

**Contents:**  
PoolMatePro watch  
USB pod  
USB lead  
Instruction manual  
Quickstart/overview guide

## Quick Start

When using the PoolMatePro for the first time the pool length, your weight and the hand you wear the PoolMatePro on, must first be set. The default settings are 25m, 65KG and left handed.

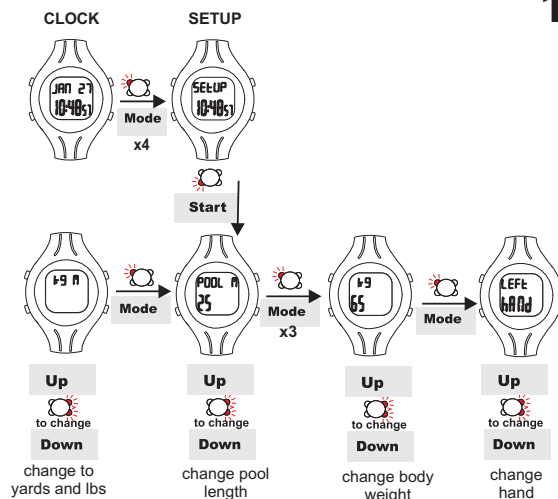
**From main CLOCK screen**  
Press **Mode** 4 times to show **SETUP**, select by pressing **Start**.

Set watch from metric to imperial units if required by pressing **Up/Down**.  
Set Pool length by pressing **Up/Down** until correct value is shown.

Press **Mode** 3 times to set your weight (again use **Up/Down** to select correct value).  
Press **Mode** once to set left or right hand (use **Up** to select).

Hold **Start** for 2 secs to return to main menu and **Mode** to return to **CLOCK** screen.

You are now ready to Swim!



1

## Swimming

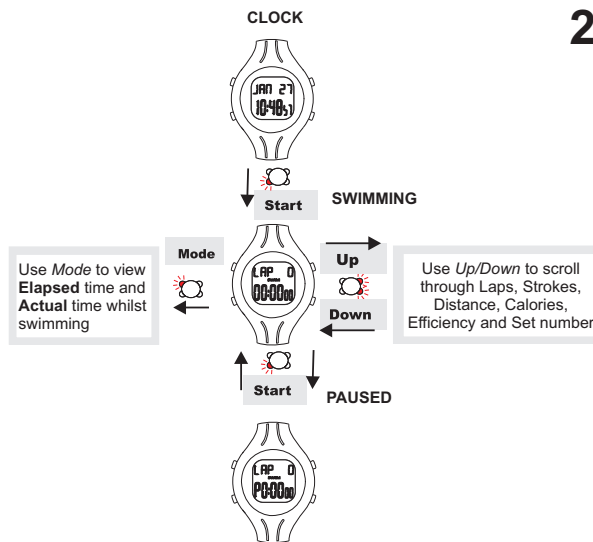
- Press **Start** to begin
- Swim your session
- Hold **Start** for 2 seconds to stop.

Press **Up** and **Down** to view Laps, Strokes, Distance, Calories, Efficiency Index and Time.

