

SWIMCLOCK

With  **Bluetooth**[®] Wireless Technology



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Menu Map

This menu map shows the progression of menus that appear on the SwimClock app display. Only menus are included in this map, screens where information is entered are not.

Timer

Game Clock

EZ Mode

Workout Mode

- Sets
- Workouts
- Run Workouts
- Backup Data
- Restore Data

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IST'S SWIMCLOCK with BLUETOOTH® Wireless Technology

The SWIMCLOCK with Bluetooth Wireless Technology from IST is a pace and game clock that can be used for swimmer's workouts or water polo games. It can also be run as a stopwatch. The SWIMCLOCK is controlled by a Smart Phone app which connects to a Bluetooth module. This module is either built-in to Bluetooth-enabled clocks or an external device which plugs into a standard SWIMCLOCK or SWIMCOUNT through the round connector on the left end of the clock.

To turn on the clock, flip the switch on the left end to the ON position (|). On the LED display you should see **I S T**.

Connecting a Smart Phone via Bluetooth

When you purchase a SWIMCLOCK with Bluetooth Technology, you will receive instructions for downloading the SwimClock phone app. Make sure that Bluetooth communication is enabled on your Smart Phone. Refer to the user manual for the phone for more information.

Open the IST SwimClock app on your phone. You will begin at the main screen. If your clock is already connected, there will be a green message at the bottom of the screen with the module's device name. If it is not connected, there will be a red message at the bottom of the screen with instructions for connecting to a clock. To connect the clock, tap on your phone's menu button and tap on Select Clock. From the drop down list, select your clock. Tap the back button on your phone to return to the Main menu. Tap the message on the bottom of the Main menu again to refresh the status of the clock. The first time you connect to the clock, you may be asked to enter the device's PIN. The PIN number is '1234'. Once you are fully connected, you will see a green message at the bottom of the screen that indicates the module's device name.

The Main Menu has four options for modes of operation: Timer, Game Clock, EZ Mode and Workout Mode.

TIMER Mode

The Timer Mode allows you to run the SWIMCLOCK with Bluetooth as a continuous count clock. You can START/STOP or RESET the time. You can sound the clock's horn by tapping on the HORN button at any time. To sound the horn for more than one second, continuously tap on the HORN button. To exit the Timer Mode screen, click CLOSE.

GAME CLOCK Mode

The Game Clock can be set to count UP or DOWN by tapping on the toggle button. Tap in the minute or second field to set the time. You can then START/STOP or reset the clock. If the time runs out, the horn will sound and the timer will reset. You can sound the horn at any time by tapping on the HORN button.

EZ Mode

EZ mode allows you to run an individual set (Interval and Time) without creating an entire workout. From the Main menu tap EZ mode. Tap on the Reps to enter the number of times to repeat the interval. Tap on the COUNT button to toggle between Count Up and Count Down. Tap on the time fields (minutes and seconds) to enter the time for the interval. You can then START/STOP the set, RESET the interval, or sound the horn at any time during the interval.

Workout Mode

WORKOUT mode allows you to create and store an unlimited amount of different sets, each containing an unlimited amount of different time intervals. These sets are then arranged into a workout which will be run on the clock. You may select whether the time counts up or down, and how many repetitions of an interval you wish to run. The built-in horn will sound once, signifying beginning of a rep.

If you selected the WORKOUT mode from the MAIN menu, a list of the following options will appear: Sets, Workouts, Run Workouts, Backup Data and Restore Data

Sets

From the Main menu, tap WORKOUT mode , then tap Sets. Sets are organized by user-defined Categories, which allows you to group similar sets together and make it easier to find the sets.

To create a new Category, tap on your phone's Menu button, then click Add Category. Type in the new category name and click NEXT or DONE on the keyboard to accept the category name.

To add a set to a category, select the Category from the drop down list, Then tap on your phone's Menu button and select Add Set. Enter the new set name, then tap NEXT or DONE to accept it. Tap in the Set Rep box and enter the number of times you want the set to repeat. Tap on the UP/DOWN button to toggle between counting UP or counting DOWN. Tap on the Int Rep to enter the number of times you want the interval to repeat, then tap on the Minutes and Seconds boxes to enter the time for the interval. Tap SAVE to save the interval. The interval will be added to the list below the set. To add another interval to the set, tap the Add Int button.

To change or delete an interval, tap on the interval in the list below the set. You can then either move the interval to another position in the list, delete it or make any changes to the interval rep or time and then save the interval.

To exit the SET screen, use your phone's Back button.

Workouts

Workouts are a list of sets that run from beginning to end. To create a new workout, tap WORKOUT mode and select ADD WORKOUT. Type the name of the workout into the box and press Done on the on-screen keyboard to accept it. To add sets to the workout, select the category and set, then tap the ADD SET button. Sets will be added to a list below the workout.

