



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.

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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

Attach the FxChip to the skier's ski boot.

The FxChip must be attached to the back of the skier's ski boot, placed vertically and facing outward.

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

The FxChip turns on automatically when you move, and turns off after 10 minutes of inactivity.

It is an autonomous and smart device that does not require any manipulation, except its good fixation on the skier's boot.

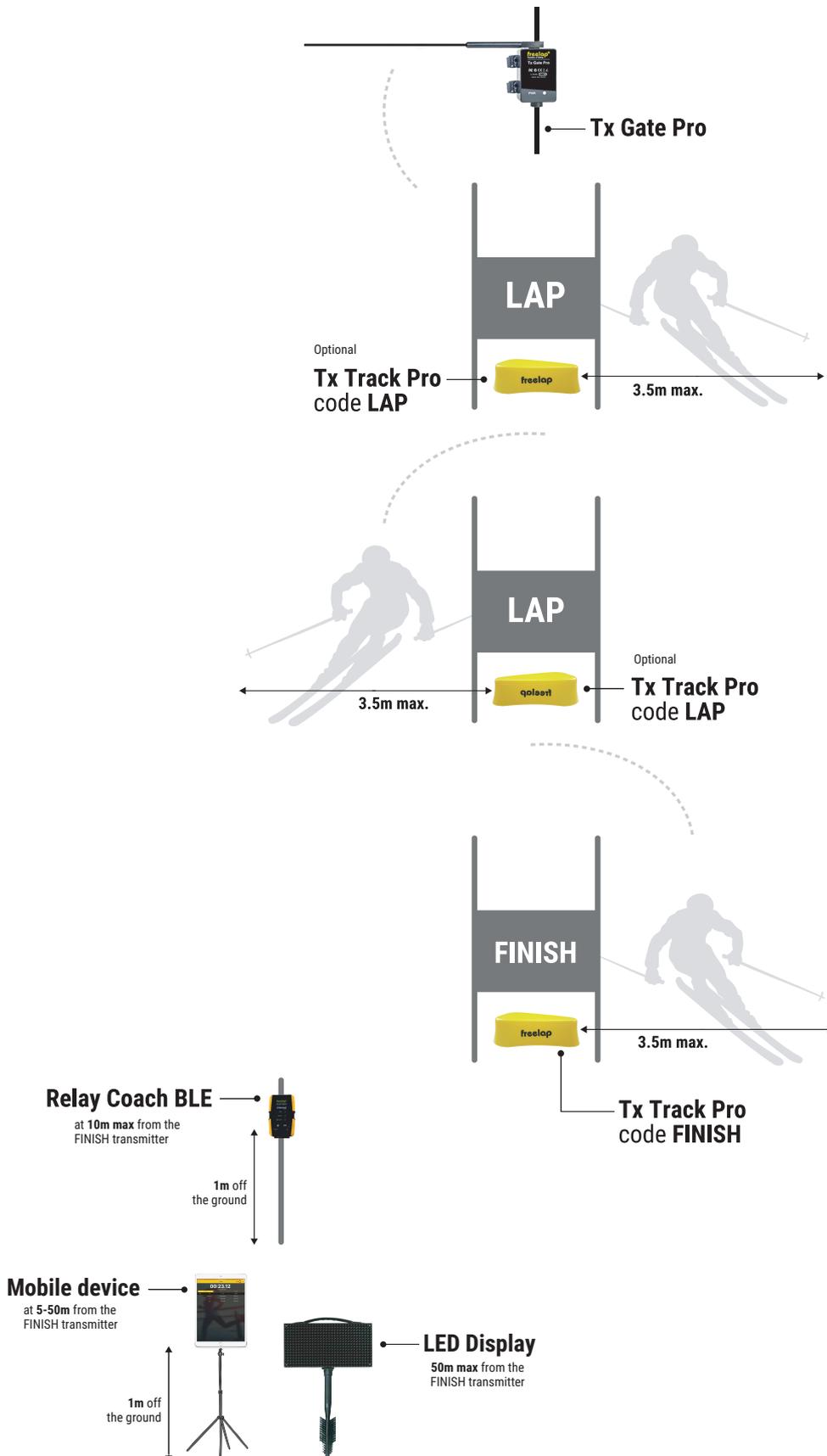
03. TURN ON & PLACE YOUR TRANSMITTERS

We will guide you on 2 different configurations. You can read only the one you need:

