# SpeedCoach ®

**SPEED**

**STROKE RATE**

**PROTECTIVE BUMPER**

SpeedCoach™

1:58  24

500M

7586

LIST  M

STOP

**START/STOP INDICATOR**

**DISTANCE, TIME OR AVERAGE SPLIT & STROKE COUNT**

**MOUNTING FEET**

**BATTERY DOOR**

Sales & Service 610-447-1555

SERIAL # 103546

**SERIAL NUMBER**

**CONTACTS**

**LANYARD ATTACHMENT**
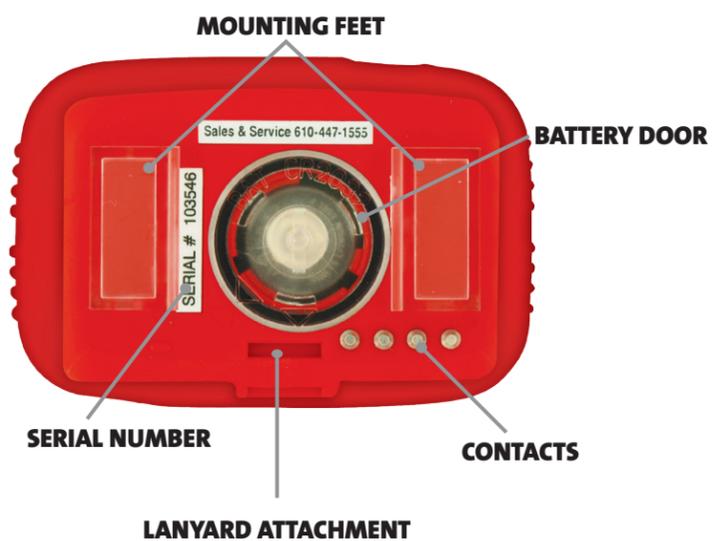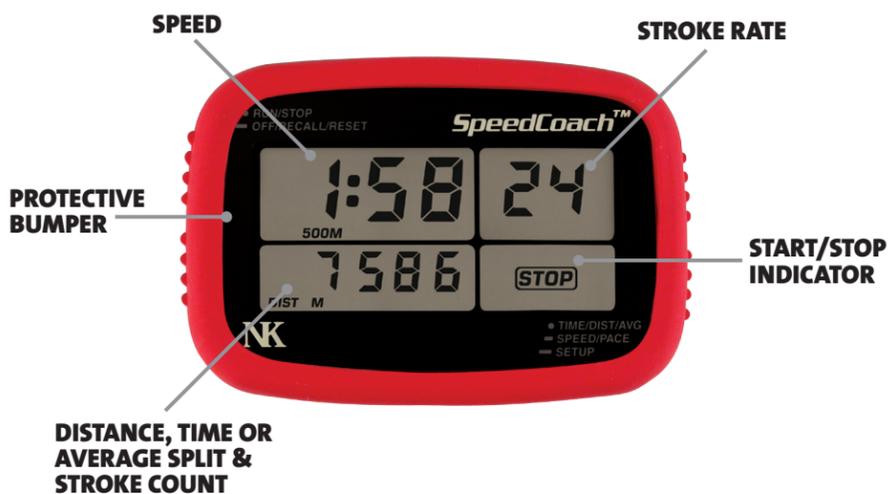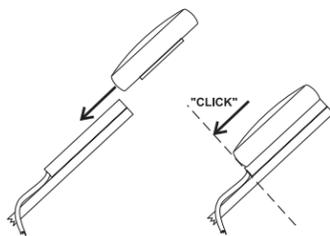
## INSTALLATION

**Dock Mounting**
Slide the unit into the bracket from the top. Press down until you feel the unit "click" into place.

*For help with wiring installation please see the SpeedCoach wiring installation instructions.*

"CLICK"

## OPERATION

**Turn on.**
Press TOP button once. After 5 seconds the "Ready" screen will apprear.

00
00:00.0  STOP

**Turn off.**
Hold TOP button and release when the "Off" screen appears.
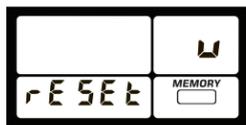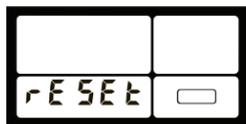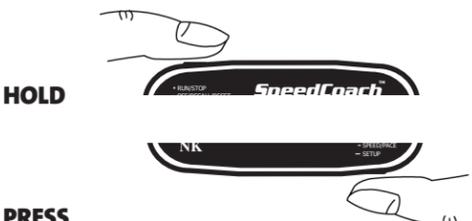
OFF

**Ready:**
Press TOP button once.

00
00:00.0

**Start**
Begin rowing or paddling to start the timer and counter. The timer and rate will begin to run by the start of the second stroke.

**Reset Timers**
Press and hold TOP button until "RESET" screen appears then release, then press the bottom button once.

**HOLD**

rESEt

rESEt  MEMORY

**PRESS**

## MEMORY

**Recalling the Memory**
Hold down the TOP button for 3 seconds until "rECL" appears then release the button and the first memory point will appear.

rECL  MEMORY

The SpeedCoach automatically stores 25 memory points at 100 meter intervals. One memoy point will include stroke rate, time and average speed.

## CALIBRATION

Hold the BOTTOM button for 3 seconds until you see the "CAL" screen. Let go of the BOTTOM button immediately.

Press the BOTTOM button to change the flashing number.

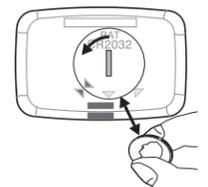Press and hold the BOTTOM button for 1 second to move to the next digit.

Repeat press to move through and change all appropriate digits.

Hold BOTTOM button for 3 seconds to exit.

CAL

1.000

1.000

## BATTERY REPLACEMENT

**Replacing the Battery**
To replace the battery, open the battery door with a nickel. Remove the battery and replace the battery with a new 3V Lithium CR2032 battery. Replace the door, making sure that the O-ring is still in place.
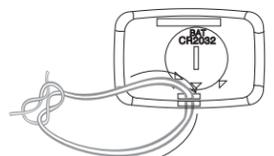
## MAINTENANCE

**Storage**
Always store your unit in the provided pouch when not in use to prevent scratches to the front window.

NK

**Lanyard**
Install the lanyard provided by threading it through the slot on the bottom of the unit and tying. Tie lanyard to rigger while rowing to prevent loss.
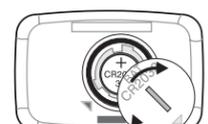
**Cleaning**
Rinse the window thoroughly with water to remove grit before wiping or polishing. (Especially if you row on salt water.)

**Resetting**
To reset the SpeedCoach, hold the TOP button down for 10 seconds with the battery out, then replace the battery.

*If you have calibrated your unit, you will need to re-enter your adjusted calibration factor after removing the battery.*

⚠ **CAUTION**

CR2032 batteries contain lithium, a toxic substance. Ingestion may cause serious injury or death. Keep battery out of the reach of children. If swallowed, immediately seek medical help. Have doctor phone 24-hour hotline at (202) 625-3333, call collect if necessary. Dispose of batteries properly and according to local regulations. Do not puncture or burn batteries. If the battery compartment does not close securely, stop using the product and keep it away from children.