**To record sets:**

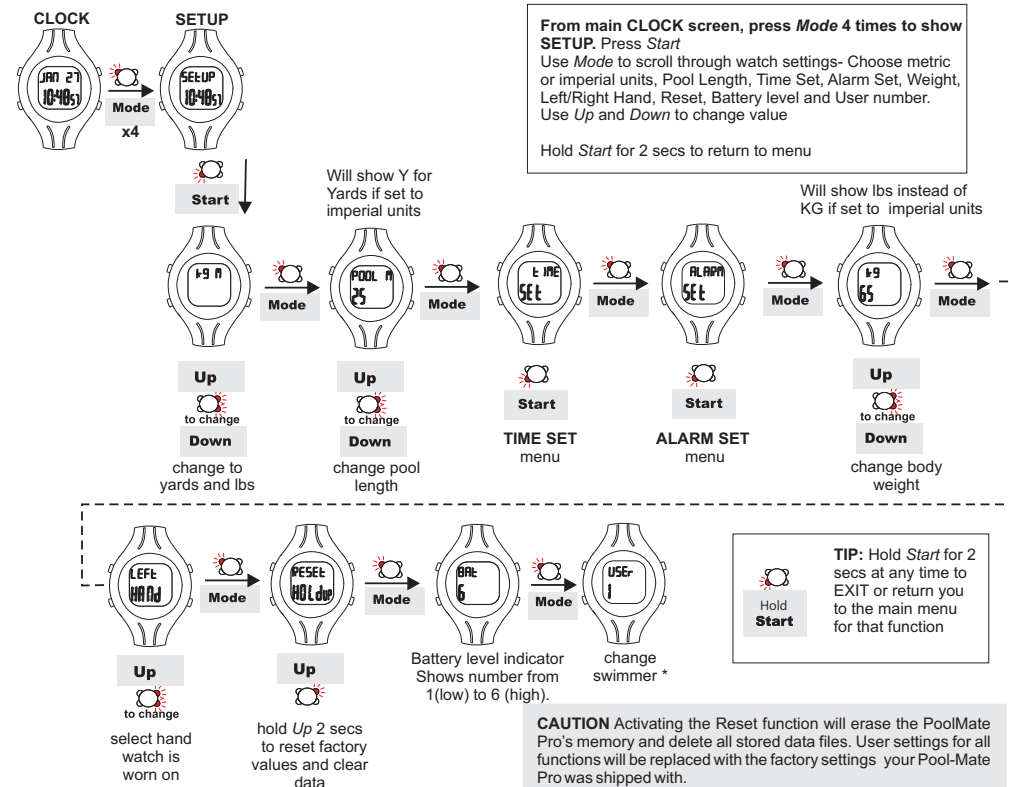
- Press **Start**- swim first set
- Press **Start** to Pause (a **P** will appear at the start of the bottom line and the time for your last set will remain for 3 seconds the reset so you can time your rest period).
- Press **Start** again to Restart- swim next set.
- Repeat as required
- Hold **Start** for 2 secs to Stop

The PoolMatePro must be put into **Pause Mode** when drilling or kicking.  
To conserve battery life, if the watch has NOT been PAUSED and no laps have been detected for 5 minutes, the watch will stop recording and return to **CLOCK** screen.



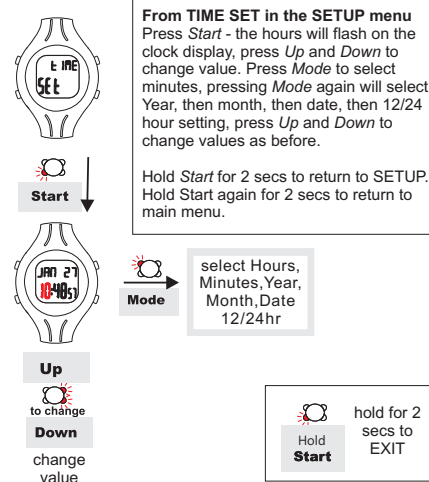
2

## Selecting your settings

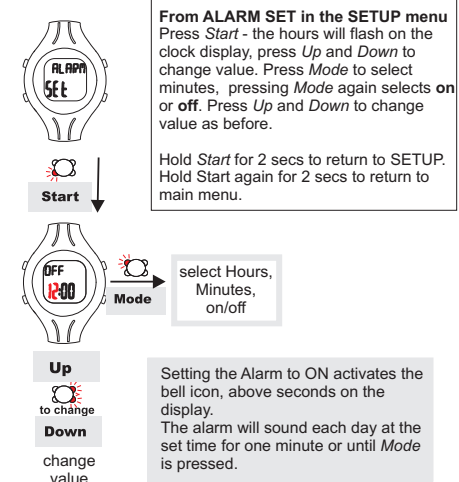


**\*Changing swimmer:** The PoolMatePro has been designed so up to 3 swimmers can share one watch or families with more than one watch can use the same PC to analyse their swims. In either case each swimmer should be assigned a number (1, 2, or 3). The swimmer should set the assigned number on the watch in the **SETUP** menu before swimming and change his weight.