- 1: Alpine configuration (page n°4-5)
- 2: Alpine Pro configuration (with CxUnit FINISH transmitter - page n°6-7)

N°1 : ALPINE CONFIGURATION

START



- Freelap products needed:**
- 1 FxChip transponder
 - 1 Relay Coach BLE
 - 1 Tx Gate Pro transmitter
 - 1 Tx Track Pro transmitter (code FINISH)

Optional: Add additional Tx Track Pro transmitters (code LAP) to create multiple sectors on your course.

1/ Place your Tx Gate Pro transmitter

- Plant a wooden stake ideally 4x4cm (not supplied) in the start area.
- Attach your Tx Gate Pro to your stake using the Velcro straps. **The stick should be placed between 35 and 50 cm, parallel to the ground. The case of the Tx Gate Pro must be facing toward the track.**

The Tx Gate Pro does not have any buttons. It turns on automatically when the skier takes the start (when the stick is moved by the skier, the Tx Gate Pro emits a signal that triggers instantly the start of the FxChip). It turns off automatically after each start.

2/ Turn on, set up and place your Tx Track Pro transmitters

- Turn on the transmitter: press the central "ON/OFF" button for 1 second.
 - Once the transmitter is on, press the central button again (short press) to select the desired code (LAP = intermediate transmitter / FINISH = finish transmitter). Each short press of the central button switches you to the next code. The LED of the selected code flashes.
 - Place your Tx Track Pro code LAP on the ground, at the desired locations to get intermediate times. This transmitter has the shape of an arrow. Place the transmitter towards the course to draw your 3.5 meters imaginary line of passage.
 - It can be placed inside a giant gate.
- // You can add more Tx Track Pro code LAP between the START and the FINISH transmitters to get more intermediate times.*
- The same way, place your Tx Track Pro transmitter code FINISH on the finish line.



- **The skier must always pass within 3.5m of the Tx Track Pro transmitters**
- **Transmitters must be at least 10m apart (between them, or with other transmitters)**
- **Maximum 11 transmitters on your course**

