freelap®
freedom of timing

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

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 the FxChip BLE **to the fork of the bike** using the velcro tape. The velcro tape and the chip orientation depends on which transmitters are used.
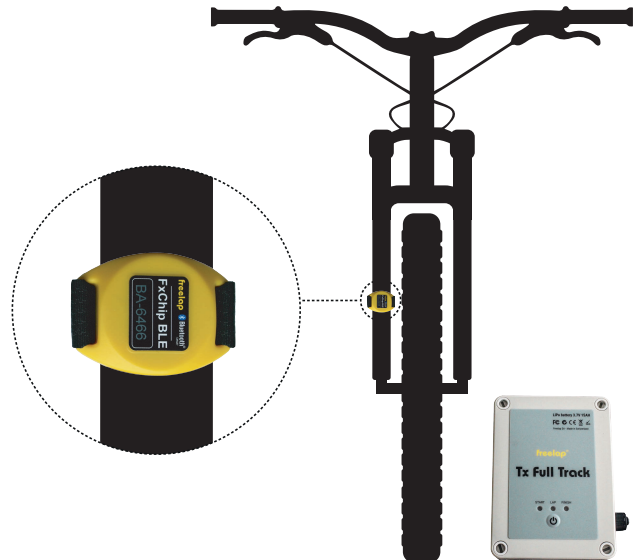
With **Tx Track Pro** transmitters:
It must be attached using the FxMTB, positioned **vertically** and facing forward.

With **Tx Full Track** transmitters:
It must be attached using the FxBike, positioned **horizontally** and facing forward.

/!\ Attaching the transponder to any other location or position may result in inaccuracies or non-detection.

03. TURN ON & PLACE YOUR TRANSMITTERS

We will guide you on 3 different configurations. You can read only the one you need:
- 1: Standard run with intermediate LAP times - page n°4
- 2: System in loop - page n°5
- 3: Racing system in loop - page n°6
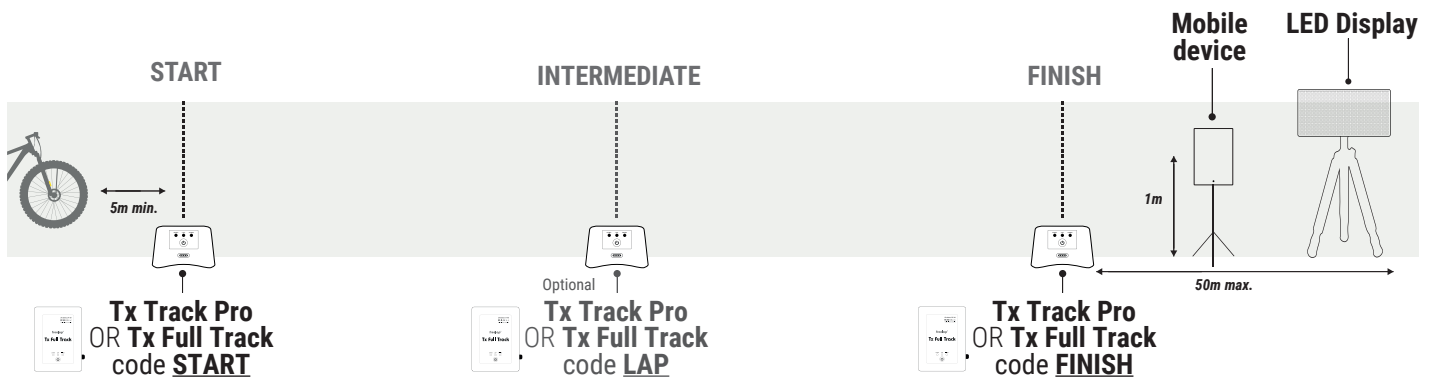
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N°1 : STANDARD RUN WITH INTERMEDIATE TIMES

Freelap products needed :   - 1 FxChip BLE transponder
- 1 Tx Track Pro **or** Tx Full Track transmitter (code START)
- 1 Tx Track Pro **or** Tx Full Track transmitter (code FINISH)

Optional: Add Tx Track Pro **ou** Tx Full Track transmitters (code LAP) to get intermediate times.

