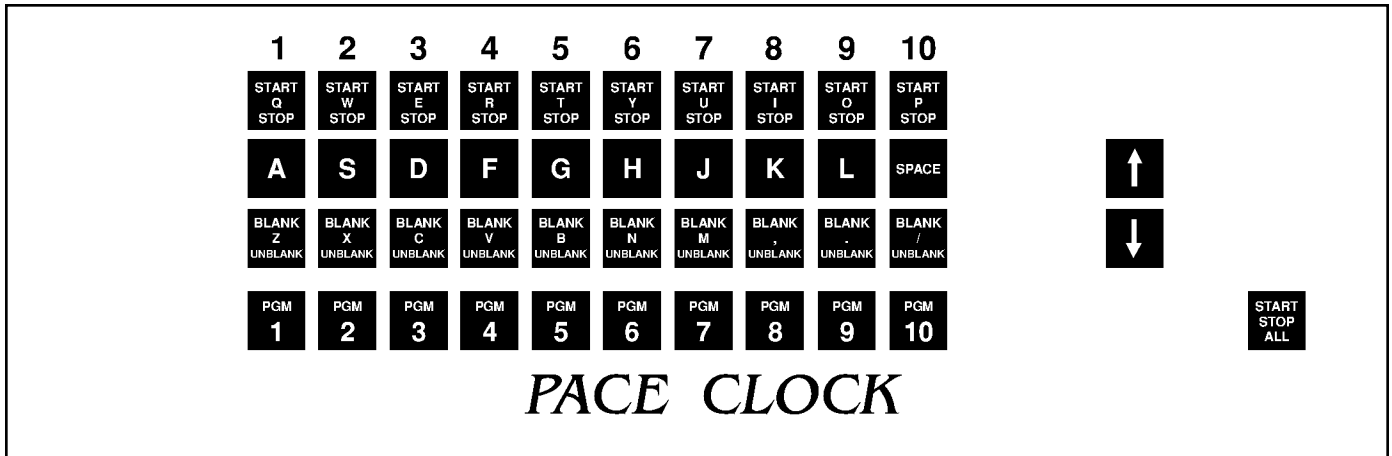


Pace Clock



For the System 5 Sports Timer Software User Guide

F509 Rev. 0698



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INTRODUCTION

Dear Customer:

Colorado Time Systems would like to thank you for purchasing the Pace Clock 5 program for your System 5 Sports Timer. Pace Clock 5 is a full-featured yet easy to use automatic training aid designed to help you help your swimmers achieve peak condition. Pace Clock 5 was developed with input from many experienced coaches. As a result, we have incorporated a Fudge Factor which allows you to increase the pace of the workout without the swimmers' knowledge. If you have additional suggestions concerning Pace Clock 5, please contact your Sales Representative.

Pace Clock 5's large memory capacity allows you to design your entire training program at the beginning of the season or build training routines as your swimmers progress. Pace Clock 5 makes it easy to increase the pace of individual workouts, or of the entire training program.

The Pace Clock 5 program is an integrated part of your total System 5 Sports Timer package. This means that your experience with other programs for the System 5, including Swimming, Diving 5, and many others, makes it easier for you to use Pace Clock 5. However, even if you are an experienced user of other System 5 programs, you should read this user guide to ensure that you take full advantage of the many advanced features Pace Clock 5 offers.

Colorado Time Systems is committed to provide you with solutions for all your sports timing needs. The addition of Pace Clock 5 to the growing family of System 5 programs is another example of our commitment to ensure that your System 5 remains the industry leader in state of the art technology, features, and ease of use.

If you should experience difficulties with any of your Colorado Times Systems' equipment, check the appropriate user guide for a solution first. If the user guide does not offer a solution to the problem, call Colorado Time Systems' Customer Service Department, ext. 256, toll-free (US and Canada) at (800) 287-0653 or (970) 667-1000 (international).

Pace Clock 5 Contents

Your Pace Clock 5 package contains the following items:

- Pace Clock 5 Program Diskette
- Pace Clock 5 Keyboard Insert
- Pace Clock 5 User Guide

Immediately upon receiving your Pace Clock 5 package, perform the following steps:

- 1) Open all boxes and remove protective packaging. To avoid damage, do not expose any of the parts to heat or direct sunlight.

2) Inspect all parts for damage which may have occurred during shipment. **Report any damage to freight carrier immediately.**

3) Use the enclosed Packing List to ensure that you received all items ordered. If any parts are missing, contact Colorado Time

Scope of this User Guide

Systems' Customer Service Department immediately.

This user guide addresses all issues relating to the normal operation of the Pace Clock 5 program on the System 5 Sports Timer. It is written with the beginning timer operator in mind, but also contains detailed information of interest to experienced operators. Use the Table of Contents and Index to locate specific information quickly.

For information on setup, care, and maintenance of your System 5 Sports Timer, refer to the *System 5 Swimming User Guide*. It contains a great deal of general information with which every operator should be familiar.

Contents

Chapter 1- Contains introductory and background information on the Pace Clock 5 program.

Chapter 2- Covers Pace Clock 5 program setup and basic operating instructions, including instructions to help you begin using Pace Clock 5 right away.

Chapter 3- This is the Reference section which describes in detail the operation of all Pace Clock 5 program features. It includes descriptions of all key functions and contains display screen examples. Use this chapter to learn how to use specific features or to refresh your memory on any aspect of Pace Clock 5.

Index- A complete index provides quick access to specific information. The index is cross-referenced and organized to make finding any information in this user guide fast and easy.

Setup/Operation

The first part of this chapter describes how to set up your Pace Clock 5 program. Setup is easy, but must be done correctly to ensure proper operation of your Pace Clock 5 and System 5 Sports Timer. The second part of this chapter gives you step-by-step instructions for setting up and saving a training program.

Setup

To set up Pace Clock 5, follow these instructions:

- 1) Before you can run Pace Clock 5, it must be installed on your System 5 Sports Timer. If it is already installed, **Pace Clock** appears in the **Currently Installed** column on the Sports Menu as shown in Figure 2-B. If the program is not installed, follow the installation instructions included with the Pace Clock 5 program diskette to install it.
- 2) If you want to display the pacing times and number of repetitions, make sure your scoreboard cable is properly connected to the SCBD (scoreboard) output on the I/O panel of your System 5. Pace Clock 5 does not use touchpad or backup button inputs, but you may leave the touchpad and backup cables connected to your System 5 if you wish.

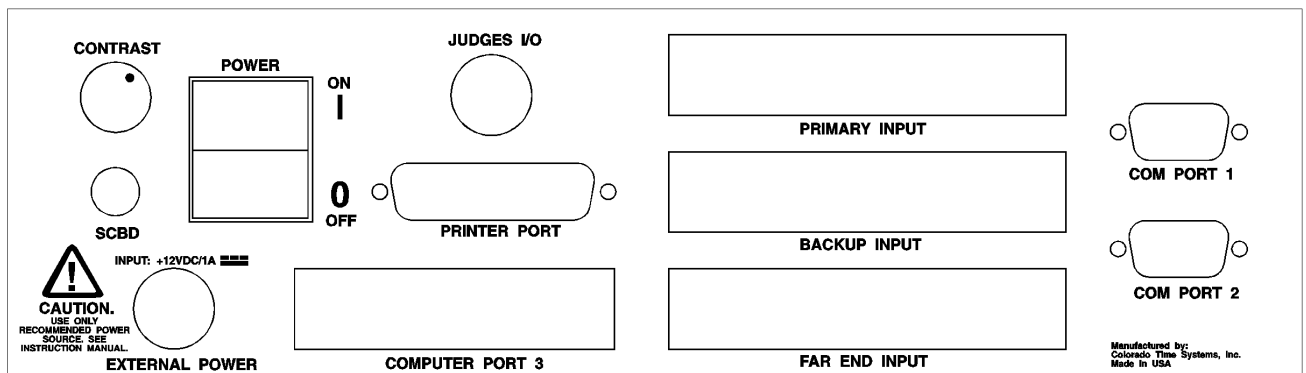


Figure 2-A System 5 I/O Panel

- 3) Remove the keyboard insert from your System 5 by sliding it out of the keyboard pocket. Locate the Pace Clock 5 keyboard insert and slide it into the keyboard pocket, making sure it is properly aligned.
- 4) Turn on your System 5. After the standard self-tests, the Sports menu appears.