## Setting the Time



## Setting the Alarm



3

4

5

## 6

7

www.pool-mate.com

# Software Installation

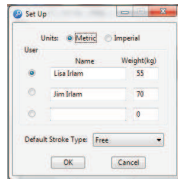
8

**8.1** Download the latest PoolMatePro V2 installers from [www.swimovate.com/downloads.html](http://www.swimovate.com/downloads.html) and save to your computer. Find this location then double click to run the installer. Follow the steps the installer takes you through, we recommend installing to the default settings.

Once the application has installed the USB drivers will automatically be installed as well.

PC users can run the program from the Start button, select All Programs/Swimovate/PoolMatePro V2  
Mac users will find it in the Applications directory

## GETTING STARTED



When you have first installed the software you will need to setup your swimmer. From the *menu* bar at the top of the screen select *SetUp* and select your User name and number and the units you wish to use, either Metric (KG and Metres) or Imperial (Yards and Lbs) and add your weight.

The default settings are User1 and Metric units

Set a default stroke type (the most common one you swim), you can change this in individual sessions if you alter your stroke later. Click OK to save.

To UPLOAD from the watch, plug your pod into a spare USB port and select *Upload* from the *Menu* bar. Make sure the message box says a COM port number and it will instruct you to put the watch on the pod. You may need to wait a minute or so for the pod to register.

Place the pod is flat on a table, press Mode 3 times on the watch until it says UPLOAD and place upside down in the pod making sure the logos are aligned on the watch and the pod. Uploading progress will be shown and indicated when complete and the message box will automatically close.

Please note, the first time you plug in your USB pod it will take a minute or so to load the drivers and the message may show Plug in USB pod COM port None until this takes place. Just wait until it tells you to select Upload on the watch before trying to Upload.

## FAQs and troubleshooting

### THE SOFTWARE

#### Q My data won't upload?

**A** Plug the pod into a working USB port. Click on Upload on the menu bar and wait until the message box says "Place watch on USB pod in Upload mode, COM port x" where x is a number. This may take a minute or so. Then select UPLOAD on your PoolMatePro and put on the pod.

If no COM Port number is shown after waiting a minute, please contact support.

The Pro logos on the watch and the pod should be aligned so the Infrared transmitter and receiver are lined up. The Pod also needs to be on a flat surface or upload won't commence.

#### Q Do you support 3rd party developers?

**A** We would like other software developers to add PoolMatePro support in their applications. Please email [info@swimovate.com](mailto:info@swimovate.com) for more details.

### THE WATCH

#### Q How does the PoolMatePro work?

**A** The PoolMatePro contains state of the art motion sensors that detect the motion of your arm. Our unique software algorithms and digital signal processing techniques analyse the data and extract lap, stroke, distance, speed and calorie information automatically.

#### Q Do I need to press a button at the end of each lap like other lap counters?

**A** No, The PoolMatePro is fully automatic and will sense when you start a new lap without you having to do anything.

#### Q Why do I need to enter my weight?

**A** The PoolMatePro uses this to work out the calories you expend.

#### Q I want to swim sets, can the PoolMatePro record each set?

**A** Yes, you can record all the details from individual sets as well as the details of the total swim session.

#### Q The PoolMatePro doesn't count all my laps

**A** If you have inaccurate lap results make sure the watch is securely attached to your wrist and can't move around. Also try gliding for a longer period at the start of each lap. This saves you energy and gives the PoolMatePro a little longer to register the change of laps. Some swimmers may find better results wearing the PoolMatePro on the other wrist.

#### Q The PoolMatePro doesn't work when I'm doing kick sets or some drills.

**A** The PoolMatePro must be put into Pause mode when kicking or drilling.

#### Q Will the PoolMatePro work in Open Water?

**A** The PoolMatePro has been designed for lap swimming in a pool and this version will not work in Open Water.

#### Q Can I wear the PoolMatePro on my right arm?

**A** Yes, the PoolMatePro will work on either wrist, just change the setting in the SETUP menu.

#### Q The PoolMatePro gives strange results when I change strokes mid lap.

**A** The PoolMatePro has not been designed to recognise changes of stroke part way through a lap. If you are going to change strokes you must do it when you change laps. If a hesitation or interruption in the stroke pattern occurs mid lap this may also cause inaccurate lap counts.