Turn on and set up your transmitters:

- Turn on the transmitter: press the central "Power" button for 2 seconds.
- Once the transmitter is on, make short presses on the "Power" button to select the desired code (START = start transmitter/ LAP = intermediate transmitter/ FINISH = finish transmitter). Each short press of the "Power" button switches you to the next code. The LED of the selected code flashes.

Place your transmitters:

• **Installing Tx Track Pro transmitter:** Place it on the ground (do not raise it). This transmitter has the shape of an arrow. Place it at the edge of the track, pointing the arrow towards the track (perpendicularly) to draw your 3m imaginary line of passage.

• **Installing Tx Full Track transmitters:** Place the antenna cable approx. 10cm under the ground. The antenna must be placed perpendicular to the track forming a loop (width: for BMX = 40cm / for velodromes = 60cm) covering the entire width of the track. Then, connect each end of the antenna cable to the plugs and connect it to the connectors of the Tx Full Track case.

• Place your transmitter code START on the start line, place your transmitter code LAP at the desired locations to get your intermediate times (optional), and place your transmitter code FINISH on the finish line.

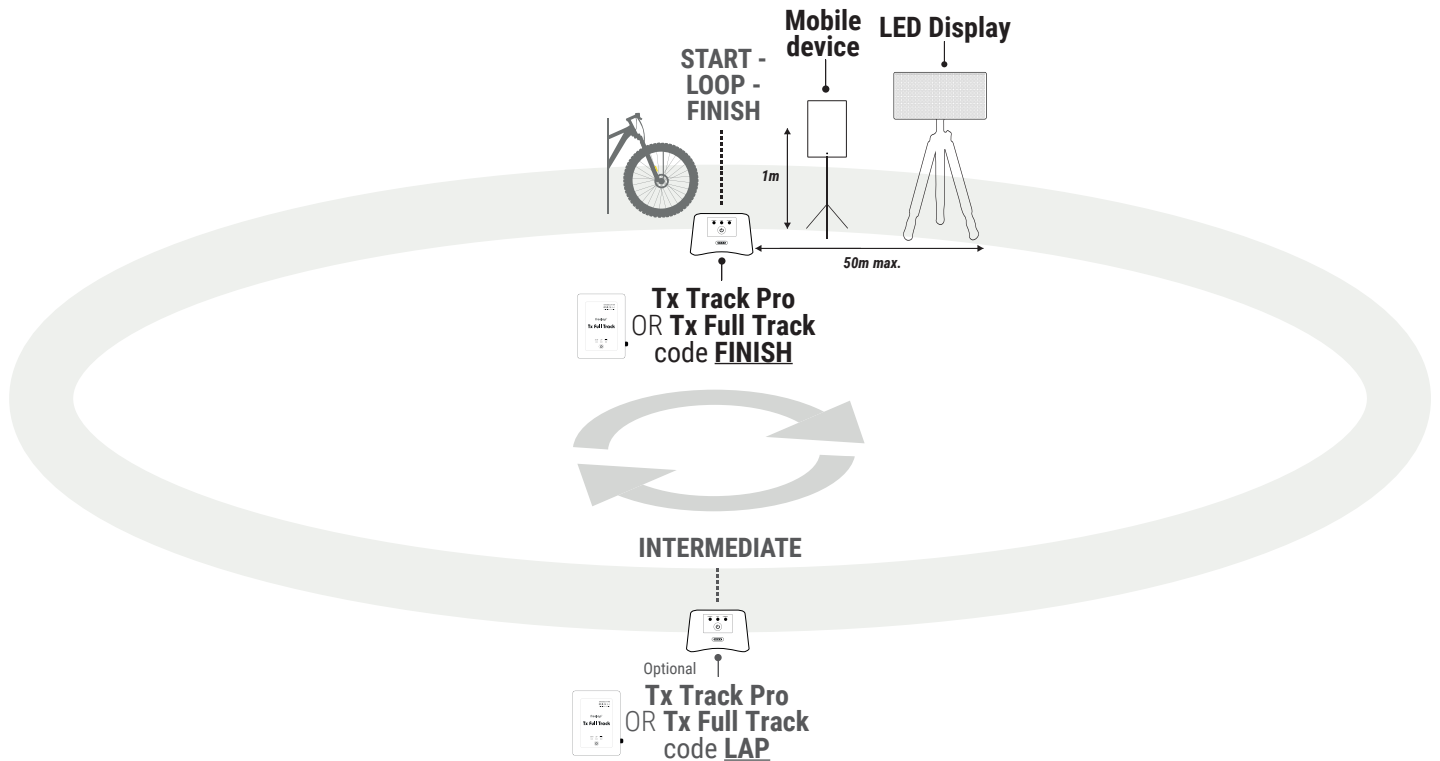**- For an optimal accuracy, take the start at least 5m before the START transmitter.**