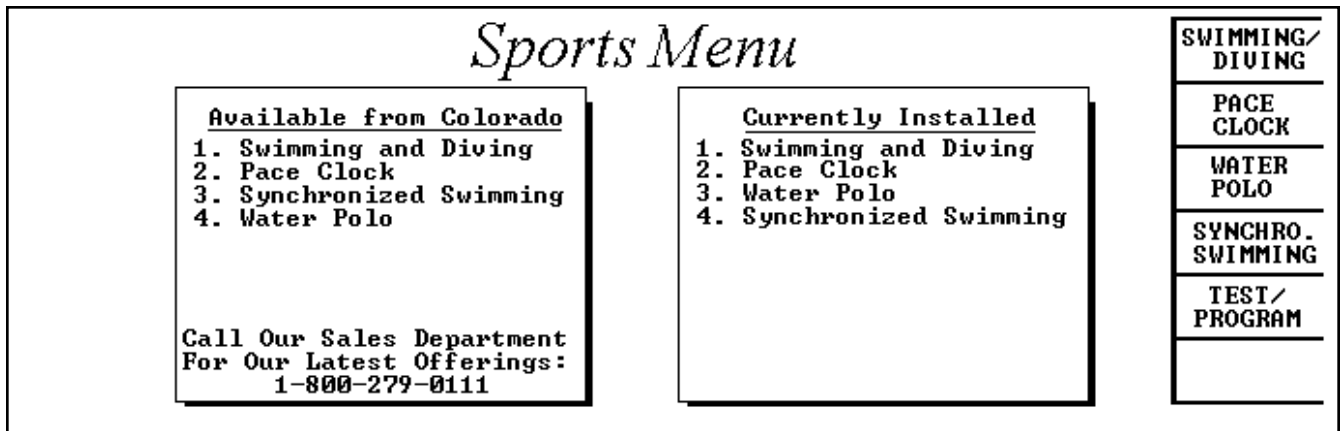


Figure 2-B Sports Menu

5) The Sports Menu displays the sports software available from Colorado Time Systems and the sports programs currently installed on your System 5. Press the Pace Clock softkey. Pace Clock 5 loads and the Pace Clock 5 Main screen appears. See Figure 2-C for an example Main screen. You are ready to begin programming workouts.

Operation

Programming Pace Clock 5

Before you can begin using Pace Clock 5, you must program a workout. Programming Pace Clock 5 is not difficult, but you should read through this section to be sure you are taking full advantage of its many features.

Main Screen

When you first turn on Pace Clock 5, you are greeted by the Main screen. This screen displays pertinent information on the progress of the workout.

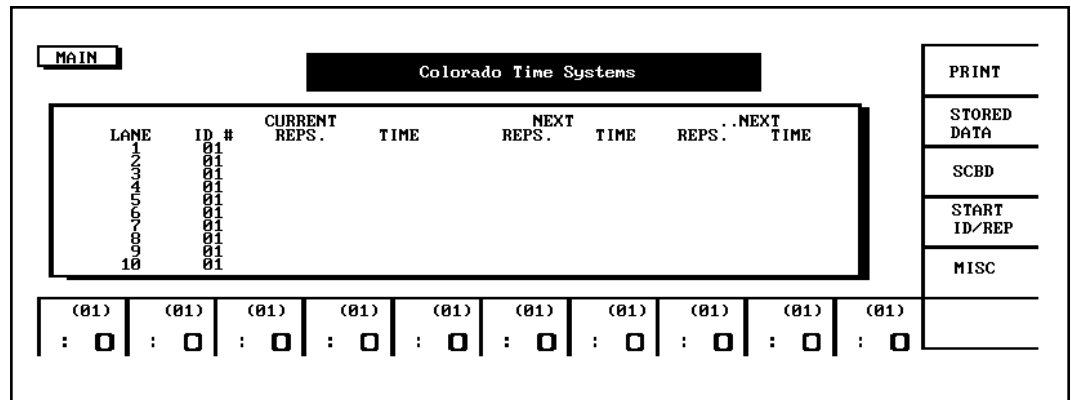


Figure 2-C Pace Clock 5 Main Screen

Programming a Workout

To begin programming a workout, press the **PGM 1** key. This key tells Pace Clock 5 that you want to program a workout for lane 1. You can program any lane at any time. This example uses lane 1. If you have trouble finding any of the keys indicated, turn to page 3-2 for a Pace Clock 5 keyboard insert example.

LANE # 01			Colorado Time Systems
ID#	REPEATS	TIME	
01	05	1:23 ↑	COUNT UP
02	05	2:00 ↑	
03	REST	:30	
04	10	:50 ↑	
05	REST	:30	
06	05	:45 ↑	WORKOUT FOR B SMITH
07	08	2:30 ↑	
08	REST	:30	
09	10	1:30 ↑	TOTAL WORKOUT TIME 1:06:00
10	REST	:45	

Figure 2-D Lane Program Window

When you press a lane program key, the display prompts you to enter a name or number indicating who the workout is for. This entry is for your reference only. Type the name, using the alphabetic keys on the keyboard, or number and press **enter**, or simply press **enter** to leave this field blank.

The highlight bar moves to ID# 01. This ID# corresponds to a workout set for the chosen lane. Unless you press the **Count Down** softkey, Pace Clock 5 will count up time on all sets. If you want Pace Clock 5 to count down, press the **Count Down** softkey **before** entering any information on an ID# line. Next, type the number of times you want this first set to repeat using the numeric keypad and press **enter**. And finally, use the numeric keypad to enter the time of each Repeat and press **enter**. The first ID# is complete and the highlight bar moves to ID# 2. Program ID# 2 and as many others as you want, up to the maximum of 64 per lane. Notice that while you are programming a workout, the program screen displays the **Total Workout Time**. Use this handy display to keep track of the total time of the current workout.

Rest intervals are needed between sets to allow time to explain the next set, provide performance analysis, rest the swimmers, etc. To program a Rest set, simply move the highlight bar to the desired ID# using the **up** or **down** arrow key and press the **Rest** softkey. The display enters **Rest** under the Repeats column and prompts you to enter the duration of the rest. Type the duration of the rest period and press **enter**.

When your are done programming a lane, press **quit** to return to the Main screen. You may then press another lane program key to program that lane's workout.

X Note: Be sure to save the workout you just programmed before turning off your System 5. Turn to pages 2-4 - 2-5 for instructions.

Program Mode Softkeys

Notice the Softkeys on the right edge of the display screen. You are already familiar with some of these keys from the instructions above. These keys help you program a workout. To repeat a workout set, move the highlight bar to the blank ID# to which you want to copy a workout set using the **up** or **down** arrow key and press the **Repeat ID** softkey. The display then prompts you to type the ID# from which to copy a workout set. Type the desired number and press **enter**. The workout set information from the ID# you entered now appears to the right of the new ID#.

ENTER		⬡
NAME		
COUNT		⬡
UP		
COUNT		⬡
DOWN		
REPEAT		⬡
ID		
REST		⬡
MORE		⬡

Figure 2-E Program Mode Softkey Menu 1

To insert a new ID# before one you have already programmed, press the **More** softkey to display the additions program softkeys and then press the **Insert ID** softkey. All workout sets below the highlight bar are pushed down one ID#. You can then program the blank ID# line as usual.

