

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.

SUMMARY

Create your MyFreelap account	3
Attach your FxChip BLE	3
Place your transmitters	3
- Flying Start configuration	4
- Start Block configuration	5
Place your LED Display (<i>optional</i>)	6
Place your mobile device	6
Set up your MyFreelap account	6
Create your MyFreelap session	8
About your timing data	8
About synchronization	9
Checklist	9
<i>Annexes</i>	10

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

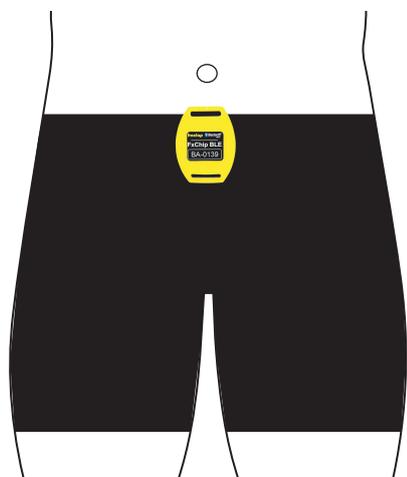
- Open MyFreelap app. At the bottom of the screen, click on "Register".
- Fill out the registration form, and click on "Register".
- Confirm your registration by clicking on the link in the activation Email we sent you.

3/ Sign in to your MyFreelap account

- Enter your username and password to sign in to your MyFreelap account.
- Then, 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

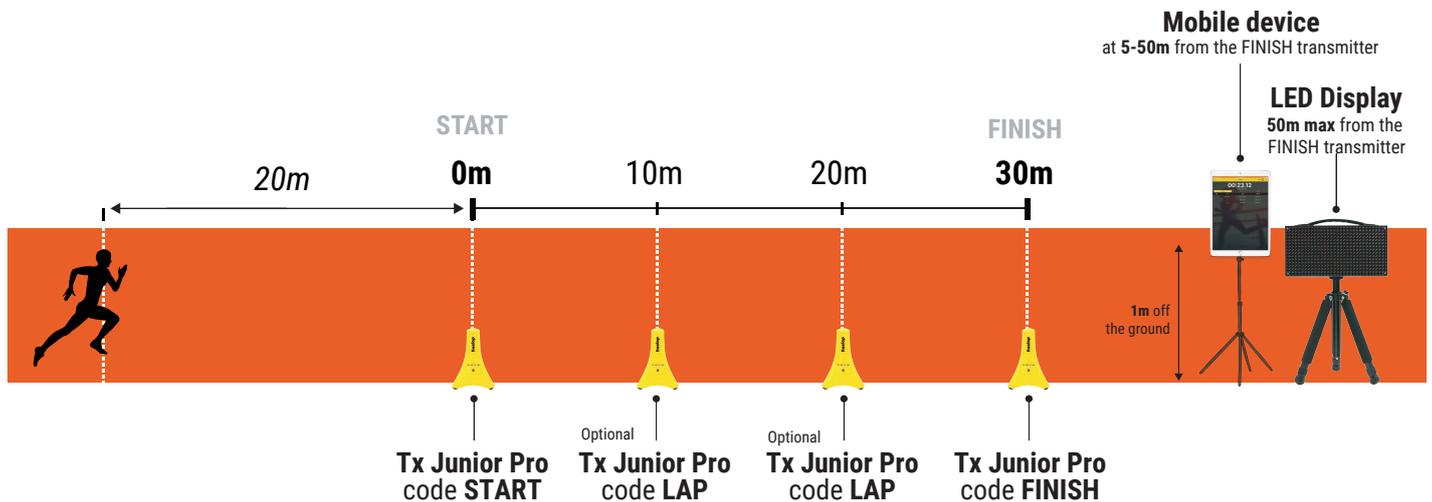
We will guide you on 2 different configurations. You can read only the one you need :

- 1: Flying Start (with only Tx Junior Pro transmitters - page n°4)
- 2: Start Block (with Tx Touch Pro transmitter - page n°5)

N°1 : FLYING START (TIMING 30M)

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 central "ON/OFF" button for 1 second.
- Once the transmitter is on, press the central button again (short press) to select the desired code (START = start transmitter/ 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 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 20m before the START transmitter** (or at least 5m before).
- 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.

