ACS300 Wireless Speaker Hub

User Manual

Table of Contents

ACS300 Controls & Indicators 2

1. Turning on and off 4

1.0: Turning unit on: 4

1.1: Turning unit off: 4

1.2: Low Battery: 4

1.3: Resetting the unit: 5

2. Connecting to your Smart Watch 6

Connecting to Your Computer 7

3. Normal Mode 7

3.0 Smart Watch in Pace Mode: 7

3.1 Smart Watch in Master Race Mode: 7

3.2 Smart Watch in Master Interval Mode: 7

4. Timing Mode 8

4.0 Smart Watch in Pace Mode: 8

4.1 Smart Watch in Master Race Mode 8

4.2 Smart Watch in Master Interval Mode: 9

5. Other Menu Items 10

5.0 Group: 10

5.1 Squad: 10

5.2 Channel: 10

13. Charging the battery 11

13.1 AC Adapter: 11

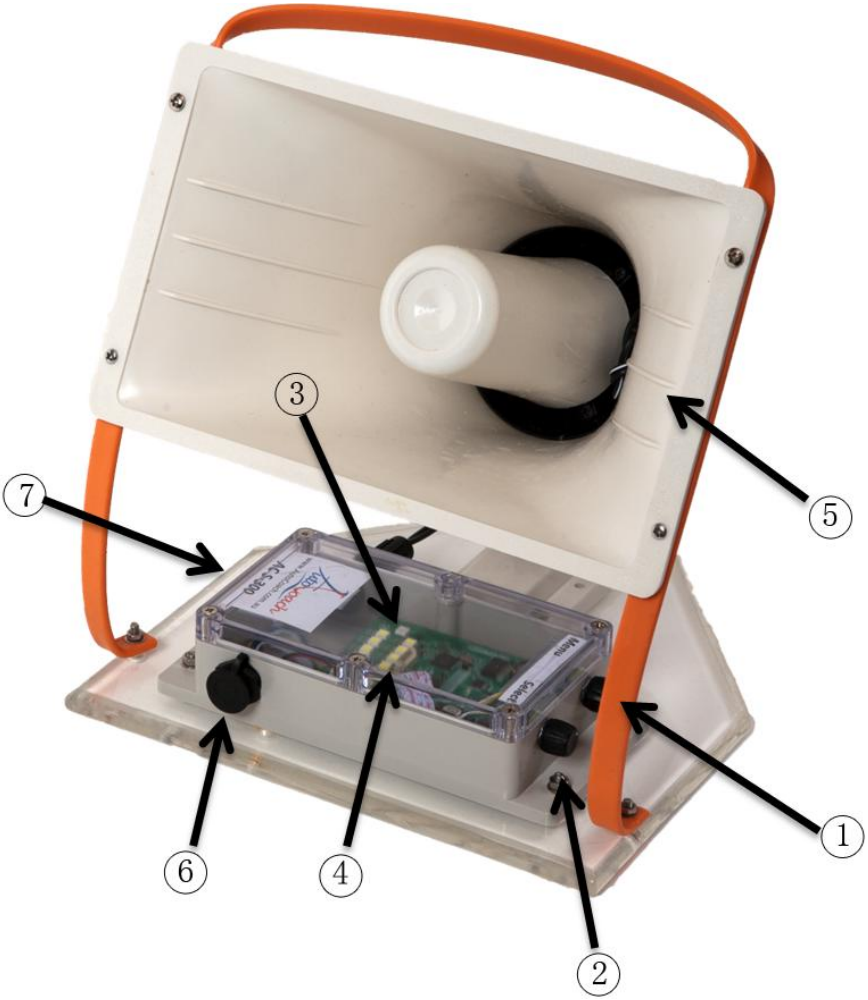
14. Caring for your AutoCoach device 12

14.1 Storage: 12

14.2 Handling: 12

14.3 Resetting: 12

ACS300 Controls & Indicators



Note: There are two types of button presses on buttons ① and ②. A “Short Press” is of less than 0.5 Seconds Duration. A “Long Press” is of greater than 0.5 Seconds duration.