> ⚠ **- The rider must always pass within 3m of the Tx Track Pro transmitters.**
> **- Transmitters must be at least 10m apart**
> **- Maximum 11 transmitters on your course**

N°2 : SYSTEM IN LOOP

Freelap products needed :   - 1 FxChip BLE transponder
                            - 1 Tx Track Pro **or** Tx Full Track transmitter (code FINISH)

Optional: Add Tx Track Pro **ou** Tx Full Track transmitters (code LAP) to get intermediate times.

Turn on and set up your transmitters:

- Turn on the transmitter: press the central "Power" button for 2 seconds.
- Once the transmitter is on, make short presses on the "Power" button to select the desired code. Each short press of the "Power" button switches you to the next code. The LED of the selected code flashes.

Place your transmitters:

• **Installing Tx Track Pro transmitter:** Place it on the ground (do not raise it). This transmitter has the shape of an arrow. Place it at the edge of the track, pointing the arrow towards the track (perpendicularly) to draw your 3m imaginary line of passage.

• **Installing Tx Full Track transmitters:** Place the antenna cable approx. 10cm under the ground. The antenna must be placed perpendicular to the track forming a loop (width: for BMX = 40cm / for velodromes = 60cm) covering the entire width of the track. Then, connect each end of the antenna cable to the plugs and connect it to the connectors of the Tx Full Track case.