INSERT		⬡
ID 01		
DELETE		⬡
ID 01		
COPY ANOTHER LANE		⬡
		⬡
		⬡
MORE		⬡

Figure 2-F Program Mode Softkey Menu 2

To delete the workout set for an ID#, press the **More** softkey, highlight the entry you want to delete using the **up** or **down** key, and press the **Delete ID** softkey. Be sure you select the correct ID# before you delete it! **Once you have deleted a workout set, it cannot be restored.** You must reprogram any ID#'s you delete by mistake.

After you have programmed the entire workout for a lane, you can copy it to as many other lanes as you like. To do this, press the program key for the new lane and enter the swimmer's name or number, then press the **More** softkey and press the **Copy Another Lane** softkey. The display prompts you to enter the lane from which to copy the workout. Type the desired lane number using the numeric keypad and press **enter**. All workout sets from the lane number you entered now appear under the new lane.

Saving Workout Programs

After programming workouts, you can save them for use at any time. To save a new set of workouts, press **quit** to return to the Main screen and then press the **Stored Data** softkey. The display shows you the names of any other workout events already saved.

Press the **Save Workout** softkey, type the name for the new workout event, and press **enter**. Each event you save counts as 10 workouts, one for each lane, whether you program all lanes or not. The display indicates the number of lanes saved and how many more can be saved. If you use all the memory space available for workouts, you must delete one event before attempting to save any more. To delete a workout, press the **Delete Workout** softkey, highlight the event you want to delete and press **enter**.

X Note: Pace Clock 5 shares memory space in your System 5 with the Diving 5 and Synchronized Swimming 5 programs. If no memory is available to save Pace Clock workouts, you must delete one or more events saved with either Diving 5 or Synchronized Swimming 5.

Loading A Stored Workout

If you have already programmed and stored a workout, press the **Stored Data** softkey and then press the **Load Workout** softkey. Select the desired Pace Clock 5 workout from those labeled **PC** using the **up** or **down** arrow key and press **enter** to load. You are now ready to begin the workout.

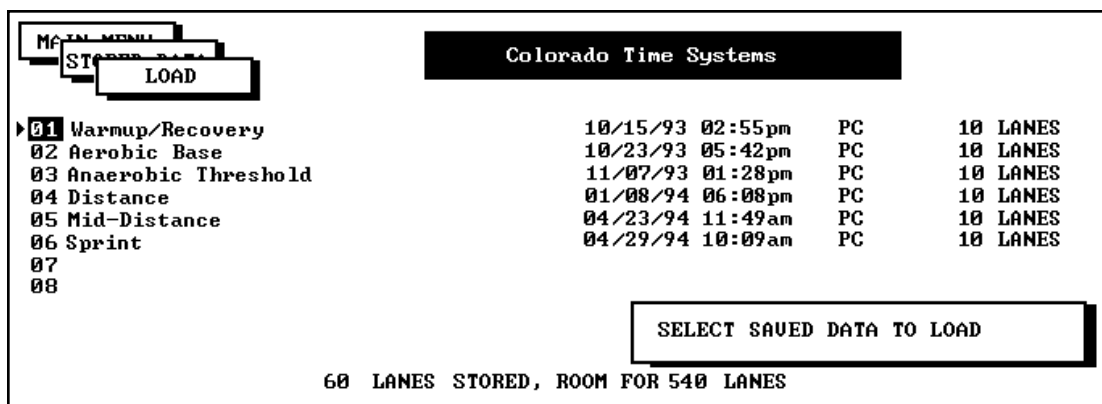


Figure 2-G Loading a Stored Pace Clock 5 Workout

X Note: Select only Pace Clock (**PC**) workouts to load. If you highlight a Diving (**DV**) event or other event type, an error message is displayed. Press any key to return to the Stored Data screen and then select a **PC** workout to load.

Using Pace Clock 5

Now that you have programmed Pace Clock 5, you can use it to automate your workouts. To begin a workout, load the desired workout from memory using the procedure described above. To start the programmed workout one lane at a time, press **start stop** for that lane. To start or stop all lanes at once, press **start stop all**.

This section described only the basic features of Pace Clock 5. For complete information on all features, turn to Chapter 3.

Reference

This chapter describes in detail the operation of the Pace Clock 5 program, the function of each key on the keyboard, and all softkey functions. Screen display examples appear as appropriate. This chapter is not meant to be read from beginning to end. Instead, use it as a reference to learn about individual features and functions of Pace Clock 5. To locate specific information quickly, look up the desired feature in the Index or Table of Contents. For general information about your System 5 Sports Timer, refer to your *System 5 Swimming User Guide*.

Self Test/Loading Pace Clock 5

Summary

The Self-Test screen is the first screen you see when you turn on your System 5. After the self test is complete, you can load any of the sports programs installed on your System 5.

Operation

When you turn on your System 5, it performs a series of self-tests. If any of these tests fail, the Test/Programming menu is displayed along with an indication of the test which failed. Follow the instructions on the screen to conduct further tests and troubleshooting. Refer to Appendix B of your *System 5 Swimming User Guide* for complete instructions on using the Test/Programming menu. If a test fails after you have tried all the recommended remedies, call Colorado Time Systems' Customer Service Department, ext. 256, at (800) 287-0653 (US and Canada) or (970) 667-1000 (international).

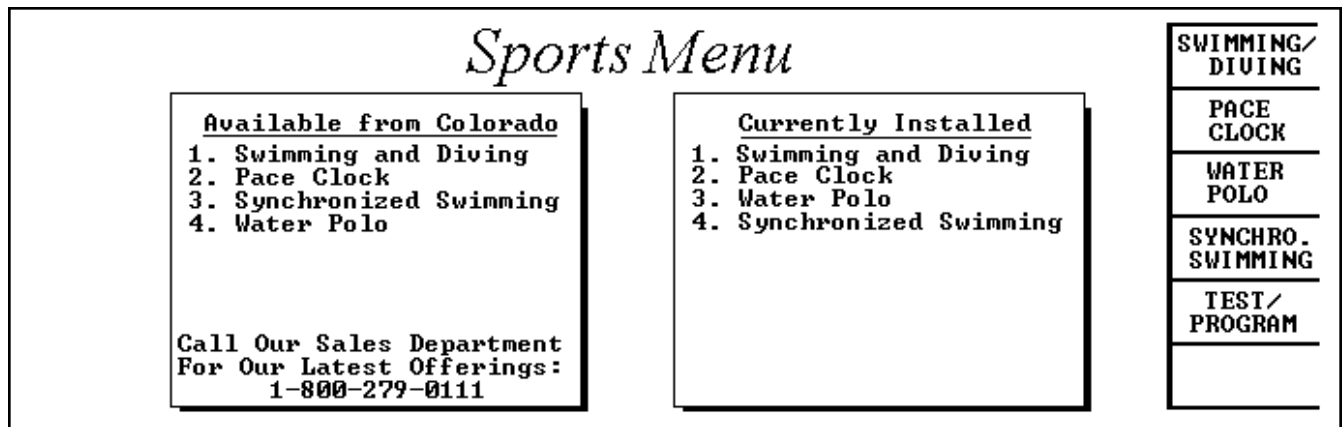


Figure 3-A Sports Menu

After the self-test are completed, the Sports Menu appears. The Sports Menu displays the sports software available from Colorado Time Systems and the sports programs currently installed on your System 5. Press the **Pace Clock** softkey to load Pace Clock 5. The program is now ready to use.