① - **Menu Button - ON / OFF Button** – *when long pressed inwards.* **Menu Item Selector** – *twist knob to cycle through menu items.* **Battery Percentage Readout** *– short press inwards activates a voiced reading of the ACS300's remaining battery percentage.*

② - **SELECT Button** *- twist knob to cycle through items in each menu (e.g. Group 1,2,3 or Volume 1,2…) long press to activate selected item.* **Status Readout** – *short press inwards to activate a voiced reading of each of the ACS300's menu settings (Normal, Timing, Volume, Group, Squad, Channel).*

③ - **Status LED** *- will flash when Speaker Unit is on; blue with more than 50% battery, green when less than 50% but more than 25% and red when less than 25%. When Menu is activated, LED will remain steadily lit for 15 seconds of inactivity and then resume flashing.*

④ - **Starting LEDs –** *will flash bright starting and pacing light for use with AutoCoach in Race mode, Pace mode and interval mode.*

⑤ - **Water Resistant Loudspeaker - Normal Mode –** *sounds start beeps, start whistles, a starter's voice and intervals during sets.* **Timing Mode** – *reads out times recorded on the Smart Watch.* **PA Speaker** – *can amplify a Smart Watch user's voice.*

⑥ - **Water Resistant Expansion Socket – USB Port** – *data transfer and battery recharging.* **Expansion –** *for use with hand-held pushbuttons.*

⑦ - **Expansion Banana Connectors –** *connection to touchpads and starting block pressure sensors.*

1. Turning on and off

1.0: Turning unit on:

If the unit is off (Status LED ③ not flashing), long pressing the Menu Button ① will turn the unit on. The Status LED ③ will confirm that the unit is on by flashing and announcing “On”. Upon start up the unit will announce its installed software version and its Network ID.

1.1: Turning unit off:

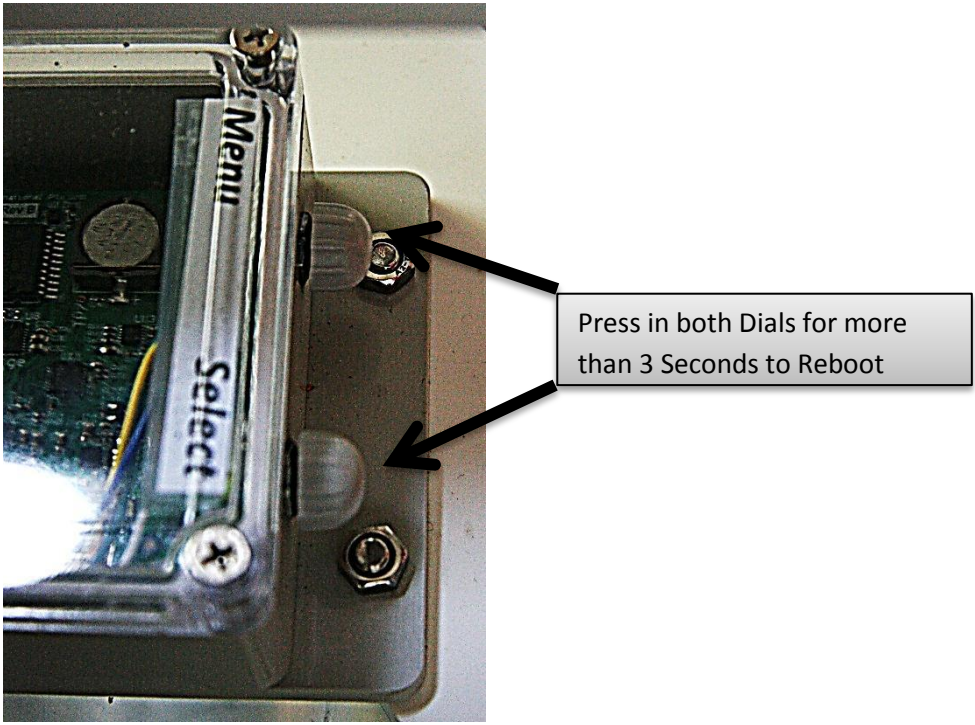
The unit will automatically turn off after approx. 45 minutes inactivity. Just before turning itself off it will announce “Off”. The unit can be manually shut down by long pressing the Menu Button ①. The unit will announce “Off” as it turns off, and the Status LED ③ will stop flashing.