#### Q What does the efficiency index measure?

**A** The efficiency index is based on the recognized Swim Golf method that you may be familiar with. It is the number of strokes plus the time taken to swim 25 metres. Concentrate on reducing this number to increase your efficiency and improve your swimming.

#### Q What units is the Speed measured in?

**A** We have found that the time to swim 100metres (or yards) is more of a meaningful measure of swimming speed than metres per second or miles an hour as swimmers are used to watching the pool clock and judging speed from it. The Speed shown is the average time in seconds per 100 metres if set to metric units, or yards if set to imperial units.

#### Q Will the PoolMatePro work with tumble turns?

**A** Yes, the PoolMatePro will work with both tumble turns and when pushing off the wall.

#### Q How accurate is the PoolMatePro?

**A** The watch has been tested on a wide variety of swimmers over an 18 month period prior to launch. We have a 99.75% accuracy rate with our database of thousands of laps from many swimmers with 1500m times of between 22 and 40 minutes. No guarantee is given for accuracy with individual swimmers and rates may differ with users whose strokes or abilities differ from the norm.

#### Q Will the watch work with all pools?

**A** The watch needs setting to the pool length before use. In order to recognise you are swimming, the watch needs to detect several swim strokes, if using a small pool you may reach the end before this occurs if this happens the watch wont record laps correctly, we recommend you try a larger pool. Best results will be found in pools over 20m.

For further details and latest software please see the website

[www.pool-mate.com](http://www.pool-mate.com)

swimovate



## 9 PoolMatePro Version 2 Software

The PoolMatePro v2 software is made up of 4 sections

**MENU**- add swimmer details, select units, import and Upload

**CALENDAR**- Shows sessions by date, click on a date to select

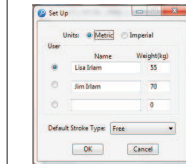
**DATA**- Shows all metrics in tabular form

**GRAPHS**- Plots your metrics visually

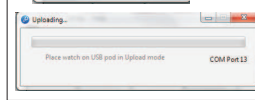
### GETTING STARTED

To get started setup your swimmer details from *SetUp* on the menu bar and Upload some data by clicking *Upload* in the software and selecting Upload on the watch and placing in the pod. You'll see sessions appear on the calendar, data in the Summary and entries on the graphs.

## 9.1 Menu Bar- set up swimmer and upload

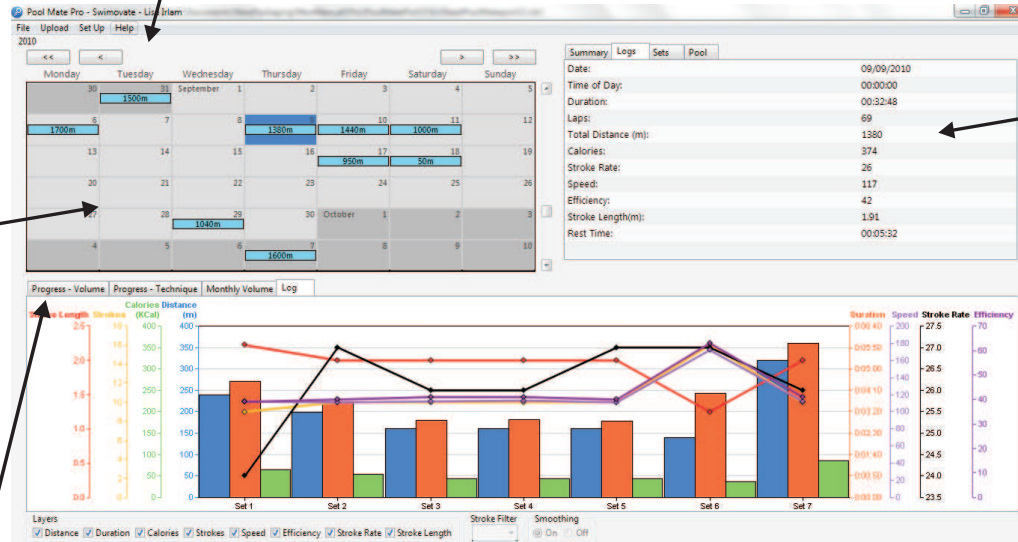


When you have first installed the software you will need to setup your swimmer. From the *menu* bar at the top of the screen select *SetUp* and select your User name and number and the units you wish to use, either Metric (KG and Metres) or Imperial (Yards and Lbs) and add your weight. The default is User1 and Metric units. Set a default stroke type (the most common one you swim), you can change this in individual sessions if you alter your stroke later. Click OK to save.