• Place your transmitter code FINISH on the start/loop/finish line and place your transmitter code LAP at the desired locations to get your intermediate times (optional).
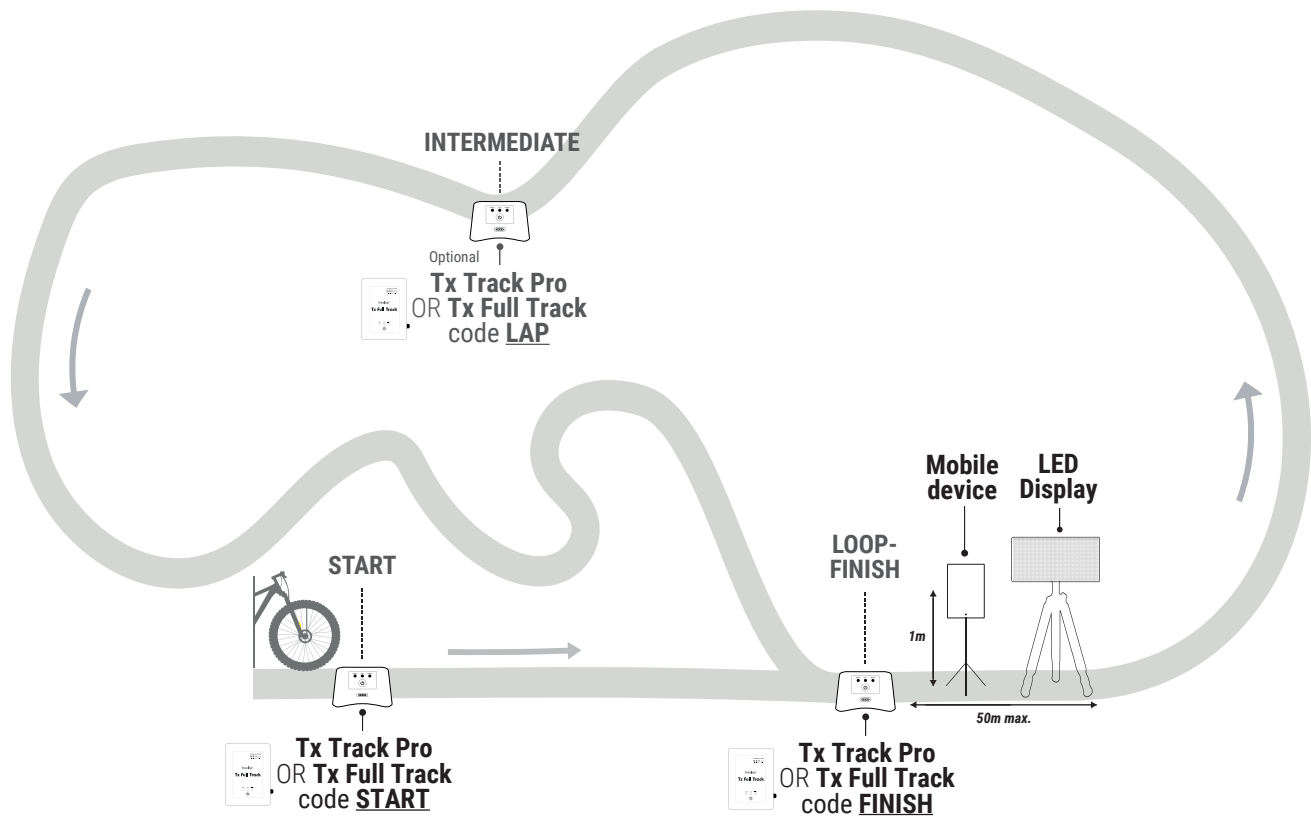
- **To take the start: <u>stay 5 seconds minimum in the transmitter detection field</u> and then start the race.**

> ⚠️ - **The rider must always <u>pass within 3m</u> of the Tx Track Pro transmitters.**
> - **Transmitters must be <u>at least 10m apart</u>**
> - **<u>Maximum 11 transmitters</u> on your course**

N°2 : RACING SYSTEM IN LOOP

Freelap products needed :   - 1 FxChip BLE transponder
                            - 1 Tx Track Pro **or** Tx Full Track transmitter (code FINISH)
Optional: Add Tx Track Pro **ou** Tx Full Track transmitters (code LAP) to get intermediate times.

INTERMEDIATE

Optional
Tx Track Pro
OR **Tx Full Track**
code **LAP**

START

Tx Track Pro
OR **Tx Full Track**
code **START**

LOOP-FINISH

Tx Track Pro
OR **Tx Full Track**
code **FINISH**

Mobile device   **LED Display**

1m

50m max.

Turn on and set up your transmitters:

- Turn on the transmitter: press the central "Power" button for 2 seconds.
- Once the transmitter is on, make short presses on the "Power" button to select the desired code. Each short press of the "Power" button switches you to the next code. The LED of the selected code flashes.

Place your transmitters:

• **Installing Tx Track Pro transmitter:** Place it on the ground (do not raise it). This transmitter has the shape of an arrow. Place it at the edge of the track, pointing the arrow towards the track (perpendicularly) to draw your 3m imaginary line of passage.
• **Installing Tx Full Track transmitters:** Place the antenna cable approx. 10cm under the ground. The antenna must be placed perpendicular to the track forming a loop (width: for BMX = 40cm / for velodromes = 60cm) covering the entire width of the track. Then, connect each end of the antenna cable to the plugs and connect it to the connectors of the Tx Full Track case.
• Place your transmitter code START on the start line, place your transmitter code LAP at the desired locations to get your intermediate times (optional), and place your transmitter code FINISH on the loop/finish line.