1.2: Low Battery:

When the unit’s battery falls below 50%, the Status LED ③ will turn from blue to green. When the battery falls below 25%, the Status LED ③ will start flashing red. At this point we recommend charging the Speaker Unit.

1.3: Resetting the unit:

The unit can be reset to default conditions by pressing buttons ① and ② simultaneously for more than approx. 3 Seconds. After two seconds the unit will announce “Rebooting” followed by the Status LED flashing for approx. 1 second. After booting, the unit will announce the software version (AutoCoach version .8).



2. Connecting to your Smart Watch

1. To connect to your Smart Watch, first setup your Smart Watch by turning it on and finding the Setup Mode. In Setup Mode, set your Squad number and Channel number (e.g. Squad 2, Channel 13). *
2. Turn on your Speaker Unit by holding down the Menu Button ① until the unit announces “On” and the Status LED ③ blinks. Proceed by rotating the Menu Dial ① until the Speaker Unit announces “Squad”. Use the Select Dial ② and rotate until the Squad number matches your number used for in the Smart Watch (e.g. Squad 2), then long press Select Button ② until the Speaker Unit confirms your selection by announcing “Store”.
3. Rotate the Menu Dial ① until the Speaker Unit announces “Channel”. From here, as in step 2, use the Select Dial ② and rotate until the Channel number matches your number used for in the Smart Watch (e.g. Channel 13), then long press Select Button ② until the Speaker Unit confirms your selection by announcing “Store”.
4. Confirm your connection by starting a race in Master Race Mode on your Smart Watch and listening for the Starter Sounds from the Speaker Unit.

*Refer to ACS100 User Manual for detailed instructions regarding your Smart Watch

Connecting to Your Computer

When connecting to your computer, make sure that you connect the Speaker Hub end of the USB cable before the Computer end.

3. Normal Mode

To activate Normal Mode, rotate the Menu Dial ① until the Speaker Unit announces “Normal” and then hold down the Select Button ② until the Speaker Unit confirms the selection by announcing “Store”.

3.0 Smart Watch in Pace Mode:

The Speaker Unit will play either an “in water start” (two warning beeps and a start beep), or a “race start” (a voiced “take your marks” and a start beep) depending on what button is used with the Smart Watch. Regardless of which start is chosen, the Speaker Unit will also produce a bright white starting flash.

After the start, the Speaker Unit will play the “in water start” and flash in time with the pace set on the Smart Watch.

Alternatively, a “coach start” (voiced “8, 9, go!”) can be used by changing the Squad Setup in the ACS100 Smart Watch to an even number value (e.g. squad 6).

3.1 Smart Watch in Master Race Mode:

The Speaker Unit will play a starter’s whistle, starter’s “take your marks”, start beep, start flash and start cancel “stand down” – all controlled through the Smart Watch.

3.2 Smart Watch in Master Interval Mode:

As per Pace Mode, the Speaker Unit will play either a “in water start” (two warning beeps and a start beep) or a “race start” (a voiced “take your marks” and a start beep) depending on what button is used with the Smart Watch. Regardless of which start is chosen, the Speaker Unit will also produce a bright white starting flash.

Depending on whether the “in water start” or “race start” was used, the speaker will continue to play the chosen starting tones on the interval set on the Smart Watch.