3/ Turn on and place your Relay Coach BLE

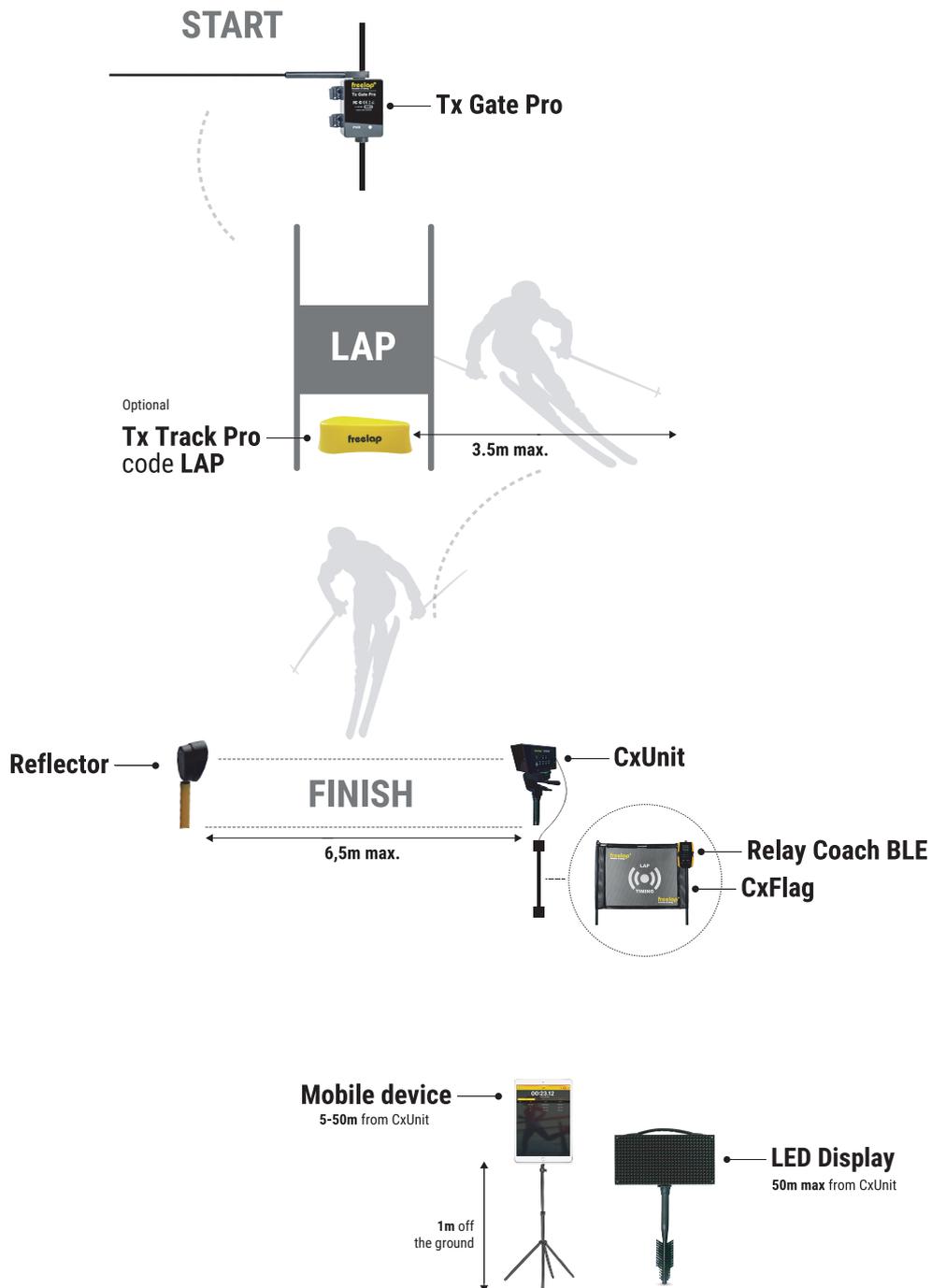
- Turn on your Relay Coach BLE: Press the "ON/OFF" button.
- Place your Relay Coach BLE: Clip on the Relay Coach BLE to an additional gate and position it **after the finish line at a maximum of 10 meters.**

N°2 : ALPINE PRO CONFIGURATION

Freelap products needed :

- 1 FxChip transponder
- 1 Relay Coach BLE
- 1 Tx Gate Pro transmitter
- 1 CxUnit transmitter (with CxFlag)

Optional: Add Tx Track Pro transmitters (code LAP) to create multiple sectors on your course.



1/ Place your Tx Gate Pro transmitter

- Plant a wooden stake ideally 4x4cm (not supplied) in the start area.
- Attach your Tx Gate Pro to your stake using the Velcro straps. **The stick should be placed between 35 and 50 cm, parallel to the ground. The case of the Tx Gate Pro must be facing toward the track.**

The Tx Gate Pro turns on automatically when the skier takes the start (when the stick is moved, it emits a signal that triggers instantly the start of the FxChip). It turns off automatically after each start.

2/ Turn on, set up and place your Tx Track Pro transmitter

- Turn on the transmitter: press the central "ON/OFF" button for 1 second.
- Once the transmitter is on, press the central button again (short press) to select the code LAP (intermediate transmitter). The LED of the code LAP flashes.
- Place your Tx Track Pro code LAP on the ground at the desired location to get your intermediate times. This transmitter has the shape of an arrow. **Place the transmitter towards the course to draw your 3.5 meters imaginary line of passage.** (It can be placed inside a giant gate.)

// You can add more Tx Track Pro code LAP between the START and the FINISH transmitters to get more intermediate times.



