timing' in the main screen.

Afterwards press the 'ENTER' button on the front panel electronic box. The following window appears:

```

Race1   Time = 00.00
Time0   Batt. = 12,2V
        Pistol = Conn.
        TMsys = READY
  
```

What is the meaning of all this?

Time = 00.00

From the moment the start is simulated through the start button, the clock starts to run.

Batt. = 12,2V

Shows the voltage of the battery. Recharge your battery when the voltage goes below 11,5 volt.

Pistol= Conn.

This means that the pistol (or in this case the start button) is plugged in. When this is not the case 'Loose' will appear instead of 'Conn'.

TMsys = READY

This means that the system is ready for a start. You notice that also the led on the start button lights up. Once the start is given, the same led turns off and 'RUN' will appear on the screen instead of 'READY'. If you push the 'READY' button after the event, 'STOP' will appear.

When you prepare the system again for the second performance test (push again the 'READY' button), the number of the 'RACE' will be increased automatically with 1 unit (for example: RACE 2)

3.3 THE FIRST PERFORMANCE TEST

Be aware that TMsys is put in 'READY'-mode.

The led on the start button lights up, which means that you may give a start by pressing the start button.

When you give a start, you will hear a beep (also in starting modules).

The following will appear on the print-out:

| amount of registrations | | | |
|--|---|-----------|--|
| numbers of starting modules and photocells | | | |
| 006 | 6 | 00:23.597 | arrival time through gate #5 and #6 |
| 005 | 5 | 00:22.643 | |
| 004 | 3 | 00:11.557 | arrival time through gate #4 and #3 |
| 003 | 4 | 00:11.321 | |
| 002 | 2 | 00:00.113 | reaction times for starting module 1 and 2 |
| 001 | 1 | 00:00.106 | |
| ----- | | | |
| Test number : 2 | | | |
| TimeTronics, div of IE | | | |
| TrainingsMonitor II V007 | | | |

The numbers of the starting modules and the photocells are specified in advance and correspond with the schematic sketch of page 2. Easily to be remembered is the fact that the left-and right track is divided in pair and unpaired numbers.

For an athlete in the left track, only the numbers 1, 3, 5, 7, etc. for example count.

After each performance test, you can proceed to the next performance test by simply pushing the 'READY' button.

4 OTHER MENUS FROM THE MAIN SCREEN

4.1 FLYINGSTART

In this menu, the start is not given through the start button but by the pressure exercised by the athlete on the starting block. Both athletes have taken their position in the starting block. As soon as one starts, the chrono will be set off. In this menu, the start can also be given by the interruption of the photocell beam.

4.2 2 LANES

The Performance Testing system can be used in a 1 lane or 2 lane set-up. By clicking on '2 lanes', the system will change to the 2 lane set-up. In this configuration, 2 athletes can be tested simultaneously which often leads to higher performances.

After having clicked on the 'ENTER'-button to confirm the 2 lane set-up, the following window will appear:

```

Race1  Time = 00.00
Time0  Batt. = 12,2V
        Pistol = Conn.
        TMsys = READY
  
```

The system is ready for a new start (seep.7 TMsys = READY).

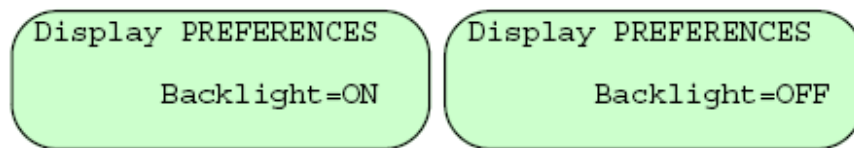
After the trial, the following results can be printed. The lay-out looks like:

| | | | | |
|--------------------------|--------|--------|--------|--|
| 006 | | 6 | 23.597 | |
| 005 | 5 | 22.643 | | |
| 004 | | 4 | 11.557 | |
| 003 | 3 | 11.321 | | |
| 002 | | 2 | 00.113 | |
| 001 | 1 | 00.106 | | |
| ----- | | | | |
| Nr | Lane 1 | | Lane 2 | |
| ----- | | | | |
| Test number : 2 | | | | |
| TimeTronics, div of IE | | | | |
| TrainingsMonitor II V007 | | | | |

Also in this set-up the system is set ready for a new performance analysis by clicking on the 'READY'-button. For switching to the 1 lane set-up again, you go to the MENU screen by clicking 'ENTER'. In this menu overview, you opt for the menu 'TIMING'.