Display Screen

Summary

Pace Clock 5 uses the System 5 Sports Timer LCD (Liquid Crystal Display) screen to communicate with you. The display screen includes a screen identifier which is displayed in the upper-left corner of the screen. As you progress through various display screens using softkeys, a new identifier appears on top of the previous one to indicate the current screen. To return to the Main screen, press *quit* one or more times.

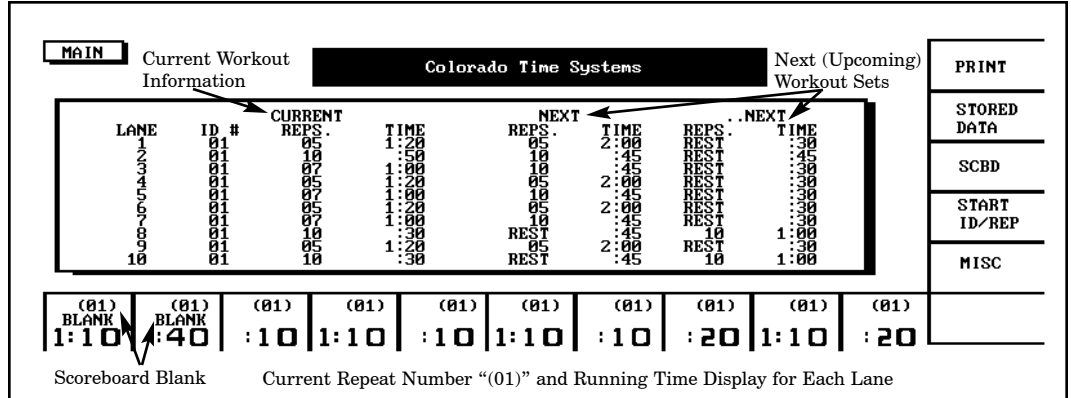


Figure 3-B Pace Clock 5 Main Screen

Operation

Pace Clock 5 uses the LCD screen to communicate a wide range of information. The status of the current workout is displayed at all times. Other important information displayed includes the ID# of the current workout set, information on the next two ID#'s in line, running times for all active lanes, scoreboard output status, and softkey functions available. The locations of these displayed items are indicated on the Main screen example, Figure 3-B.

Keyboard

Summary

This section describes the function of the keys on the Pace Clock 5 keyboard insert. The keys are described in order as they appear from left to right on the keyboard. Refer to the Index to locate a specific key description quickly. References to keyboard keys and softkeys appear in *bold italic* type in this manual.

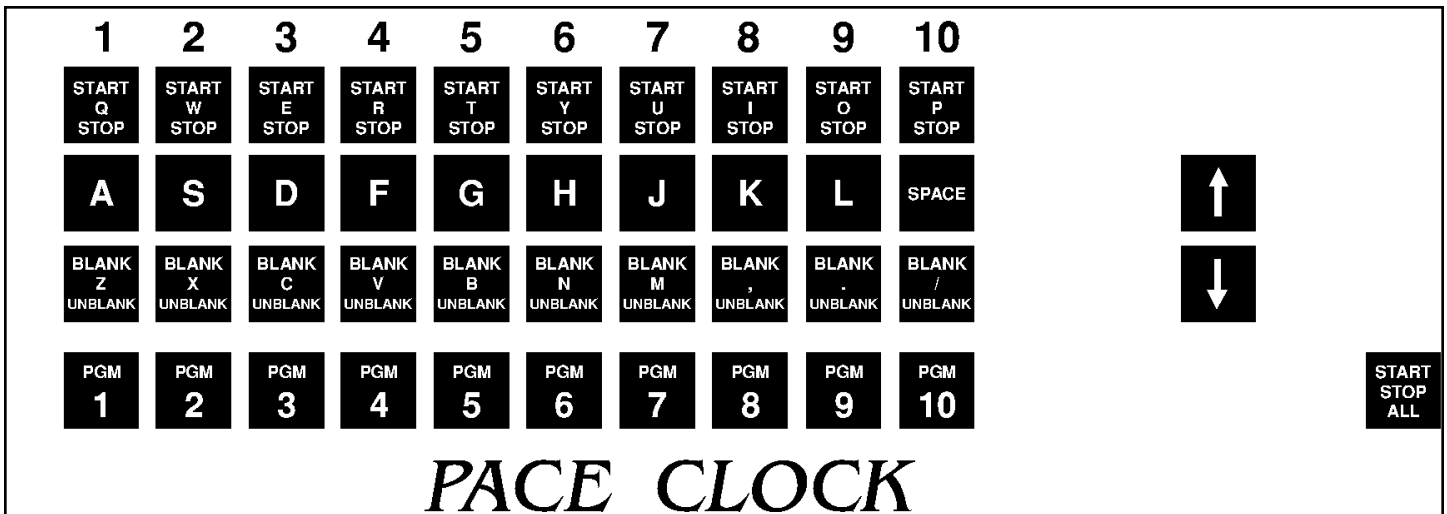


Figure 3-C Pace Clock 5 Keyboard Insert

Alphabetic Keys



Function

The alphabetic keys occupy the top three rows of the Pace Clock 5 keyboard. They are arranged in standard typewriter order. Use these keys to enter names of swimmers, workouts, etc., when Pace Clock 5 prompts you to do so.

Operation

As with all keys on the Pace Clock 5 keyboard, press firmly to enter a letter with the alphabetic keys. If you have the Beep Volume set to a value other than 0, you will hear a beep when you press an alphabetic key.

1 2

(Lane) Start Stop



Function

The lane **start stop** keys are located in the first row under the lane numbers on the Pace Clock 5 keyboard. These keys start or stop each lane, depending on current status.

Operation

For example, if lane 1 is currently **stopped**, press the **start stop** key for lane 1 to start the current set. To interrupt the workout for lane 1, press **start stop** for lane 1. Press **start stop** for lane 1 again to resume the workout.

(Lane) Blank Unblank



Function

The **blank unblank** keys are located in the third row from the top on the Pace Clock 5 keyboard. Depending on current status, each key blanks or unblanks (turns off or on) the scoreboard display corresponding to the lane number above it at the top of the keyboard insert. Use this feature to get the attention of the swimmer in a particular lane.

Operation

If lane 1 is currently **on**, press the **blank unblank** key for lane 1 to blank its scoreboard display. The work **Blank** appears under the Repeat Number in lane 1 to indicate that its scoreboard display is blanked. The timer display for lane 1 still appears on the Pace Clock 5 display screen. To **unblank** the scoreboard display lane 1, press the lane 1 **blank unblank** key.

Pgm (Lane Number)



Function

The **PGM** (Program) keys allow you to program the workout set for each lane. Pace Clock 5 is designed to be used with a multi-line scoreboard. You can therefore program workout sets for each scoreboard module. If you find the scoreboard difficult to read, you may consider programming every other lane to improve readability.

Operation

Press the desired lane **PGM** key, for example, **PGM 1**. The lane 1 program screen is then displayed. Pace Clock 5 first prompts you to enter the name or number of the swimmer in lane 1. Type the desired information and press **enter**, or simply press **enter** to leave this field blank. The highlight bar then moves to the ID# 1 in the programming area of the screen. Press the **up** or **down** arrow key

to highlight the desired ID#. Type the number of **Repeats** and the **Time** (duration) of the highlighted set. Press **enter** after typing each entry. The highlight bar then moves to the next ID#. Repeat this process as many times as necessary to build your workout. Press **quit** when you have finished programming the workout for the current lane.

X Note: Refer to the Program Screen Softkeys section beginning on page 3-7 for complete information on using softkeys while programming a workout.

Up and Down Arrow Keys



Function

The **up** and **down** arrow keys move the highlight bar on the display screen up or down, allowing you to select the desired line on the screen.

Operation

To move the highlight bar up, press the **up** arrow key. To move the highlight bar down, press the **down** arrow key.