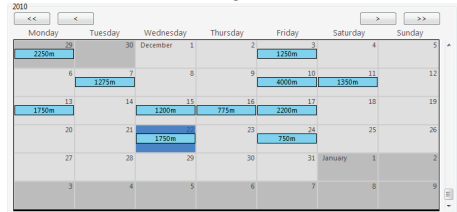


To **UPLOAD** from the watch, plug your pod into a spare USB port and select *Upload* from the *Menu* bar. Make sure the message box says a COM port number and it will instruct you to put the watch on the pod. Make sure the pod is flat on a table, press Mode 3 times on the watch until it says **UPLOAD** and place upside down in the pod making sure the logos are aligned on the watch and the pod.

Uploading progress will be shown and indicated when complete.



## 9.2 Calendar- select your session



When you have downloaded some sessions from your PoolMate Pro the data appears on the calendar on the date it was undertaken.

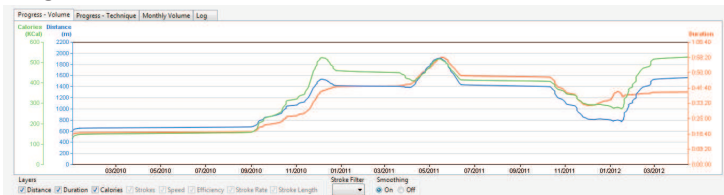
SWIM sessions appear in blue with the distance swum, CHRONO sessions are red and show the duration of the session, Green is today's date, Blue is the currently selected date.

Clicking on a session will select it and the data appear in the Data area and on the graph below.

You can navigate between months and years using the arrows at the top or the scroll bar.

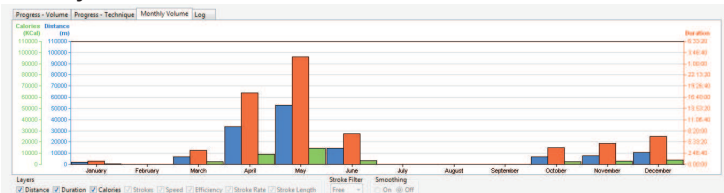
## 9.3 Graphs

### Progress Volume



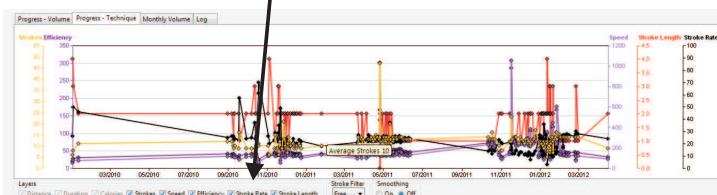
Shows Duration, Distance and Calories for all sessions (smoothing on)

### Monthly volume



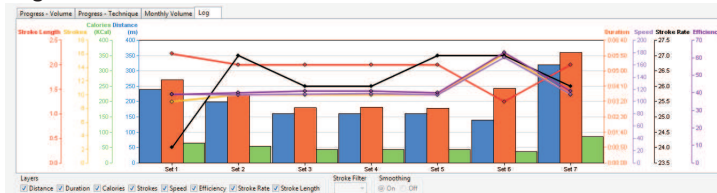
Shows Duration, Distance and Calories totals by month so you can see how much you have swam

### Progress Technique



Shows Technique related data- Average strokes, Speed, Efficiency, Stroke length and Stroke Rate for all data over time (smoothing off)

### Log



Shows Duration, Distance, Average Strokes, Speed, Stroke Length and Rate, Efficiency and Calories for the session. If you have swam sets you can see how you have progressed through each set.