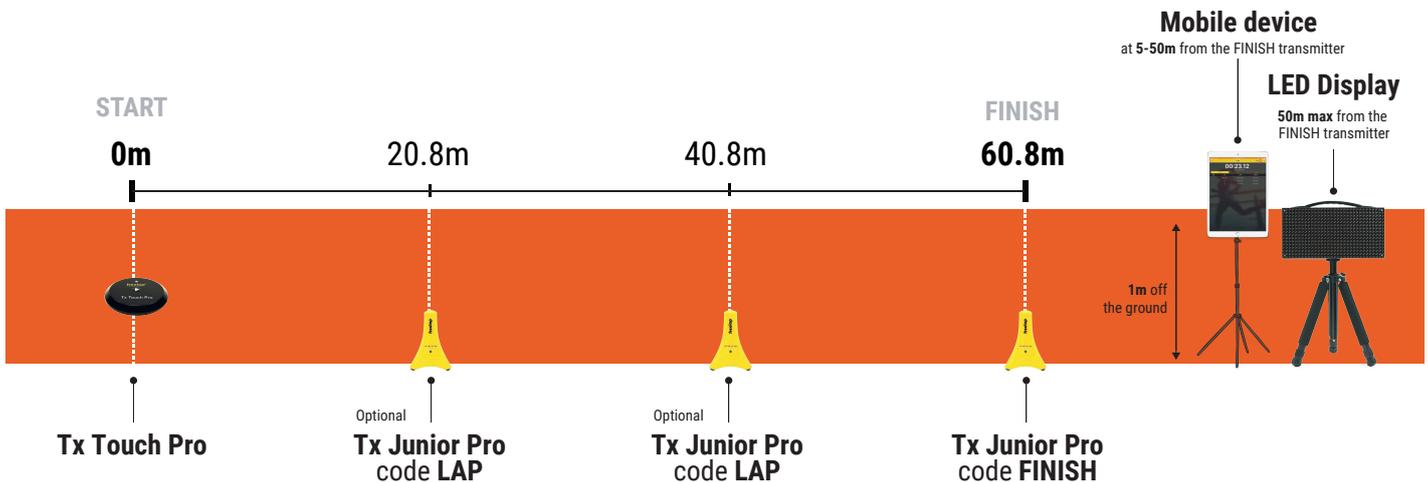


- **The athlete must always pass within 1.5m of the Tx Junior Pro transmitters.**
- **Transmitters must be at least 10m apart (between them, or with other transmitters)**
- **Maximum 11 transmitters on your course**

N°2 : START BLOCK (TIMING 60M)

Freelap products needed : - 1 FxChip BLE transponder
- 1 Tx Touch Pro START 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 Tx Touch Pro transmitter

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

About taking the start :

Keep your thumb pressed on the central button. LED starts flashing to indicate that the device is ready. Release the button and start the race. It will emit a confirmation "beep".

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

- Turn on the transmitter: press the central "ON/OFF" button for 1 second.
- 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 it on the ground (do not raise it)
- At the edge of the track, less than 1.5m from the athlete's pass
- **80cm AFTER the desired distance**
- Place your Tx Junior Pro code LAP at the desired locations to get your intermediate times.
- 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 10m apart (between them, or with other transmitters)
- Maximum 11 transmitters on your course

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

- Turn on your LED Display: Press the "ON/OFF" 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**.

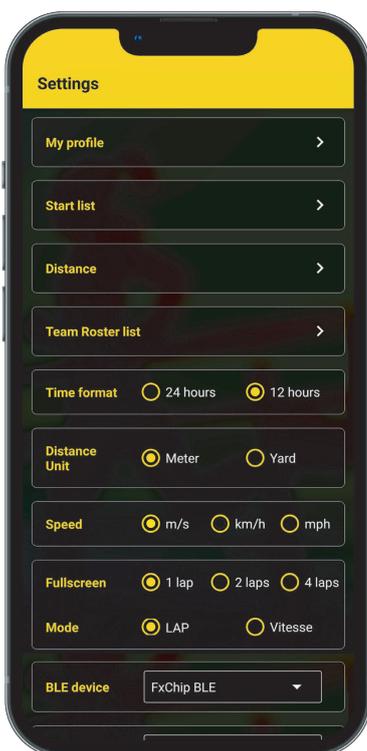
// If the athlete is using a smartwatch or is keeping his smartphone in his pocket: it's ok. (Your mobile device will be next to the FINISH transmitter at an average height of 1 meter when you will cross the FINISH transmitter).

