

INTERVAL WATCHWARE SOFTWARE – QUICK START UP

OBTAINING THE SOFTWARE

Please go to the following link to download the latest Interval Watchware program (Please note which folder(s) you download the files to): <http://www.nkhome.com/support/rowing-and-sports-support/manuals-and-downloads>

- Under Software, please download Interval Watchware For Windows Software.

INSTALLING THE SOFTWARE

Once you have saved the files to your computer,

- Locate the folder that you saved the above files to.
- Double click on the setup.exe found in the Interval Watchware For Windows Software folder to install the Interval Watchware Software.
- If you have issues installing please email techsupport@nkhome.com

RUNNING THE SOFTWARE

- An icon should have been created on your desktop after installing. Double click on this icon to start the program. If there is no icon, go to Start->Program Files or simply search your desktop for "Interval WatchWare" to run the program.

CONNECTING INTERVAL AND UPLOADING DATA TO APPLICATION

- You can connect the Interface cradle to your computer by plugging into a USB port if not done already.
- In order to upload watch data, you must identify which COM port you are currently connecting through. To identify the COM port number, please go to **Control Panel >System >Device Manger**.
- Click on the PORTS tab and look for "Prolific USB-to-Serial COMM Port (COM#)". This # is the port number you need to enter into the Interval Watchware program.
- Place your Interval onto the cradle as described on the cradle.
- Select **File >Upload Watch Data** and enter the Com Port number found above into the Communications Port field shown. Click Import when ready to upload.
- Driver assistance: If you are having issues downloading data, please visit www.prolific.com.tw to download the latest PL2303 Windows driver.

SAVING DATA

- After the data has been uploaded, a list of segments will be displayed. These segments must be saved before reviewing.
- All segments with a check mark in the "Save?" column will be stored in the application when the Save button is clicked.
- If you do NOT want to store one or more segments to your database, remove the check in the "Save?" column by clicking the check mark. You can also select all segments or

unselect all segments using the buttons at the bottom of the screen. (Segments can also be deleted later if desired).

- Click the Save button when ready to save the data.
- The Segment List will appear, showing only the new segments. Previously stored data will not appear in the Segment List until you revise the search criteria in the Segment Search.

VIEWING SEGMENT DATA

- From the Segment List screen, double-click any part of the row of a particular segment or highlight a segment and click the Details button.
- Assign selections in the Athlete Category, Event and Type dropboxes.
- Select athletes from the dropdown in the Athlete column. The list of available athletes will be based on the Athlete Category selection.
- Once athletes are designated for each data point, it is possible to view data for selected athletes by clicking on the check next to the athlete's name in the Competing Athlete grid. All times will be recalculated based on the filtered data.
- If applicable, enter distances for each data point. Once entered, the program will be able to calculate the Distance Per Stroke (DiPS) and Speed.

CUSTOMIZING YOUR APPLICATION

- **Athlete Categories** - This allows you to separate athletes in groups for quicker review. Default categories are: Club, College, High School, Junior Varsity, Varsity and Masters. Create any additional categories as needed before setting up your Athlete List.
- **Athlete List** - The Athlete List will hold basic information about your athletes: first and last name, nickname, notes and category. The list can be used to assign athletes to times and rates stored in your segments.
- **Segment Types** - You can assign the type of data you have recorded to help filter, sort and search for segments. Default segment types are: Race, Workout, and Time Trial. Create any additional types as needed.
- **Setting up Events** - You can set up specific events for data that you have recorded to help filter, sort, and search for segments. For example, you could specify that data was recorded at a monthly time trial, a local track meet, or even the 2012 Summer Olympics.

TO CUSTOMIZE YOUR APPLICATION

- Select the field above from the View Menu option, or click the icon in the toolbar.
- To ADD a new item, click the New button.
- To MODIFY an item or view the description, highlight the selection and click the Detail tab.
- To DELETE an item, highlight the selection and click the Delete button.



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