## 9.4 Data- select the different tabs to see your data

### SUMMARY

This is the default screen shown when you first log in. It shows the Total Distance swum etc since your first session and Total Calories. Also shows details of your Best sessions and when they were. Click on the date to take you to that session!

Summary	Logs	Sets	Pool
Total Distance(m)	33125		
Total Calories	10346		
Max Distance(m)	4000	10/12/2010	
Max Calories	1486	10/12/2010	
Max Speed	199	16/12/2010	
Best Efficiency	32	17/09/2010	

### LOGS

Shows Data for the date selected on the calendar, if you have more than one session they will all be shown, one after the other. Use the scroll bars that will appear to see the other sessions. To select another Log click on a row within that session

Summary	Logs	Sets	Pool
Date:	15/10/2010		
Time of Day:	07:10:01		
Duration:	00:27:52		
Laps:	40		
Total Distance (m):	800		
Calories:	214		
Stroke Rate:	26		
Speed:	113		
Efficiency:	41		
Stroke Length(m):	2		
Rest Time:	00:12:17		

### SETS

Shows data for the sets within the selected session

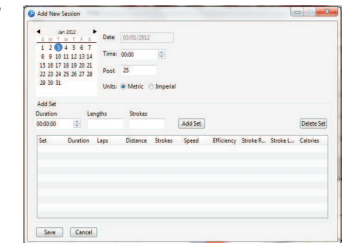
Summary	Logs	Sets	Pool						
Set	Duration	Laps	Distance	Strokes	Speed	Efficiency	Stroke Rate	Stroke Length	Stroke Length
1	00:00:04	8	160	9	114	40	23	2.22	
2	00:00:54	23	460	9	116	40	23	2.22	
3	00:00:28	17	340	10	114	41	26	2	
4	00:04:56	13	260	11	113	42	29	1.81	
5	00:02:39	7	140	10	113	41	26	2	
6	00:00:45	2	40	9	112	39	24	2.22	
7	00:04:25	10	200	10	132	46	22	2	

### POOL

Shows Pool details for that session, click to change the value.

### EDITING AND ADDING

To Add a log, from the *Menu* bar, select *Add Log*, input the Time of day, Duration, Laps and Average Strokes per lap. The other metrics will be calculated for you.



To Delete a log, from within the Data area, select the *Log* tab, right click anywhere over the data and select *Delete Log*. Click *Save changes*.

To Add a Set at the end of a swim From the *Set* tab, right click anywhere over the data and select *Add Set*, input the Set Duration, Laps and Average Strokes per lap. Click *Save changes* and the other metrics will be calculated for you.

Summary	Logs	Sets	Pool						
Set	Duration	Laps	Distance	Strokes	Speed	Efficiency	Stroke Rate	Stroke	Length
1	00:03:04	8	160	9	114	40	23	2.22	
2	00:00:54	23	460	9	116	40	23	2.22	
3	00:00:28	17	340	10	114	41	26	2	
4	00:04:56	13	260	11	113	42	29	1.81	
5									
6	00:02:39	7	140	10	113	41	26	2	
7	00:00:45	2	40	9	112	39	24	2.22	
8	00:04:25	10	200	10	132	46	22	2	
<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>									
<div><div>Save Changes</div><div>Cancel</div></div>									

To Insert a Set in the middle of a swim, From the *Set* tab, right click over the set you want to insert a set before and select *Insert Set*, input the Set Duration, Laps and Average Strokes per lap. Click *Save changes* and the other metrics will be calculated for you.

To Delete a Set, From the *Set* tab, right click over the set you want to delete and select *Delete Set*. Click *Save changes*.

### IMPORTING

To import data from the previous version of the software you need to export data from the old software and save in a known location. To do this open the old PoolMate Pro application and select the magnifier icon. Then click the red arrow at the right of the window. Open the new PoolMate Pro v2 software and select *File/Import* from the *menu* bar. Select the file you just exported and it will be imported.

### EXPORTING

To export to a .csv file, select *File/Export* from the *menu* bar. Select an appropriate location and file name and click save.