Start Stop All

Function

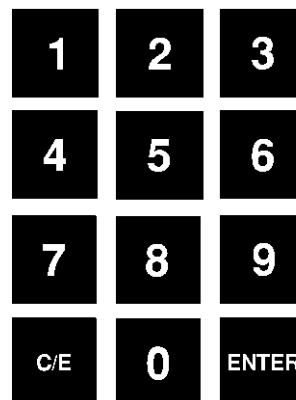
Depending on current lane status, this key starts or stops the timer for all lanes simultaneously.

Operation

If all lanes are stopped, press **start stop all** to start the pace clock for all lanes that have workout sets programmed. Press this key again to stop the pace clock for all lanes. If one or more lanes are currently running, press **start stop all** starts the pace clock for the remaining lanes that have sets programmed while not affecting the lanes that were already running.

Numeric Keypad

KEYPAD



Function

Allows you to enter numbers in response to a variety of prompts.

Operation

There are many instances during the operation of Pace Clock 5

when it is necessary to enter numbers. Whenever a numeric entry is required, use the keypad to make the desired entry.

C/E (Clear Entry)



Function

Allows you to clear an entry mad in error. To clear an entry, you must press this key before pressing **enter**.

Operation

Press **C/E** to clear one character at a time from an entry field.

Enter



Function

Enters numeric or other keyboard entry into Pace Clock 5. This key works exactly like the **enter** key located above the **quit** key on the System 5 console. You may press either **enter** key to accept an entry.

Operation

After typing numbers or letter, press **enter** to accept the entry.

Console Keys

The console keys are located to the right of the LCD screen. The console keys are shown in Figure 3-D.

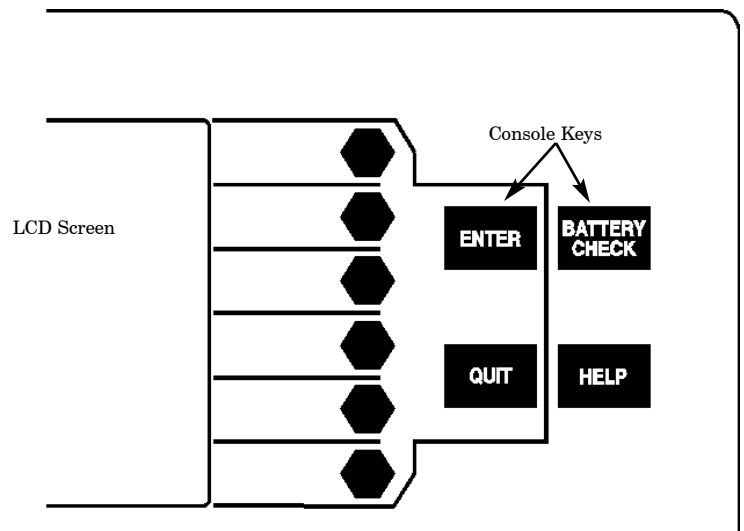


Figure 3-D Console Keys

Enter



Function

Enters numeric or other keyboard entry into Pace Clock 5. This key works exactly like the **enter** key located on the numeric keypad on the System 5 lower console. You may press either **enter** key to accept any entry.

Operation

After typing numbers or letter, press **enter** to accept the entry.

Quit



Function

Allows you to leave a function without saving data entered or to

exit the current prompt when pressing *enter* does not do so.

Operation

Press *quit* to exit a prompt after entering data. This key also allows you to cancel an operation that requires an entry without changing the current setting. No information is entered if you press *quit* instead of *enter*.

Battery Check

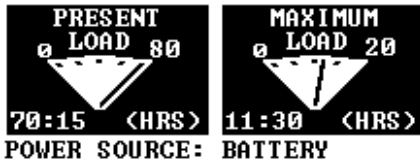


Function

This key displays the estimated operating time of the batteries in your System 5. The battery-life display is only available on the Main screen. The battery-life gauges are displayed until you press a key.

X Note: If the Present Load gauge reads two (2) hours or less, replace the batteries at the first opportunity.

Operation



Press *battery check* to display the graphic battery-life gauges for the batteries. The power source in use is also displayed. The battery life remaining at Present and Maximum loads is approximate. A low reading on these gauges indicates that the batteries must be replaced. Use only alkaline batteries to obtain the most accurate battery gauge indications.

X Note: If you are going to store your System 5 for over 30 days, remove the batteries to prevent possible damage to your System 5.

Help

The Pace Clock 5 program does not include any help information. The *help* key is therefore inactive.

Softkeys

Summary

This section describes the operation of the Pace Clock 5 softkeys. The softkeys are the column of six unlabeled keys to the immediate right of the display screen. The function of each key varies depending on the operation selected. The screen displays the function currently available directly to the left of each softkey. If no label appears next to a softkey, that key is inactive. See Figure 3-E for an example of the main softkey menu.

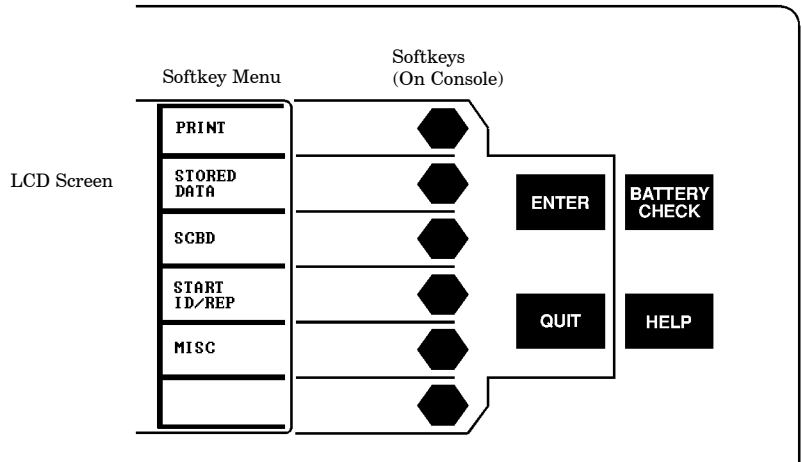


Figure 3-E Pace Clock 5 Main Softkey Menu

X Note: Many softkey functions are not available while Pace Clock 5 is timing a workout. In general, you should perform all programming and softkey operations before beginning a workout.

Operation

Each softkey's functions are organized in layers or levels. The first level consists of the five softkeys displayed when you first turn on Pace Clock 5. This is the Main softkey menu. When you press one of these softkeys, a second level offering more specific choices is displayed. In general, pressing a second level softkey executes an action or prompts you to enter data.

If you press a softkey by mistake, or want to return to the Main screen after using a softkey, press **quit**. If you have not pressed **enter** after typing an entry, pressing **quit** exits without saving that entry.

Program Softkeys

Function

The Program softkey menus are available only when Pace Clock 5 is in program mode. When you press one of the lane **PGM** keys, the Lane Program window is displayed. An example Lane Program window appears in Figure 3-F.

LANE # 01			Colorado Time Systems	
ID#	REPEATS	TIME		
01	05	1:20 ↑	COUNT UP	
02	05	2:00 ↑		
03	REST	:30		
04	10	:50 ↑		
05	REST	:30		
06	05	:45 ↑	WORKOUT FOR B SMITH	
07	08	2:30 ↑		
08	REST	:30	TOTAL WORKOUT TIME 1:06:00	
09	10	1:30 ↑		
10	REST	:45		

Figure 3-F Lane Program Window

While Pace Clock 5 is in program mode, the main Program softkey menu appears. You create a workout program by using a combination of Program softkeys and keyboard keys. An example of this softkey menu is shown in Figure 3-G.