06. SET UP YOUR MYFREELAP ACCOUNT



When you are using MyFreelap app for the first time, we recommend you to :

- Set up your preferences in "Settings"
- Create a Start list
- Create a Distance template



1/ Set up your Settings preferences

On the main bottom menu, click on "Settings".

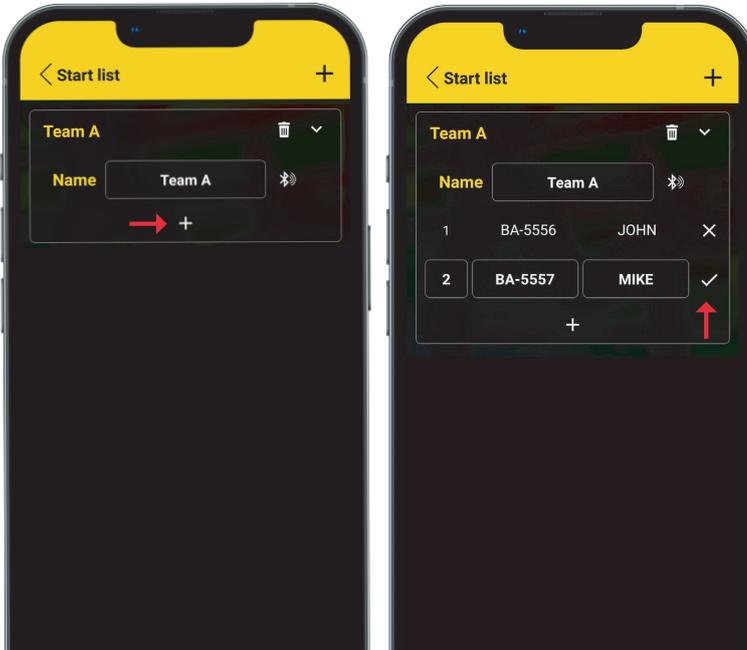
We recommend you to :

- Complete your profile > Click on "My profile"
- **Create a Start list** (cf: 2/ Create Start list)
- **Create a Distance template** (cf: 3/ Create a Distance template)
- Select your Time format
- Select your Distance unit
- Select your Speed unit
- **Set up your Full screen preferences :**
 - Choose the number of LAP times to display
 - Choose between displaying LAP times or Speed
- **In BLE device : Select "FxChip BLE"**
- Choose your language

2/ Create a Start list (optional)

Create the list of the athletes who are taking part in your training to detect automatically and only, chips of the athletes from the list. Rename the athlete's chip with initials to know at a glance which athletes the collected data matches.

- On the main bottom menu, click on **"Settings"** > Then click on **"Start list"**.
- Create a Start list: click on **+** at the top right.
- Enter the name of your Start list, and click on **"ADD"**.



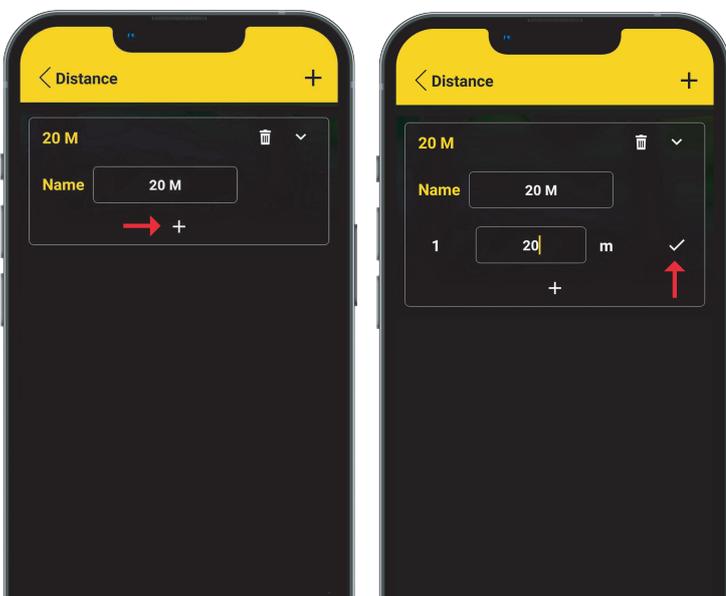
- To add an athlete: click on **+** at the bottom
- Then enter:
 - The ID of the FxChip BLE of the athlete: 2 letters – 4 digits written on the chip's face.
 - The initials of the athlete (max 4 characters).
- Validate it: click on **✓** in front of the athlete you want to add.

To enter your FxChip BLE using Bluetooth : Put your FxChip BLE at least 5s in the detection field of a transmitter. The chip's LED flashes. Click on **📶**, and in the list of Bluetooth devices, click on the chip ID corresponding to the athlete you want to add.

3/ Create a Distance template (optional)

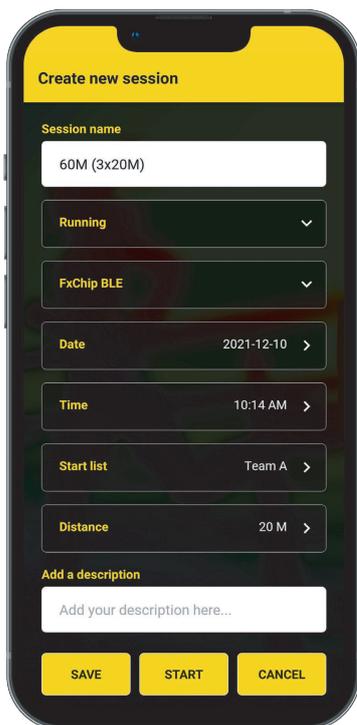
Create a Distance template to get your average speed, in addition to your time. If you do not enter a Distance template, the speed data will not be available.

- On the main bottom menu, click on **"Settings"** > Then click on **"Distance"**.
- Create a Distance template: click on **+** at the top right.
- Enter the name of your Distance template, and click on **"ADD"**.



- To add a distance: click on **+** at the bottom of the template.
- Then enter the distance(s).
- Validate it: click on **✓** in front of the distance you want to add.
- If the distance between each transmitters is always the same: enter the desired distance, just once.
- If the distance varies: enter each of the distances, respecting the order of passage.

07. CREATE YOUR MYFREELAP SESSION



• From **“Workout”**: click on at the top.

Then enter:

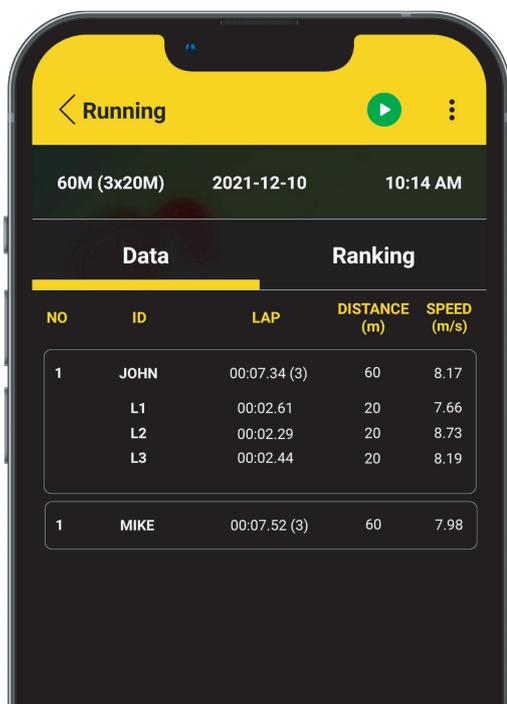
- The name of the workout (or keep the date of the day entered by default)
- The sport : **Select “Running”**
- In BLE device : **Select “FxChip BLE”**
- The date
- The time
- **Select your Start list** (optional)
- **Select your Distance template** (optional)
- Add a description (optional)

• Then click on **“START”**
You can save your Workout to start it later by clicking on “SAVE”.



- **You are ready to start the training !**
 Data will be instantly collected, stored and displayed.
- You can click on to display the full screen mode.
- Once the training session is finished, click on to end it.

08. ABOUT YOUR TIMING DATA



The table displays the following data in chronological order (from the beginning of the workout to the end):

- **N °**: Number of the LAP (1,2,3 ..)
- **ID**: Athlete ID or Initials
- **LAP**: LAP time (total of all intermediate times of the LAP, the number of intermediate times is indicated in parenthesis)
 + **DETAIL OF THE INTERMEDIATE TIMES OF THE LAP:**
Click on the LAP line to see the details of the intermediate times. You will see: the number of the intermediate time, the athlete’s ID or Initials, the intermediate time, the distance and the average speed.
- **DISTANCE** : Distance covered
- **SPEED**: Average speed of the LAP

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 list of your workouts. As soon as you have an Internet connection, click on the icon to synchronize your workout data to your MyFreelap Web account.

