# autocoach:

## Timing, Training and Racing – All In One



TIMING

* speed
* split time
* stroke rate

Colour Performance Stopwatch

Black & White (Outdoor) Performance Stopwatch

Simple and easy to use, the AutoCoach stopwatches measure & store the basic measurements (time, splits, lap times & stroke rates) as well as high performance measurements (velocities, SI, SWOLF). Real time feedback to athletes is provided Visually (stopwatch or LED Display) or Verbally (time-call or via the AutoCoach Speakers). All data is automatically stored on the Watch, and wirelessly transmitted to a computer via an optional Transceiver.



Current Lap — SWOLF — Elapsed Time
Split Number — Cumulative Split
Stroke Rate — Incremental Split
Stroke Index — Distance Per Stroke

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# Race start& Training

* **✳ Pace**
* **✳ Interval**
* **✳ fitness test**

**Deluxe Coach Travel Set**

Automated pre-set time cycles are generated by our system with visual and audible commands used to co-ordinate your squad of athletes. All athletes can see their performance at a glance and know what time cycle they are on. This frees up the coach to give more attention to technique and motivation.

**Basic Coach Travel Set**

**Deluxe Train & Race Set**

**Basic Train & Race Set**

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## Timing, Training and Racing – **All In One**



# RACING

* wireless
* portable
* expandable

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A versatile wireless race starting and timing system that is easy to setup and use! Race starters will love the pre-programmed official race commands, saving their voice while remaining in full control of each command. All times and results can be downloaded to a computer. Minimal timekeepers are needed for your next race meet, whether a PB challenge, club meet, school meet or sporting carnival. The system uses the same equipment used in squad training, maximising your investment.

**ACS100/110S: Start/Timing Stopwatch (one for two lanes)**
**ACS250:  Large LED Display (one for two lanes)**
**ACS300L:  Large Speaker**



### Race Meet System

**4 Lanes Basic with 2xStopwatch**

**6 Lanes Basic with 3xStopwatch**

**8 Lanes Basic with  4x Stopwatch**

2 Lanes  Race meet set