Operation

To program a workout, press the **PGM** key for the desired lane, type the name or number of the swimmer, and press **enter**. Type the number of repeats and time for each ID#, up to 64 for each lane.

Enter Name

Function

Allows you to enter or edit the name associated with a lane workout program.

Operation

Press this softkey to enter or edit the name for the lane you are currently programming. Type the name or number and press **enter**.

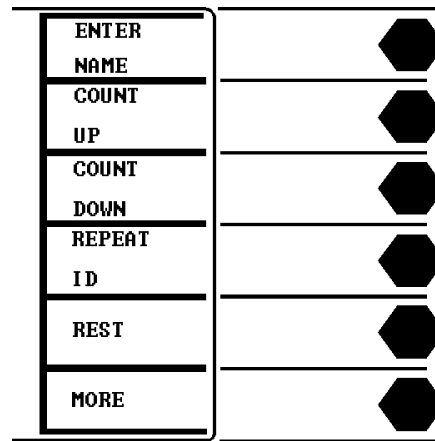


Figure 3-G Program Softkey Menu 1

Count Up

Function Causes the timer to count up during each repeat for a given ID#. This is the default setting.

Operation Before entering Repeats or Time for an ID#, press the **Count Up** softkey to cause the timer to count up. Notice the arrow pointing up to the right of the Time column on the program window, indicating that this ID# counts up.

Count Down

Function Causes the timer to count down each repeat for an ID#.

Operation Before entering Repeats or Time for an ID#, press the **Count Down** softkey to cause the timer to count down. Notice the arrow pointing down to the right of the Time column on the program window, indicating that this ID# counts down.

Repeat ID

Function Repeats the workout for a selected ID# on the current ID# line.

Operation With the highlight bar on a blank ID# line, press the **Repeat ID** softkey, enter the ID# to repeat, and press **enter**. The Repeats and Time from the specified ID# appear on the new ID# line. The **R** and lane number to the right of the Time column on the program screen indicate that this ID# is a duplicate of the ID# indicated.

Rest

Function Allows you to insert a rest period into a workout.

Operation On the desired blank ID# line, press the **Rest** softkey to insert a rest period into the workout you are programming. The word **Rest** appears in the Repeats column. Type the duration of the rest period and press **enter**.

More

Function

Toggles between the two Program softkey menus.

Operation

Press this key to display the second Program softkey menu. The second Program softkey menu is shown in Figure 3-H.

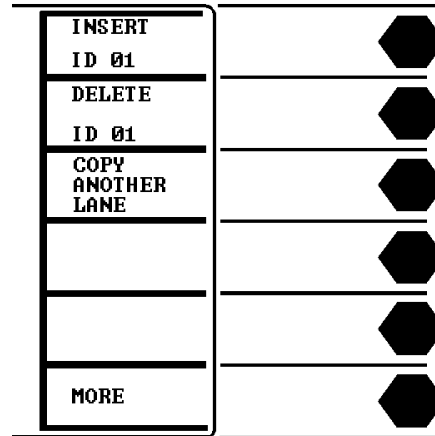


Figure 3-H Program Softkey Menu 2

Insert ID

Function

Allows you to insert a blank line before the line currently highlighted. The number displayed with this softkey indicates the ID# of the new, blank ID# line which will be inserted.

Operation

Position the highlighted bar on the desired ID# using the **up** or **down** arrow key and press the **Insert ID** softkey to insert a blank ID# line. All lines below the newly inserted line move down the ID# list one position.

Copy Another Lane

Function

Copies the entire workout from another lane which you have already programmed.

Operation

Press the **Copy Another Lane** softkey and enter the lane number from which to copy. Press **enter** to complete the transfer.

X Note: If you are copying a workout to a lane that already has workout information programmed, the existing workout is erased when you copy information from another lane. Be careful when using this key to avoid inadvertently destroying desired program information.

More

Press **More** to display the main Program softkey menu.

Print



Summary

The **Print** softkey allows you to print the workout for individual lanes, or for all lanes. Make sure the printer is properly attached to your System 5, is **on-line**, and is loaded with paper before attempting to print. Notice also that a lane selection window appears on the display screen. This window allows you to select the lane(s) you want to print.

LANE	NAME
01	B SMITH
02	CARLSON
03	THOMAS
04	JOHNSON
05	HALL
06	MITCHELL
07	HOUSE
08	WILSON
09	WILHELM
10	SHARP

Figure 3-I Select Lane to Print Window

Operation

Press the **Print** softkey to access the Print softkey menu. The softkeys that make up the print menu are shown in Figure 3-J. Printing begins as soon as you press a key.

Print Lane

Function

Prints the workout for the highlighted lane.

Operation

Move the highlight bar to the desired lane using the **up** or **down** arrow key and press the **Print Lane** softkey. Notice that the lane number displayed with this softkey changes to indicate the selected lane. Repeat the process to print the total workout for other lanes.

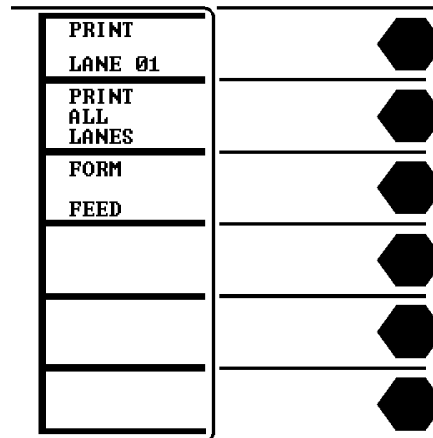


Figure 3-J Print Softkey Menu

Print All Lanes

Function

Prints the workout for all lanes for which a workout set is programmed.

Form Feed

Function

Advances the paper to the top of the next page. Provides page breaks between pages of workout information.

Operation

Press the **Form Feed** softkey when you want to end a page. Any information printed after a form feed begins at the top of the next page.

Stored Data

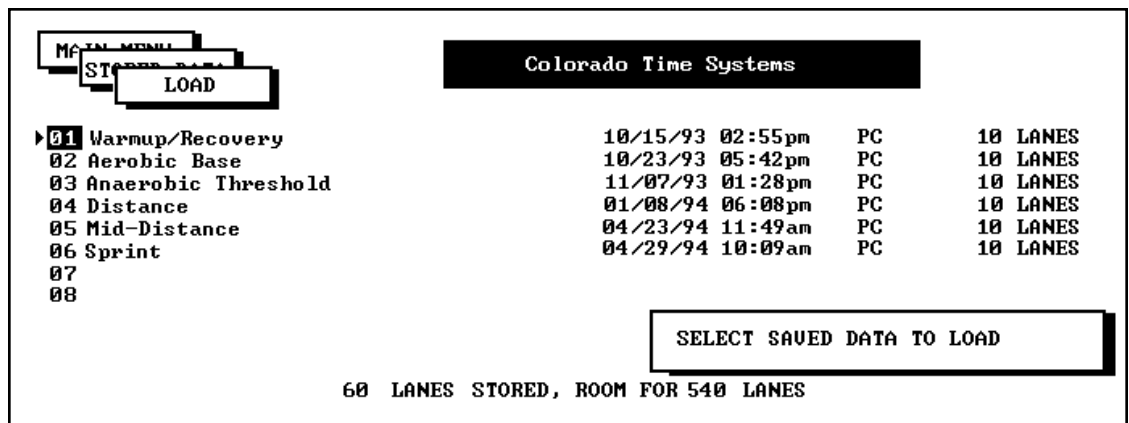
Summary



The **Stored Data** softkey allows you to save the current workout and provides access to workouts that have already been saved. Pressing the **Stored Data** softkey displays the Stored Data screen and softkey menu. Pace Clock 5 uses the System 5's memory to store up to 600 individual lane workouts in groups of 10, or 60 completely separate workout routines. The stored workouts are numbered 1 through 60. If you use all 60 memory slots, you must delete one stored workout before saving a new one. All workouts stored are retained in memory when you turn off your System 5.