10. CHECKLIST

Verify that :

- You have the last version available of MyFreelap app
- MyFreelap app is opened on your mobile device and run in first plan
- 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 up on the correct code
- 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 session
- You correctly place your mobile device
- Your FxChip BLE / your LED Display have the last update available. To update it, use FDM (Freelap Device Manager) app (cf: corresponding manual on our website www.freelap.com).

freelap[®]
freedom of timing

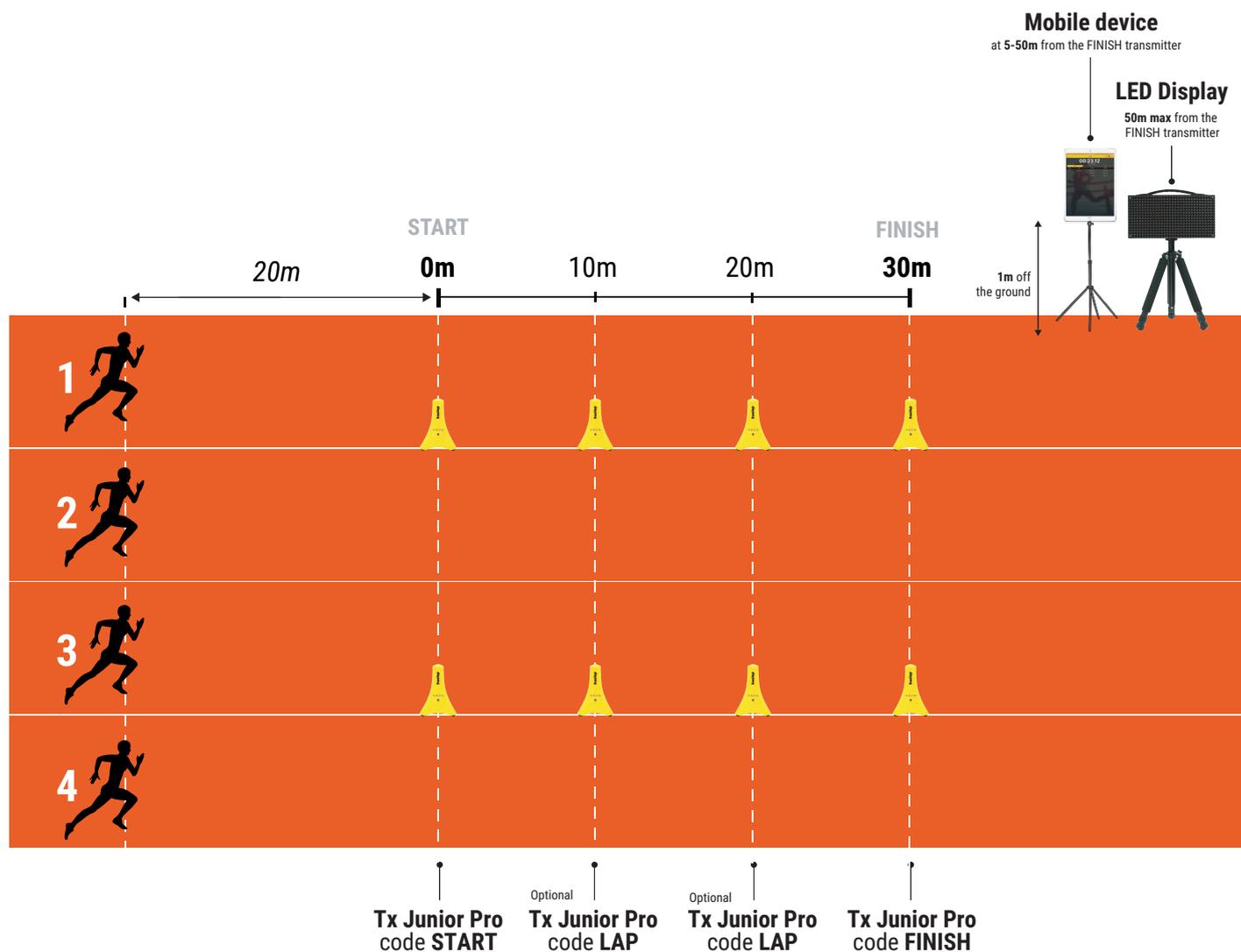
Av. D.-Jeanrichard 2A - CH-2114 Fleurier - Switzerland
Phone : +41 (0)32 861 52 42 / E-mail : contact@freelap.ch

www.freelap.com

FOLLOW US !    