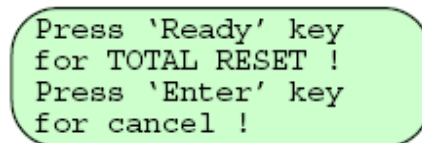
4.3 DISPLAY PREFS

In this menu the background light in your display window can be switched on or off. When working outside, there is no need to switch on the light. When working inside on the other hand, this option might come in handy. You can make the selection by using the arrows on the front panel.



4.4 TOTAL RESET

In this menu the complete system can be reset. The message on the display is quite clear: "Press Ready key for Total Reset. Press Enter key for Cancel."

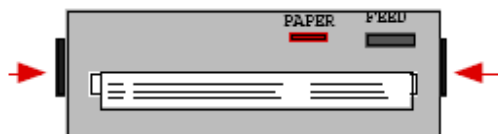


5 RETURN TO THE MAIN SCREEN

If from one of these menu's you want to return to the main screen, press the "Enter" button on the front panel of the electronic box.

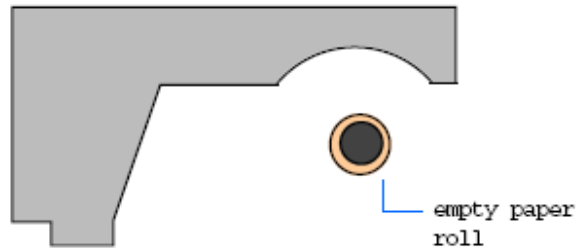
6 TO REPLACE THE PRINTER PAPER

Once and a while you will need to replace the printer paper. When the printer is out of paper a red LED under the "paper-button" will light up. To replace the paper roll, you first need to open the printer. You can open the printer by pressing the two buttons on both sides of the print panel simultaneously and then by pulling the panel away from the False Start box:

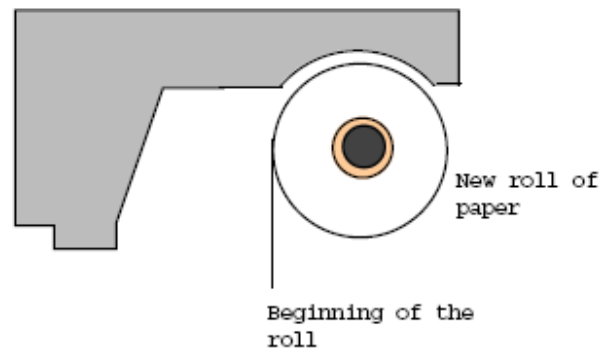


You are now looking at the internal structure of the printer. This structure has to be brought to the front so that you can see the empty paper roll at the bottom:

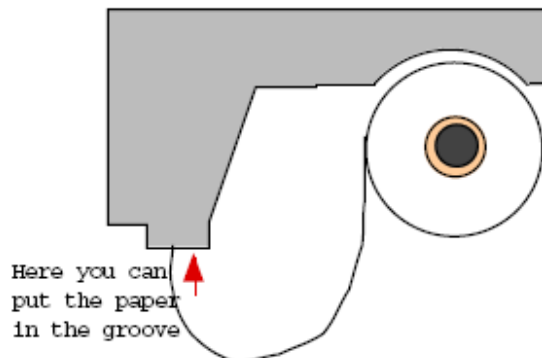
side-view of the printer



Now replace the empty roll for a new roll of paper, but make sure that the roll is correctly positioned:



Put the paper in the groove as shown:



Simultaneously press the 'FEED'-button on the front panel of the printer until you see the paper coming out. Next you put the front panel of the printer back in its place (again press both buttons simultaneously) and then check if the paper is coming out of the open groove onto the printer.

7 TO SWITCH OFF MANUALLY

To switch the system off manually, you need to push the 'POWER'-button on the front panel of the electronic box.

8 TO SWITCH OFF AUTOMATICALLY

If the system is not used for longer than 10 minutes, it will switch off automatically (to save energy).

The system will start an audible countdown, which can be interrupted by pressing any key of the front panel. On the display you will see the following:

AUTOMATIC SHUTDOWN
in ... seconds.
Press any key to
cancel.

9 OTHER SPORT APPLICATIONS

Of course the Performance Testing system can also be used for training purposes in other sports. For example football or volleyball.

The numbers 1 and 2 (starting modules) can be replaced by photocells. That way the concerned athletes can run a sort of timing round.

An example:

