This quick start guide will help you get started training with your ReacTime™ Training System as soon as possible. If you have advanced questions, please refer to the ReacTime Operator's Manual.

ReacTime Training System Components

a. Block Sensor
b. Mounting Plate with Mounting Clamps attached
c. ReacTime Training Software – 2 floppy disks (license sold separately)
d. Signal Input Cable with Start Button attached
e. Serial Cable
f. Power supply
g. Loudspeaker

1 Set Up

Follow these instructions to connect your ReacTime Training System to a starting block.

Mounting hardware
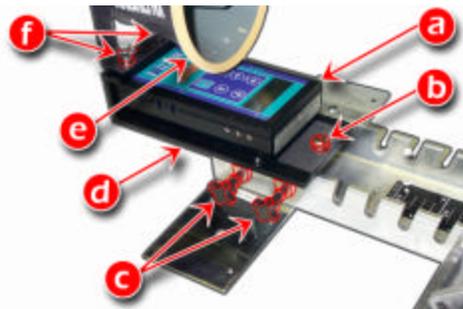
a. Block Sensor
b. Securing screw
c. Thumbscrews
d. Mounting Plate
e. Loudspeaker
f. Wingbolts and washers

Note: Not pictured are Mounting Clamps secured to Mounting Plate by flathead screws.

Mounting Clamps are configured to work with the most commonly used starting blocks. Consult the ReacTime Operator's Manual to change the Mounting Block configuration to work with different starting blocks.

a. Make sure the Loudspeaker is facing toward an athlete poised to leave the block, and position the Mounting Plate toward the back of the starting block.
b. Tighten the thumbscrews against the starting block so the Mounting Plate is secure.
c. Connect the cable attached to the Loudspeaker to the input on the Block Sensor (Label #4 in Figure 1.)
d. Connect the Signal Input Cable to the input on the Block Sensor (label #6 in Figure 1).

Figure 1: Block Sensor inputs

1. Power supply
2. Serial Cable
3. False Start Cable (used with ReacTime Championship False Start Detection System only)
4. Loudspeaker
5. Photoeye
6. Signal Input Cable (connected to Start Button)

Your properly mounted ReacTime unit looks like Figure 2.

Figure 2: Properly mounted ReacTime unit

2   Start Training

Now that you have set up your ReacTime Training System, you are ready to begin training. Your ReacTime Training System was shipped with fully charged batteries, which should last for about 8 hours.
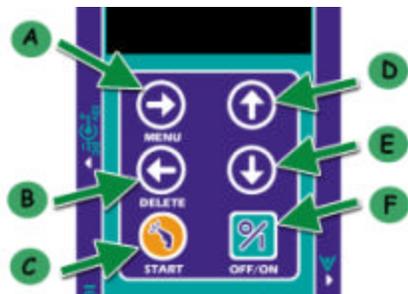
A.   **Menu** (scrolls forward to the next menu)

B.   **Delete** (goes back to the previous menu; also deletes most recent trial)

C.   **Start** (triggers the start sequence)

D.   **Up arrow** (scrollsl up through the options within a menu)

E.   **Down arrow** (scrolls down through the options within a menu)

F.   **Off/On** (turns the Block Sensor off and on)

Figure 3: ReacTime Block Sensor inputs and keys

a.   Turn on the Block Sensor by pressing and holding the On/Off key (label F in Figure 3) and have the athlete settle into the starting blocks.

b.   Push the Start Button or the Start key. The athlete will hear the "On Your Marks" and "Set" commands. After the electronic gun sounds and the athlete leaves the starting blocks, the LCD displays various information about the athlete's start, called a trial. Continue on to 3.

a.   Make sure a Start Button is connected to the Block Sensor (label F in Figure 3). Turn on the Block Sensor and settle into the starting blocks.

b.   Press the Start Button once. After the electronic gun sounds and you leave the starting block, the Block Sensor LCD displays various information about your start, called a trial. Continue on to 3.

3   Interpret Trial Data

After a legal start (when the athlete leaves the blocks after the gun sounds), the LCD resembles:

- Trial 1: number of the trial just completed.
- 0.599 (number in the upper right corner): reaction time recorded, or the amount of time it took the athlete to leave the starting blocks.
- 16254 (number in the lower left corner): power exerted when the athlete left the starting block. A higher number indicates more power. (Note that the power value is relative and not absolute.)

False start

After a false start (when the athlete leaves the blocks less than .10 seconds after the gun sounds), the LCD resembles:
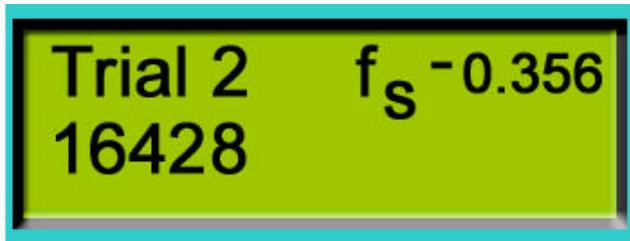
- FS-0.356 (Decimal number in the upper right corner): false start reaction time recorded, or the time in which the athlete left the starting blocks before the gun sounded.

4   Review and Delete Trials

Review each trial from the *ReacTime | Ready to Start* screen by pressing the up and down arrow keys.

Delete the most recently recorded trial appearing on the LCD by pressing the Delete key (B on Figure 3).

Note: When you delete trials from the Block Sensor, note there is no way to "undo" deleted trials.

This completes the instructions for getting started training with your ReacTime Training System. Please refer to the ReacTime Operator's Manual if you want to learn more about:

- Training with ReacTime and a Photoeye
- Training with ReacTime and a Gun Sensor
- Linking two ReacTime Training Systems together
- Changing the Block Sensor settings
- Training with the ReacTime Training System Software