X Important: Pace Clock 5 shares memory space in your System 5 with the Diving 5 and Synchronized Swimming 5 programs. If no memory is available to save Pace Clock 5 workouts, you must delete one or more events saved with either Diving 5 or Synchronized Swimming 5.

Figure 3-K Stored Data Screen



Load Workout

Function

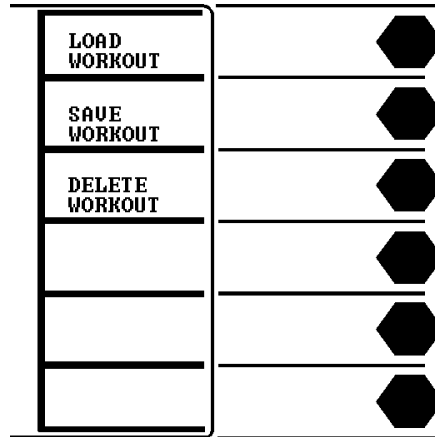
Allows you to load a stored workout from System 5 memory.

Operation

Press the **Load Workout** softkey and use the **up** or **down** arrow key to highlight the workout set you want to load. Press **enter** to load the selected set or press **quit** to cancel the Load Event function without loading a workout.

X Note: Select only Pace Clock (**PC**) workouts to load. If you attempt to load a Diving (**DV**) event or other event type, and error message is displayed. Press any key to return to the Stored Data screen and then select a **PC** workout to load.

Figure 3-L Stored Data Softkey Menu



Save Workout

Function

Allows you to save a programmed workout for later use.

Operation

After programming a workout set, press the **Save Workout** softkey to store it in memory. The display prompts you to name the event you want to save. Type a name that will help you remember the content of the workout and press **enter**. The screen updates the amount of memory used and available. Press **quit** to return to the Main screen.

Delete Workout

Function

Allows you to delete a stored workout event from memory. Use this function to delete unwanted workouts or to make room for new workouts.

X Caution: Make sure the event you have selected is the one you really want to delete. Once you delete an event, it is gone forever. If you delete a workout event by mistake, you must re-program it from scratch!

Operation

Press the **Delete Workout** softkey and then use the **up** or **down** arrow key to highlight the workout event you want to delete. Press **enter** to delete the selected event. After deleting unwanted workout events, press **quit** to return to the Main screen.

Scbd (Scoreboard)



Figure 3-M Scoreboard Display Window

Summary

Provides access to special scoreboard control and display features. When you press the **Scbd** softkey, the Scoreboard Display window is displayed. This window shows on-screen the information being sent to your scoreboard, as shown in the example in Figure 3-M.

Operation

Press the **Scbd** softkey to display the Scoreboard softkey menu and display window.

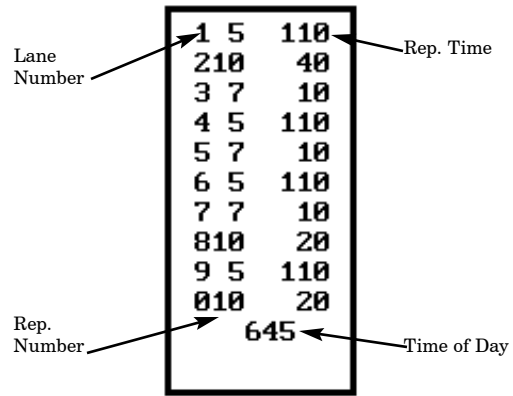
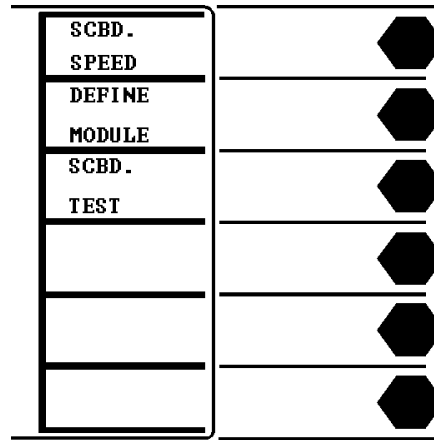


Figure 3-N Scoreboard Softkey Menu



Matches the data transmission rate from Pace Clock 5 to the communication rate of your scoreboard. Set the scoreboard speed to either high (9600 baud) or low (2400 baud) speed. See your scoreboard manual for the communication rate of your scoreboard.

Figure 3-O Set Scoreboard Data Speed

Press The **Scbd Speed** softkey to display the current data transmission rate. Press the **Change** softkey to select either high or low

Scbd Speed

Function



Operation

speed. You may also press **enter** to change the data transmission speed. When the desired speed is selected, press **quit** to accept the entry and return to the previous screen.

Allows you to display or change the scoreboard module definitions.

Define Module

Figure 3-P Scoreboard Module Definition Screen

Function

Press the **Define Module** softkey to display your current scoreboard module definitions. The left and middle columns on the

CHANNEL (description)			IS DISPLAYED ON MODULE
01	LANE 1	WORKOUT	01
02	LANE 2	WORKOUT	02
03	LANE 3	WORKOUT	03
04	LANE 4	WORKOUT	04
05	LANE 5	WORKOUT	05
06	LANE 6	WORKOUT	06
07	LANE 7	WORKOUT	07
08	LANE 8	WORKOUT	08
09	LANE 9	WORKOUT	09
10	LANE 10	WORKOUT	0A
11	TIME OF DAY		16

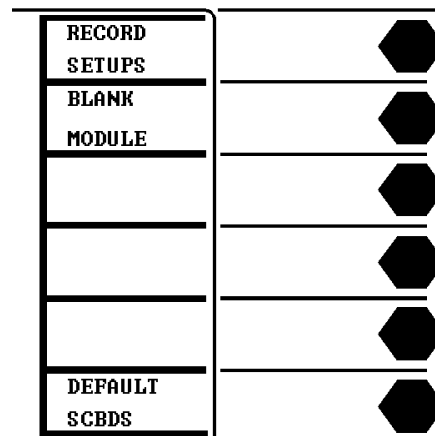
screen indicate the scoreboard channel and the display description. The right column indicates the scoreboard module on which the information in the other two columns is displayed.

Operation

Scoreboard module definition is a complex operation which should not be attempted by an inexperienced operator. Before attempting to define scoreboard modules, carefully read the Scoreboard section in Chapter 2 of your *System 5 Swimming User Guide*. As in Swimming, all Pace Clock 5 scoreboard module logical addresses (modules) default to the physical addresses (scoreboard channels). For example, the physical address of the scoreboard module displaying data for lane one is 01 scoreboard module to display lane ten's data, set lane one's logical address (module) to 0A.

To change a module definition, press the **up** or **down** arrow key to highlight the desired display module and press **enter**. The display indicates that you are editing the selected module. Use the numeric keypad to enter numbers and either the alphabetic keyboard keys or softkeys to enter letters. When you have entered the desired module definition, press **enter** to accept the entry. If you change the wrong module or enter the wrong information, press **quit** instead of **enter** to clear the erroneous entry. After defining scoreboard modules, press **quit** to return to the previous screen.

Figure 3-Q Scoreboard Definition Softkey Menu



Stores the currently displayed module definitions in permanent

Record Setups

Function

memory. These settings are retained when you turn off your System 5. Remember that you can re-define the scoreboard modules at any time.

Operation

After defining the scoreboard modules to suit your needs, press the **Record Setups** softkey to store the current definition in permanent memory. Pace Clock 5 gives you the option not to record the current setups in case you pressed this key by mistake. Press **enter** to record the setups, press any other key to cancel. If you change module definitions without pressing the **Record Setups** softkey, the changes only affect the current Pace Clock 5 session and are lost when you turn off your System 5.