- **To take the start: <u>stay 5 seconds minimum in the transmitter detection field</u> and then start the race.**

⚠️ - **The rider must always <u>pass within 3m</u> of the Tx Track Pro transmitters.**
 - **Transmitters must be <u>at least 10m apart</u>**
 - <u>**Maximum 11 transmitters**</u> **on your course**

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

- Turn on your LED Display: Press the "ON/OFF" button.
- Insert the tripod into the screen's preformed slot.
- 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**.
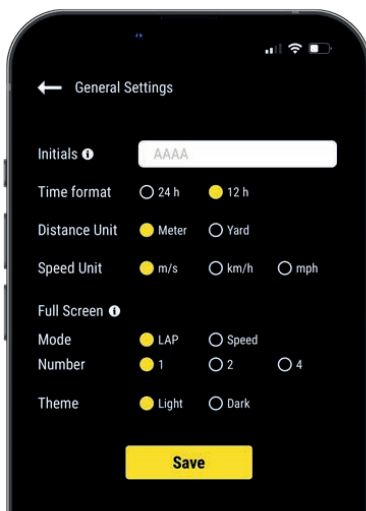
// If the rider is using a smartwatch or is keeping his smartphone in his pocket: it's ok.

06. SET UP YOUR MYFREELAP ACCOUNT

When you are using MyFreelap app for the first time, we recommend you to:
- Enter your Setting Preferences
- Create a Team
- Create an Exercise

1/ Set up your General Settings

On the main menu, click on "**Settings**" and then on "**General Settings**".
• Enter your Initials: It will be displayed in the data table instead of the Chip ID (max. 4 characters)
• Choose your Time format
• Choose your Distance Unit
• Choose your Speed Unit
• Set up your Full screen mode (Mode and Number)
• Choose your MyFreelap Theme

2/ Create a Team *(optional)*

"Teams" section lets you create start lists to time several riders.

- From the main bottom menu, click on "**Teams**".
- **Click** ➕ **to create a new Team.**
- Enter the name of the Team, and a description and a logo of the Team (optional), then click on "Next".

- **Add members to the Team.** MyFreelap offers you 3 ways to add members:
Add members manually, Import a list, or add members from your MyFreelap Relations.
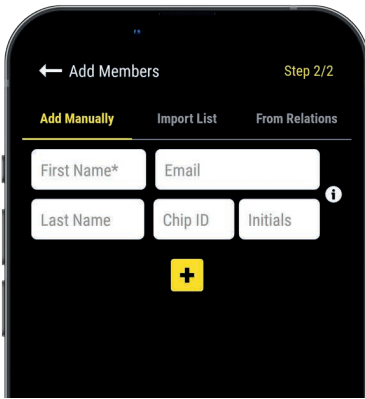
If you add members manually or import a list we recommend you to complete for each rider:

– **First Name*** (required)
– **Last Name**
– **Email:** Lets you know if the member has a MyFreelap account and if he is part of your MyFreelap Relations.
– **Chip ID:** Assign a unique chip ID to each rider to save time when creating your Workout.
– **Initials:** will be displayed instead of the chip IDs.

## 3/ Create an Exercise *(optional)*

Exercises let you easily: Choose your timing mode (Standard or Roster); Enter distances to get distance and speed data; Choose the data you want to display.

- From the main menu, click on "**Exercises**".