- **The skier must always pass within 3.5m of the Tx Track Pro transmitters**
- **Transmitters must be at least 10m apart (between them, or with other transmitters)**
- **Maximum 11 transmitters on your course**

3/ Turn on, set up and place your CxUnit transmitter

- **Turn on the CxUnit:** Press the "ON/OFF" button for 1 second.
- **Set up the CxUnit on the code FINISH :** Once the transmitter is on, press the "ON/OFF" button again to select the code FINISH. Each press of the "ON/OFF" button switches you to the next code.
- **Select Cx mode :** Press the "Set" button to select the Cx detection mode. Each press of the "Set" button switches you to the next mode. The LED of the Cx detection mode flashes.

- **Place your CxUnit and CxFlag on the finish line, and connect them:**

- Fix the CxUnit on its "Brushgrip" support and **plant it in the snow, on the side of the finish line at a maximum distance of 6.5m from where the skier will pass.**

- Plant 2 slalom poles in the snow, just after your CxUnit, **positioned in the direction of the race.** Then, attached your flag by passing the pegs into the notches at each end of your flag.

- The CxFlag should be positioned in the direction of the track, and few centimeters above the snow.

- Connect the flag to the transmitter by connecting the CxFlag cable provided for this purpose to the Tx connector of your CxUnit. The CxFlag turns on automatically as soon as it is connected to the CxUnit.

- **Place the reflector on the finish line:**

Fix the reflector on its "Brushgrip" support and plant it in the snow right in front of the photocell of your CxUnit at a maximum distance of 6.5 meters.

If the device is not aligned with the reflector, a continuous beep is emitted. A white light at the back of the reflector indicates the proper alignment. Use the handle to make the alignment (3 axis adjustments).

4/ Turn on and place your Relay Coach BLE

- Turn on your Relay Coach BLE: Press the "ON/OFF" button.
- Place your Relay Coach BLE: Attach the Relay Coach BLE on the top of the 2nd pole of the CxFlag.

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

- Turn on your LED Display: Press the "ON/OFF" button.
- Fix the screen on its "Brushgrip" support .
- 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 1 meter off the ground.**

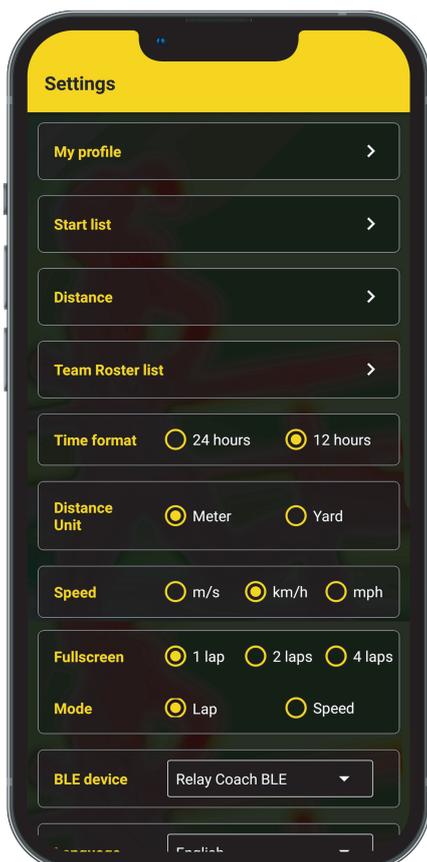
Depending on your mobile device, you will be able to stand **between 5 and 50 meters** (for the most recent devices) **away from the finish line.**

06. SET UP YOUR MYFREELAP ACCOUNT



When you are using MyFreelap app for the first time, we recommend you to:

- Set up your preferences in "Settings"
- Create a Start list.



1/ Set up your Settings preferences

On the main bottom menu, click on "Settings"

We recommend you to:

- Complete your profile: Click on "My profile"
- **Create a Start list** (cf: 2/ Create Start list)
- Select your Time format
- **Set up your Full screen preferences:**
 - Choose the number of LAP times to display
 - Chosse between displaying LAP times or Speed
- **In BLE device: Select "Relay Coach BLE"**
- Choose your language

// Team Roster List, Distance, Distance Unit, and Speed Unit are usually not used in Ski sessions.