4. Timing Mode

To activate Timing Mode, rotate the Menu Dial ① until the Speaker Unit announces “Timing” and then hold down the Select Button ② until the Speaker Unit confirms the selection by announcing “Store”.

4.0 Smart Watch in Pace Mode:

The Speaker Unit will play either an “in water start” (two warning beeps and a start beep) or a “race start” (a voiced “take your marks” and a start beep) depending on what button is used with the Smart Watch. Regardless of which start is chosen, the Speaker Unit will also produce a bright white starting flash.

After the start, the Speaker Unit will play the “in water start” and flash in time with the pace set on the Smart Watch.

Alternatively, a “coach start” (voiced “8, 9, go!”) can be used by changing the Squad Setup in the ACS100 Smart Watch to an even number value (e.g. squad 6).

4.1 Smart Watch in Master Race Mode

The Speaker Unit will play a starter’s whistle, starter’s “take your marks”, start beep, start flash and start cancel “stand down” – all controlled through the Smart Watch.

Times recorded by the left stopwatch in the Smart Watch, including splits, will be read out by the Speaker Unit preceded by “left”. Times read out by the right stopwatch will be read out by the Speaker Unit preceded by “Right”.

4.2 Smart Watch in Master Interval Mode:

As per Pace Mode, the Speaker Unit will play either a “in water start” (two warning beeps and a start beep) or a “race start” (a voiced “take your marks” and a start beep) depending on what button is used with the Smart Watch. Regardless of which start is chosen, the Speaker Unit will also produce a bright white starting flash.

Depending on whether the “in water start” or “race start” was used, the speaker will continue to play the chosen starting tones on the interval set on the Smart Watch.

Times recorded by the left stopwatch in the Smart Watch, including splits, will be read out by the Speaker Unit preceded by “left”. Times read out by the right stopwatch will be read out by the Speaker Unit preceded by “Right”.

Alternatively, a “coach start” (voiced “8, 9, go!”) can be used by changing the Squad Setup in the ACS100 Smart Watch to an even number value (e.g. squad 6).

5. Other Menu Items

5.0 Group:

To reach Group, rotate the Menu Dial ① until the Speaker Unit announces “Group”. From here, use the Select Dial ② to choose a desired group and hold down the Select Button ② until the Speaker Unit confirms the selection by announcing “Store”.

5.1 Squad:

To reach Squad, rotate the Menu Dial ① until the Speaker Unit announces “Squad”. From here, use the Select Dial ② to choose a desired group and hold down the Select Button ② until the Speaker Unit confirms the selection by announcing “Store”.

5.2 Channel:

To reach Channel, rotate the Menu Dial ① until the Speaker Unit announces “Channel”. From here, use the Select Dial ② to choose a desired group and hold down the Select Button ② until the Speaker Unit confirms the selection by announcing “Store”.

6. Charging the battery

6.1 AC Adapter:

The ACS300 Wireless Speaker Hub can be recharged with the supplied AC Adapter (5V 1000mA USB socket), or by connecting the unit to a PC or MAC via the supplied USB cable.

From 0% Battery level, charging usually completes within 3 hours. We recommend recharging when the battery level is below 30%, in order to be confident you have enough power for a day's usage.

7. Caring for your AutoCoach device

7.1 Storage:

Try to store in as dry and cool a place as possible. Always stand the Speaker Unit on its base and take care not to drop the unit on hard surfaces.

7.2 Handling:

The Speaker Unit is water RESISTANT, and NOT water proof. Do not submerge the ACS300. After usage around splashes, make sure to shake water out of the unit and wipe off remaining droplets.

7.3 Resetting:

If the program fails to respond or the device will not turn on, try performing a Reboot as per Section 1.3. Please record what you were doing when the problem happened and report to us in order for the problem to be investigated.

When resetting the device, the settings will reset to their default values: Volume 1, Squad 1 and Channel 15. These default values will match the default valuesof your Smart Watch and is useful if you're having trouble connecting the two devices or have forgotten either of the devices' settings.