To change the sets listed in the workout, tap on the set in the list. You can then either move the set to another position in the list or delete the set from the list.

To exit the WORKOUT screen, use your phone's back button.

Run Workout

To run a workout on the clock, tap on Run Workouts (Main Menu, Workout Mode, Run Workouts). Tap on the workout name to select that workout from the drop down menu. The first set in the workout is listed under Set Name. Tapping on the set name allows you to pick any set in the workout to begin running. The current interval information is displayed in the middle of the screen, and the list of intervals in the set are displayed at the bottom of the screen. You can use the buttons below the current interval information to START/STOP the clock, PAUSE the current interval or sound the horn by tapping on them.

To exit the Run Workout mode, tap your phone's Back button.

Backup/Restore Data

To backup or restore your data, simply tap the appropriate button. Backup files are stored in the My Files app. From the Apps screen select My Files, All Files, Device Storage and find the folder **istworkouts**. If you ever need to reinstall the SwimClock app, the data in the istworkouts folder will automatically be restored. *Be sure to back up frequently!*

SWIMCLOCK with BLUETOOTH Maintenance

While the SWIMCLOCK with Bluetooth requires little maintenance, a bit of attention can help it operate long past its 5 year warranty. To clean water spots from the clock, use glass cleaner or a solution of white vinegar and water.

It's possible to keep your SWIMCLOCK with Bluetooth on the pool deck, but it will be exposed to chlorine which can corrode the connectors. If you need to leave it on the deck, the RJ11 (phone type), SWIMCLOCK with Bluetooth adapter and power connectors on the clock can be coated with Ridox Protective Spray (Part Number HW2112-6S). This cleans and coats connections to prevent future buildup of chemicals and oxidation. This product can be purchased from IST or from our Online Store. To access the Online Store, go to <http://www.istime.com> and click on the Online Store link at the top of the page. You'll find these products in the Equipment Maintenance section. You may also be able to find a similar product locally, but be sure it is intended for use on electronic connections. **DO NOT use lubricant sprays like WD-40 or lime/rust removers like CLR.**

BATTERY OPERATED SWIMCLOCKS

It is not necessary to let the battery run down before recharging. To maintain maximum battery life, charge the SWIMCLOCK overnight after every use.

To charge the SWIMCLOCK, plug the power cord supplied with the unit into the connector near the switch and into a 110v GFI wall outlet. The light under the switch will come on when the unit is charging. When the light is flashing or off, the unit is fully charged.

It will not harm the batteries to leave SWIMCLOCK charging longer than the required time. If you wish, you can use SWIMCLOCK each day in practice, then leave it charging until the next practice. The batteries used in SWIMCLOCK do not have a memory, so there is no danger of over- or under-charging them.

You may also use SWIMCLOCK with the power cord plugged in. The unit will continue to charge, but will require more time than if it was not in use.

As the batteries age, they will drain more quickly and eventually get to the point that they will not charge. At this point you may see the SWIMCLOCK display flash briefly and then turn off when you try to turn the clock on. This indicates that the batteries must be replaced. It will not even be possible to run the SWIMCLOCK when it is plugged in to avoid damage to the charging circuit. Call IST at 800/835-2611 for a Return Material Authorization (RMA) number so you can send the clock in for repairs. If the SWIMCLOCK is no longer under warranty, you may want to replace the batteries yourself. Go to istime.com, select Customer Service and then Tips and Technical Support. Scroll down to Hardware Support/SWIMCLOCK and you'll find a PDF file with detailed instructions.

To store the SWIMCLOCK during the off-season, fully charge the battery and disconnect it from power. Remove water spots from the surface with glass cleaner and a soft cloth. Spray the connectors with Ridox Protective Spray (Part Number HW2112-6S). This cleans and coats connections to prevent future buildup of chemicals and oxidation. Store the SWIMCLOCK in a dry place. Before using the SWIMCLOCK after a storage period of a month or more, be sure to fully charge it again.

International Sports Timing Product Warranty

The limited warranty set forth below is given by International Sports Timing, division of Industrial Service Technology, Inc. ("Company") with respect to SCOREBOARD, Computer Timing Interface (used with SWIMWARE, TIMEWARE or MEETWARE Software), POLOWARE Interface (used with POLOWARE Software), SWIMCLOCK, SWIMCOUNT, SHOTCLOCK, SWIMSTART, SWIMSTART Remote Start, Backup Button and On-Deck Cable products ("Products"). (NOTE: In-deck wiring and all related deck plates, wall plates and wiring are NOT included in this warranty. See separate warranty statement.)