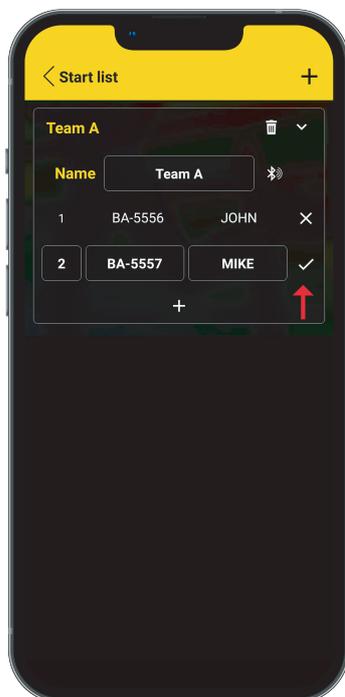
2/ Create a Start list (optional)

“Start list” lets you create the list of the skiers who are taking part in your training. The app will detect automatically and only, chips of the skiers from the selected list. It also lets you rename the FxChip of your skiers with initials. Then, you will know at a glance which skiers the collected data matches.

- On the main bottom menu, click on “**Settings**” > Then click on “**Start list**”.

- To create a Start list: click on **+** at the top right.

- Enter the name of your Start list, and click on “**ADD**”.



• To add a skier to the list: click on **+** at the bottom of the list.

• Then enter:

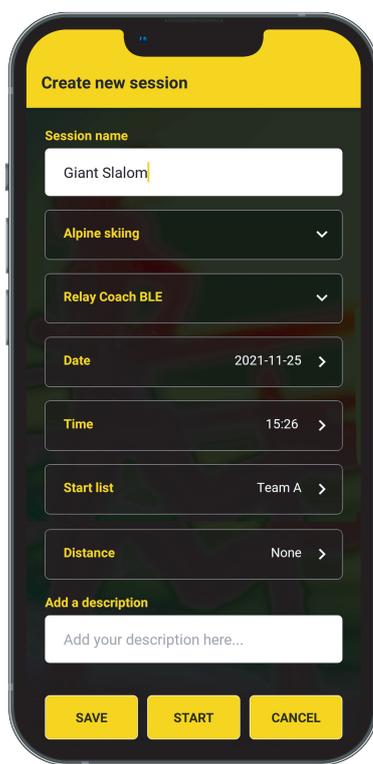
- The ID of the FxChip of the skier: 2 letters – 4 digits written on the FxChip’s face.

- The initials of the skier (max 4 characters).

• Validate it: click on **✓** in front of the skier you want to add.

Note: Don't use Bluetooth detection to add your chips (only available for FxChip BLE).

07. CREATE YOUR MYFREELAP SESSION



• From “**Workout**”: click on **+** at the top.

Then enter:

• The name of the workout (or keep the date of the day entered by default)

