HOW DOES IT WORK ?

Freelap® timing system is based on the emission and detection of electromagnetic fields and consists mainly of three elements:

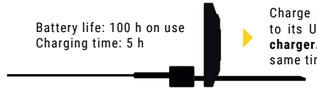
CHIP
Worn by the athlete, it measures reaction time, as well as time intervals and strides between each transmitter.

TRANSMITTERS
Placed along the course, they are coded (START, LAP or FINISH) and emit electromagnetic fields.

MYFREELAP APP
Upon crossing the FINISH transmitter, the timing data is instantly transmitted via Bluetooth and saved on your mobile device via the MyFreelap app. Data can also be checked and exported on a computer via your web account on app.freelap.com.

01. ACTIVATE & CLIP YOUR FXMOTION

Battery life: 100 h on use
Charging time: 5 h



Charge your FxMotion: Connect the charger to its USB C cable. **Slide the chip onto the charger.** You can charge up to 6 chips at the same time (or 4 with clips).

Activate your FxMotion: **Place it vertically and shake it horizontally.** A green led confirms that the device is awake.

The FxMotion automatically turns off after 30 minutes without crossing a Freelap transmitter.

Clip the FxMotion to the athlete's short or to the FxBelt. The chip must imperatively be **centered in the alignment of the navel**, positioned vertically.

02. TURN ON & PLACE YOUR TRANSMITTERS

e-Starter

Turn on the transmitter: press the Power button.
The green led confirms that the transmitter is activated.

Press the Power button again to **select the desired code**: START (for flying start) / E-START (for gunshot start). Each press of the button switches it to the next code.

Place it on the ground, on the start line.

Make a long press on the Power button to turn off the device.

Tx Junior Pro

Turn on the transmitter: press the Power button for 1s.

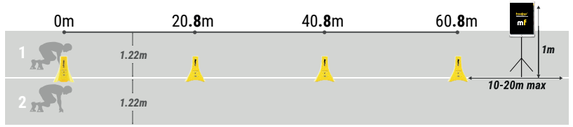
Make short presses on the Power button to **select the desired code**: LAP (intermediate transmitter) / FINISH. Each press of the button switches it to the next code.

Place it on the ground, at the edge of the track, **80cm after the desired distance** (except for flying start).

- Maximum 5 Tx Junior Pro on your trajectory.
- Transmitters must be minimum 10m apart.
- For optimal stride analysis, we recommend performing 20m sections.

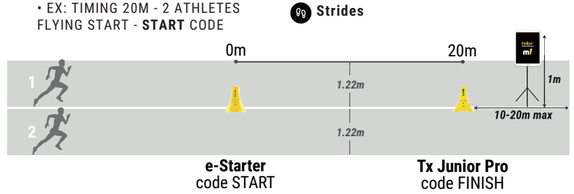
EXAMPLES OF USE

• EG: TIMING 60M (3X20M) - 2 ATHLETES
BLOCK START WITH E-START CODE - **AUTOMATIC E-START**



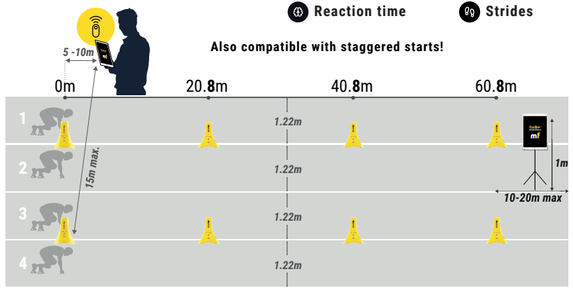
To trigger the start procedure: press the **button at the top of your e-Starter** > get ready at the SET sound > take the start at the BANG sound.

• EX: TIMING 20M - 2 ATHLETES
FLYING START - **START** CODE



No reaction time. Disable this option on the MyFreelap application.

• EX: TIMING 60M (3X20M) - 4 ATHLETES
BLOCK START WITH THE E-START CODE - **REMOTE E-START**

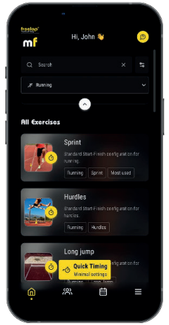


• **Connect your e-Starter to the remote:** Start a Workout on MyFreelap application > Click on > Place the e-Starter at 15 meters maximum from your mobile device, set it on the code E-START, and confirm the pairing on your mobile device.

• **Trigger the start:**
- You must be placed **less than 15m from the e-Starter** and **between 5 and 10m in front of the athletes**.
- Press on the SET button to warn the athletes that the start is imminent.
- **Press on the BANG button to trigger the start**.

Note: You can connect up to 3 e-Starter. Only the new generation of e-Starter (code START + E-START) is compatible with the remote control.

03. CREATE YOUR WORKOUT USING MYFREELAP



Download MyFreelap app on your mobile device and create your MyFreelap account.

From the Dashboard:
- Select the Exercise "**Sprint - FxMotion & e-Starter**", read the tutorial, and set up your Workout according to your needs.
- OR click on the "Quick Timing" button to start quickly with minimal features.

Press "Start". **You are ready to receive timing data !**

MyFreelap guide

RECEIVE YOUR DATA

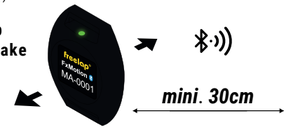
To ensure the perfect reception of the data, **place your mobile device:**
- From 10m to 20m maximum after the FINISH transmitter
- At a height of 1 meter off the ground

If you didn't receive your time on your mobile device:
Your latest time is stored in your FxMotion's memory. You can download it once you are back near your mobile device.

HOW TO DOWNLOAD THE LATEST TIME ?

- Start a Workout on MyFreelap app.
- Put your chip next to your mobile device (leave at least 30cm to avoid interferences)

• Place your chip vertically and shake it horizontally.



- Only the latest time received can be downloaded. **Be careful not to accidentally return to a transmitter detection field** so as not to receive an unwanted time (which would replace the time you want to download).
- When the FxMotion **turns off** (after 30 minutes without crossing a Freelap transmitter), or when you **charge** your FxMotion, then the last time stored into the memory is **lost**.

INFORMATION

- **Batteries:** FxMotion= 3,7V 80 mAh LiPo rechargeable - battery life: 100h ; e-Starter= 3,7V 1 Ah LiPo rechargeable - battery life: 500h; Tx Junior Pro= 3,7V 2 Ah LiPo rechargeable - battery life: 150h.
- **Warranty:** Freelap® warrants its products to be free from defects in materials or workmanship for a period of two years after original purchase.
- **After sales service and contact:** If you have any questions or if you need assistance with your Freelap® devices, please contact your dealer. www.freelap.com/freelap-contact
- **Compliances:** Freelap® wireless electronic components are in compliance with the requirements of Directive 2014/53/EU: www.freelap.com/compliance
- **Safety and discharge of responsability:** To safely install and use your product, read the product user manual online at: www.freelap.com/support. Full text of Safety and discharge of responsability: www.freelap.com/safety

FIND ALL THE INFORMATION ABOUT YOUR FREELAP PRODUCTS AND OUR DOCUMENTATION ON OUR WEBSITE:

WWW.FREELAP.COM

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