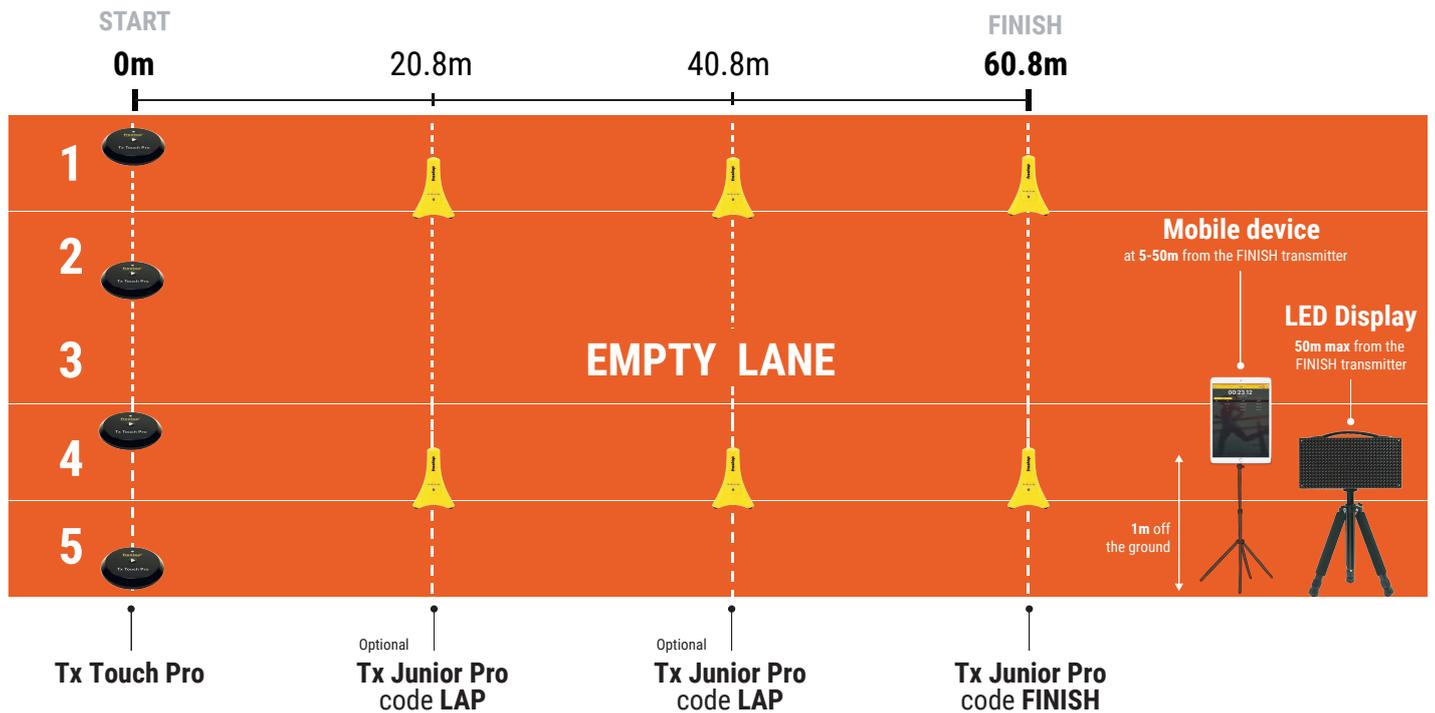
ANNEX N°1 : Flying start - Timing 4 athletes simultaneously



The Tx Junior Pro can cover 2 lanes: 1 lane of 1.22m 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 4 athletes simultaneously



/!\ Each Tx Touch Pro transmitter must be placed on the furthest side of the other athlete, in order to not trigger the transponder timer of the other lane (**at least 1.5 meters between each Tx Touch Pro**). To do this, leave an empty lane every 2 lanes, here therefore leave an empty lane between the 2nd and the 3rd athlete.

The Tx Junior Pro can cover 2 lanes: 1 lane of 1.22m 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.