• The sport: **Select “Alpine skiing”**

• In BLE device: **Select “Relay Coach BLE”**

• The date

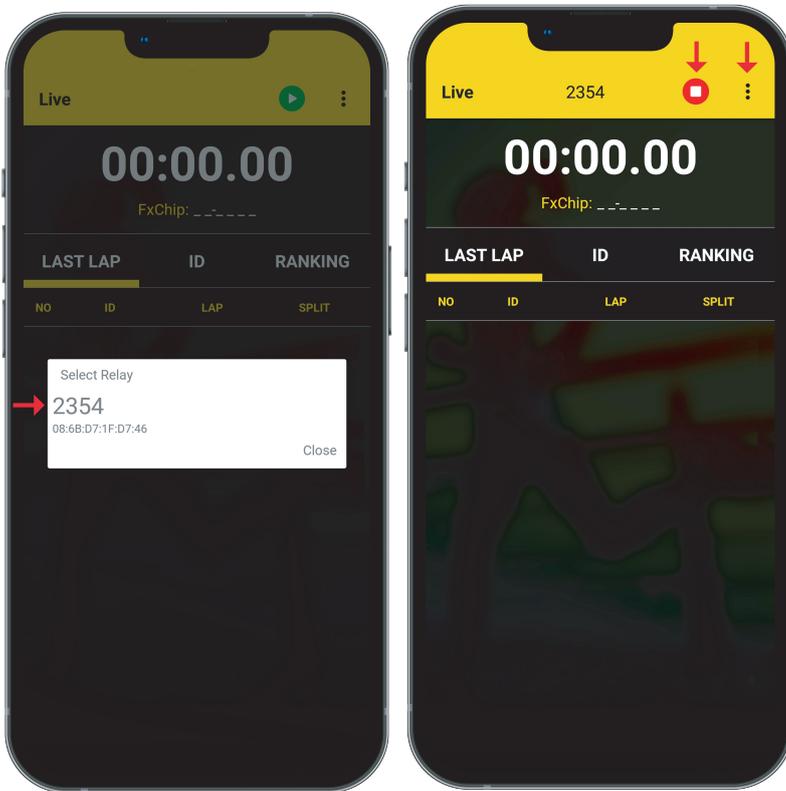
• The time

• **Select your Start list (optional)**

• Add a description (optional)

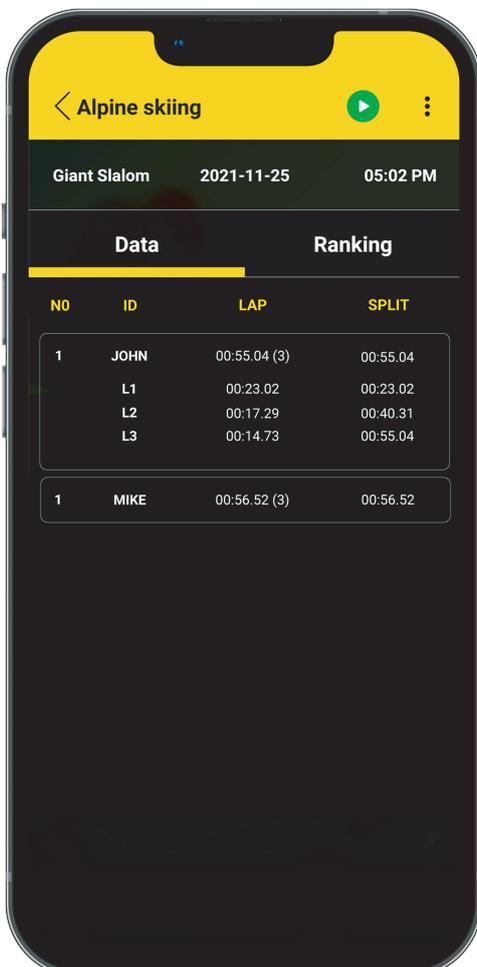
• Then click on “**START**”

You can save your workout to start it later by clicking on “SAVE”.



- The app will detect the Relay Coach BLE turned on around you. **Click on your Relay Coach BLE to select it.**
- **You are ready to start the training !** Data will be instantly collected, stored and displayed.
- Click on  to display the full screen mode.
- Once the training session is finished, click on  to end it.

08. ABOUT YOUR TIMING DATA



The table displays the following data in chronological order (from the beginning of the Workout to the end):

- **N °**: Number of the LAP (1,2,3 ..)
- **ID**: Skier ID or Initials
- **LAP**: LAP time (total of all intermediate times of the LAP, the number of intermediate times is indicated in parenthesis)
+ **DETAIL OF THE INTERMEDIATE TIMES OF THE LAP:**
Click on the LAP line to see the details of the intermediate times. You will see: the number of the intermediate time, the intermediate time, and the cumulative time)
- **SPLIT**: Total cumulative time of the LAPs

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

10. CHECKLIST

Verify that :

- You have the last version available of MyFreelap app
- MyFreelap app is opened on your mobile device and run in first plan
- Bluetooth & Location are activated on your mobile device
- Your chip is correctly attached
- Transmitters are turned on, correctly placed, and set up on the correct code
- 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 session
- You correctly place your mobile device
- Your Relay Coach BLE / your LED Display have the last update available. To update it, use FDM (Freelap Device Manager) app (cf: corresponding manual on our website www.freelap.com).
- You selected “Relay Coach BLE” and clicked on your Relay Coach BLE in the list to select it when you created your workout.

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