Blank Module

Function

This softkey allows you to blank a scoreboard module for the entire Pace Clock session. If you record a scoreboard setup with blanked module(s), the setup including the blanked module(s) is stored in permanent memory.

Operation

Press the **up** or **down** arrow key to highlight the module you want to blank and press the **Blank Module** softkey. To unblank a module, highlight a blanked module, press **enter** to edit, type the desired module definition, and press **enter**.

Default Scbds

Function

Allows you to set all scoreboard module definitions to their default state.

Operation

Press the **Default Scbds** softkey to set each module to its default definition. Press **enter** to confirm that you want to reset all scoreboard modules. The default values are shown in the following table:

Displays the numeral **8** on all available scoreboard modules. Test

Channel	Description	Displayed on Module
01	Lane 1 Workout	01
02	Lane 2 Workout	02
03	Lane 3 Workout	03
04	Lane 4 Workout	04
05	Lane 5 Workout	05
06	Lane 6 Workout	06
07	Lane 7 Workout	07
08	Lane 8 Workout	08
09	Lane 9 Workout	09
10	Lane 10 Workout	0A
11	Time of Day	16

Scbd Test

each digit segment for proper operation and each module for proper connection to your System 5.

Function

To initiate a scoreboard test, press the **Scbd Test** softkey. Check your scoreboard for proper operation. The Pace Clock 5 screen display mimics what you should see on your scoreboard. If any segments or digits do not operate properly, check all cable connections and run the test again. If your scoreboard still does not work properly, it may need service. Call Colorado Time Systems' Customer Service Department for assistance.

Operation

Start ID/Rep



Summary

The **Start ID/Rep** softkey allows you to select the ID# and Repeat with which to begin a workout session. You may also use this key to skip parts of a workout.

Operation

Press this softkey to display the Start ID/Rep softkey menu and display window.

LANE	START ID	START REP
01	01	03
02	01	01
03	03	02
04	03	02
05	02	01
06	01	01
07	01	01
08	01	01
09	05	02
10	01	01

Figure 3-R Start ID/Rep Window

Lane Start ID

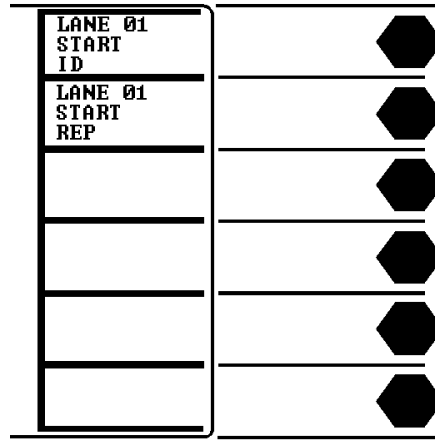
Function

Allows you to select the start ID# for the current workout on a lane-by-lane basis.

Operation

Highlight the desired lane using the **up** or **down** arrow key. Then press the **Lane Start ID** softkey, type the desired start ID# using the numeric keypad, and press **enter**. Press **quit** to return to the Main screen.

Figure 3-S Start ID/Rep Softkey Menu



Lane Start Rep

Function

Allows you to select the start Repeat within a workout ID# for the current workout on a lane-by-lane basis.

Operation

Highlight the desired lane using the *up* or *down* arrow key. Then press the **Lane Start Rep** softkey, type the desired start Repeat using the numeric keypad, and press **enter**. Press **quit** to return to the Main Screen.

Misc



Summary

This softkey provides access to miscellaneous functions of Pace Clock 5.

Operation

Press the **Misc** softkey to display the miscellaneous softkey menu. Press **quit** to return to the Main screen when you have finished using miscellaneous features.

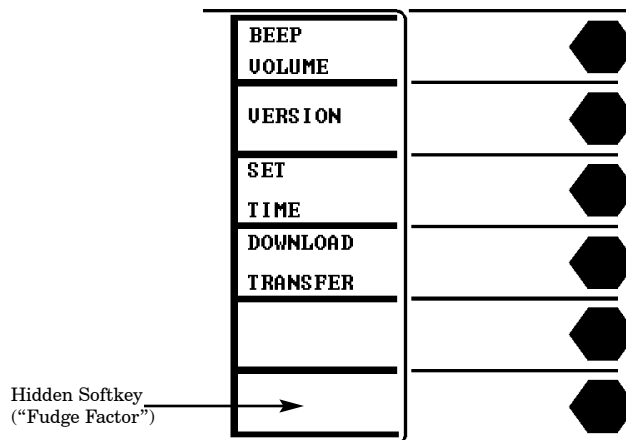


Figure 3-T Misc Softkey Menu

Beep Volume

Function

Allows you to set the volume of the beep which sounds when you press a key or softkey.



BEEP VOLUME IS 03

Figure 3-U Set Beep Volume

Operation

Pressing the **Beep Volume** softkey displays a window indicating the current volume level, which is a number from 0 to 3. To increase the beep volume, press the **up** arrow key. To decrease the beep volume, press the **down** arrow key. To store the new beep volume, press the **Record** softkey.

Version

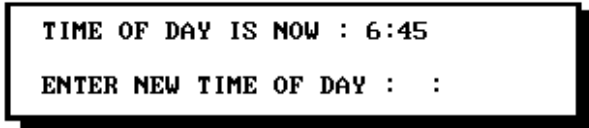
Function

Displays the version of Pace Clock 5 software you are using.

Set Time

Function

Allows you to set your System 5 internal clock.



TIME OF DAY IS NOW : 6:45

ENTER NEW TIME OF DAY : :

Figure 3-V Set Time of Day

Operation

Press the **Set Time** softkey to display the current time from your System 5 internal clock. Use the numeric keypad to enter the correct time and press **enter**. To exit without changing the time, press **quit** instead of **enter**.

Download Transfer

Function

Allows you to transfer a downloaded workout program from a PC computer to your Pace Clock 5.

X Note: This feature requires a separate PC program not supplied by Colorado Time Systems.

Operation

Download the desired program from your PC to your System 5. When the download operation is complete, press the **Download Transfer** softkey to enter the program into Pace Clock 5 workout memory.

Fudge Factor (Hidden Softkey)

Function

The bottom key on the Misc softkey menu is not labeled. This is to prevent accidental alteration of the fudge factor. However, it is an active key which is used to program the fudge factor. Refer to Figure 3-T on page 3-17 for the location of this softkey. This feature, which allows you gradually to increase the workout pace without the swimmers' knowledge, was added at the request of many coaches. This key allows you to change the length of a second for timing purposes. The value you enter here indicates the number of

actual hundredths of a second to use for each displayed second. For example, if you enter **95** for the timing factor, each second that Pace Clock 5 counts and displays is actually only **0.95** of a second in duration. This feature is a useful training aid, allowing you to increase the pace of your workouts without reducing the displayed time.

X **Important:** You, as the coach, must use this key with discretion to prevent injuries to your swimmers.

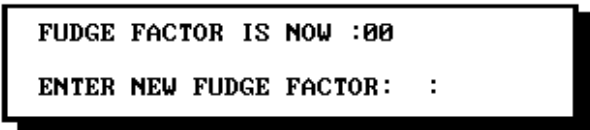


Figure 3-W Set "Fudge Factor"

Operation

Press the bottom softkey on the **Misc** softkey menu to display the Fudge Factor window. This window displays the current factor and allows you to enter a new factor. A factor of **00** corresponds to **100** hundredths per second, or no timing alteration. Enter the desired number of hundredths per second using the numeric keypad and press **enter**. To exit without changing the timing factor, press **quit** instead of **enter**. To reset the timing factor to actual time, type **00** and press **enter**.

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