- **Click** **+** **to create a new Exercise.**
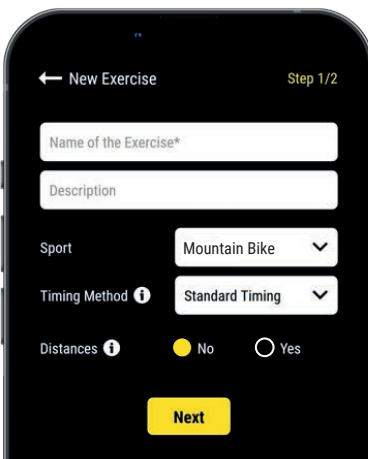
Step n°1: Settings

– Enter the **Name** of the Exercise (must be unique)
– Enter a **Description** (optional)
– Select the **Sport**
– Select the **Timing Method**: **Standard timing** (the most used in biking)
– You can add **distance(s)** to get your distance and speed data (optional)

When you are done, click "Next" to go to Step n°2.
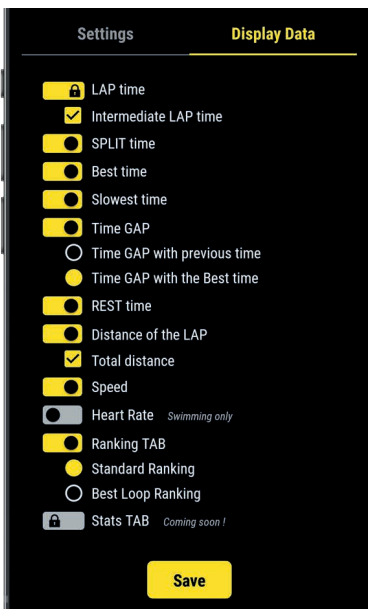
Step n°2: Display Data

By default, data types are enabled based on the standard data template of the selected sport. Here you can **customize the data you want to display**. Click **●** to turn ON the data you want to display, and turn OFF the data you want to hide.
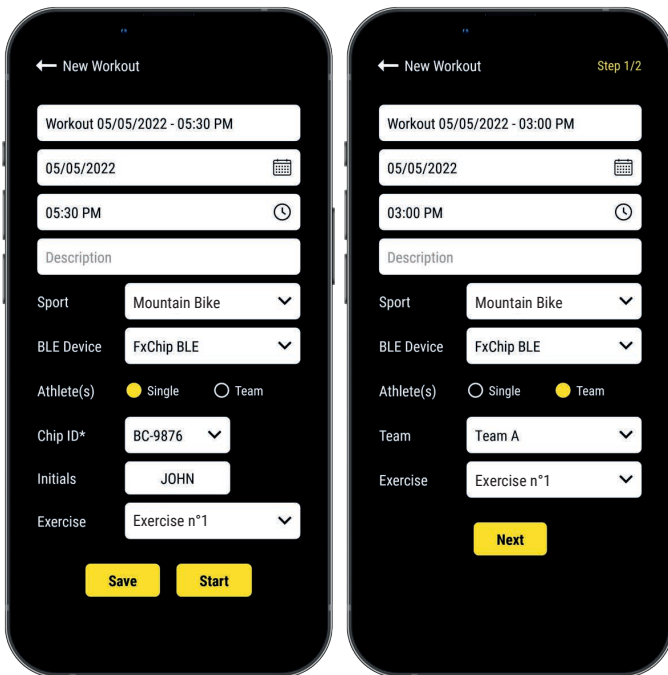
Click "Save" to save your Exercise.

07. CREATE & START YOUR WORKOUT

- From the main menu, click on "**Workouts**".

- Click ➕ **to create a new Workout,** and enter:

– The **Name** of the Workout
– Edit the **Day & Time** if needed
– A Description (optional)
– Select the **Sport** of the Workout
– Select the **type of Freelap BLE device** you will use
– Select the **type of Workout**:
  - <u>Single</u>: Enter the **ID** of the chip you will use (2 letters and 4 digits written on the front of your device), and enter your **Initials** (max. 4 character)
  - <u>Team</u>: Select a **Team** in the dropdown list
– Choose the **Exercise** of the Workout (optional)
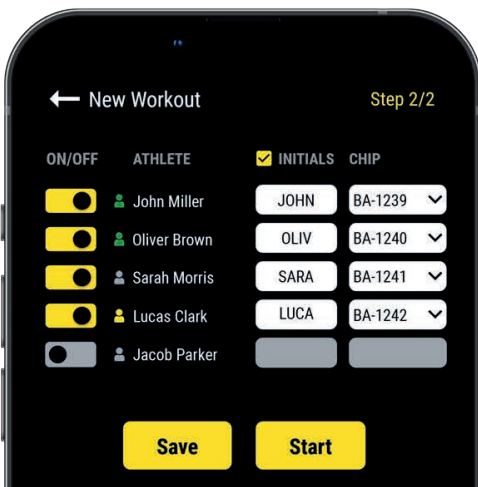
Steps 2: Start List *(<u>Team</u> Workout only)*

– Click 🔘 to turn OFF the missing riders
– Enter/edit Initials (max. 4 characters)
– Assign a chip to each rider (chip ID must be unique).
Then click "Start" to start the Workout.
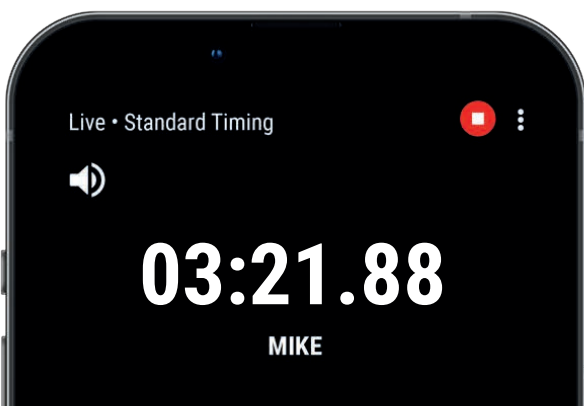
• **You are ready to start the Workout !**
Data will be instantly collected, stored and displayed.
• Click on ⋮ to display the full screen mode.
• Once the Workout is finished, click on 🔴 to end it.

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08. ABOUT YOUR TIMING DATA

In the data table, data displayed depends on the set up of the Workout:

• **N°:** Number of the LAP(1,2,3 ..) / Number of the Rest time (P1, P2, P3 …)

• **ID:** Chip ID / or Initials

• **LAP:** LAP time (the number of intermediate times of the LAP is indicated in parenthesis) + **Click on a LAP to see the details of the intermediate times**

• **GAP:** Time Gap (with the previous LAP time or with the Best LAP time)

• **Best Time:** Green background

• **Slowest Time:** Red background

• **SPLIT:** Total cumulative time of the LAPs (the Rest times reset the SPLIT back to 0)

• **DIST. (unit):** Distance of the LAP

• **SPEED (unit):** Average speed of the LAP

• **Rest Times:** Marked with a yellow border, named P1, P2…

• **Total row:** Show the Total time of the LAPs and the Total distance covered. (Yellow background – is displayed at the bottom of the table if there is only 1 rider or if you filter the data table.)

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

For more information please check our complete MyFreelap guide:
www.freelap.com/support/myfreelap-app

10. CHECKLIST

Verify that :

- You are using the Freelap devices recommended for your sport.
- You have the last version available of MyFreelap app
- MyFreelap app is opened on your mobile device and run in first plan (required on IOS)
- Bluetooth & Location are activated on your mobile device
- Your chip is attached to the fork of the bike, positioned vertically and facing forward
- Transmitters are turned on, correctly placed, and set on the correct code
- You have 1 transmitter set to the code "FINISH"
- 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 Workout
- You correctly place your mobile device: next to the FINISH transmitter (between 5m-50m) at a height of 1 meter. (If you are using a smartwatch or keeping your phone in your pocket: it's ok).
- That your chips and your LED Display have the latest update available. To update it you have to use FDM (Freelap Device Manager) app
- The batteries of your devices are not flat – change it (cf: instructions for use of your devices
- You are not close to a railway line (may causes interference))

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