Products, when delivered to you in new condition in their original containers, are warranted against defects in materials or workmanship as follows: for a period of five (5) years from the date of original purchase, defective Products returned to the Company and proven to be defective upon inspection, will be repaired or exchanged for new or comparable rebuilt Products, as determined by the Company. Twelve (12) Volt Batteries (Batteries) used in some Products are warranted against defects in materials or workmanship for a period of two (2) years from the date of original purchase, during which period defective Batteries in Products returned to the company and proven to be defective upon inspection will be replaced by the Company. If the Batteries prove to be defective during the remaining three (3) years of the Product warranty, the Company will replace the Batteries for such cost as the Company may generally establish from time to time.

This limited warranty covers all defects encountered in normal use of the Products, and does not apply in the following cases:

1. Loss of or damage to the Products due to abuse, mishandling, improper packaging by you, alteration, accident, electrical current fluctuations, failure to follow operating, maintenance or environmental instructions prescribed in the Company's instruction manual, or service performed by other than the Company
2. Use of parts or supplies (other than those sold by the Company) which cause damage to the Product or cause abnormally frequent service problems.
3. If any Product has had its serial number or dating altered or removed.

The Company makes no express, implied or statutory warranties (including any warranty of merchantability or of fitness for a particular purpose) with respect to any goods or services sold by the Company. The Company disclaims and Buyer agrees that there are no warranties arising from any course of dealing or trade usage or warranties implied by custom or usage in the trades of the Buyer and of the Company, and that any prior dealings of the Buyer with the Company do not imply that the Company warrants the goods or services in any way.

Any buyer of Products from the Company agrees with the Company that the sole and exclusive remedies for breach of any warranty concerning the goods or services shall be for the Company, at its option, to repair or replace the Products or refund the purchase price. In no event shall Company be liable for any consequential or incidental damages even if the Company fails in any attempt to remedy defects in the Products, but in such case the Buyer shall be entitled to no more than a refund of all money paid to the Company by the Buyer for purchase of all Products. Any cause of action for breach of any warranty by the Company shall be barred unless the Company receives from the Buyer a written notice of the alleged defect or breach within ninety (90) days from the earliest date on which the buyer could reasonably have discovered the alleged defect or breach, and no action for the breach of any warranty shall be commenced by the buyer later than twelve months from the earliest date on which the buyer could reasonably have discovered the alleged defect or breach. The warranty herein extends to the original Buyer only and not to Buyer's customers or the users of Buyer's products. This warranty shall not apply if the Product has be subjected to alteration, misuse, accident, neglect or improper application, installation or operation.

Warranty Service

In order to obtain warranty service, call the Company at 800/835-2611 from Monday to Friday 9:00AM to 5:00PM Eastern Time (excluding holidays). A Company technician will attempt to diagnose the nature of the Product problem and correct it over the telephone. If the problem cannot be corrected over the telephone, you will be given a Return Material Authorization (RMA) Number, and directed to ship the Product to the Company, to the attention of the RMA number. The Company technician may direct you to return only certain components of the Product that require repair or replacement. It is your responsibility to properly package and send the Product together with a complete explanation of the problem to the Company at your cost. Products covered by this limited warranty will be repaired or replaced and returned to you without charge by the Company. Repairs not covered under this limited warranty will be charged to you at such cost as the Company may generally establish from time to time.

Exchange Service

Exchange Service is a program that expedites the exchange of a non-working product with a refurbished Product, when available. The refurbished Product you receive will be covered by the balance of the period remaining on your original limited warranty. NOTE THAT BY USING THIS SERVICE YOU WILL KEEP THE REPLACEMENT PRODUCT THAT IS SENT TO YOU AND THE COMPANY WILL NOT RETURN TO YOU THE NON-WORKING PRODUCT THAT YOU ORIGINALLY PURCHASED, WHICH SHALL BECOME THE PROPERTY OF THE COMPANY.

If you elect Exchange Service and a refurbished Product is available, you will be issued a Return Material Authorization (RMA) Exchange number, and directed to ship the Product to the Company, to the attention of the RMA number. You will be asked for information pertaining to your non-working Product and for a ship-to location for the replacement Product (street address only--no P.O. Boxes). The Company technician may direct you to return only certain components of the Product that require replacement. It is your responsibility to properly package and send the Product together with a complete explanation of the problem to the Company at your cost. The replacement Product will be sent to you at no charge by the Company. You must also agree that you will be billed an amount up to the cost of a new Product if (1) you do not return the non-working Product to the Company within thirty (30) days of receiving the RMA Exchange Number; (2) the defects in the non-working Product are not covered by this limited warranty; or (3) the warranty period on the Product has expired or has not been sufficiently established by the Product's serial number, as registered by the company.

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