

# HHS Track and Field 2024

## FreeLap<sup>®</sup> Electronic Timing for Practice and Speed Development.



**HAGERTY  
HIGH  
SCHOOL**



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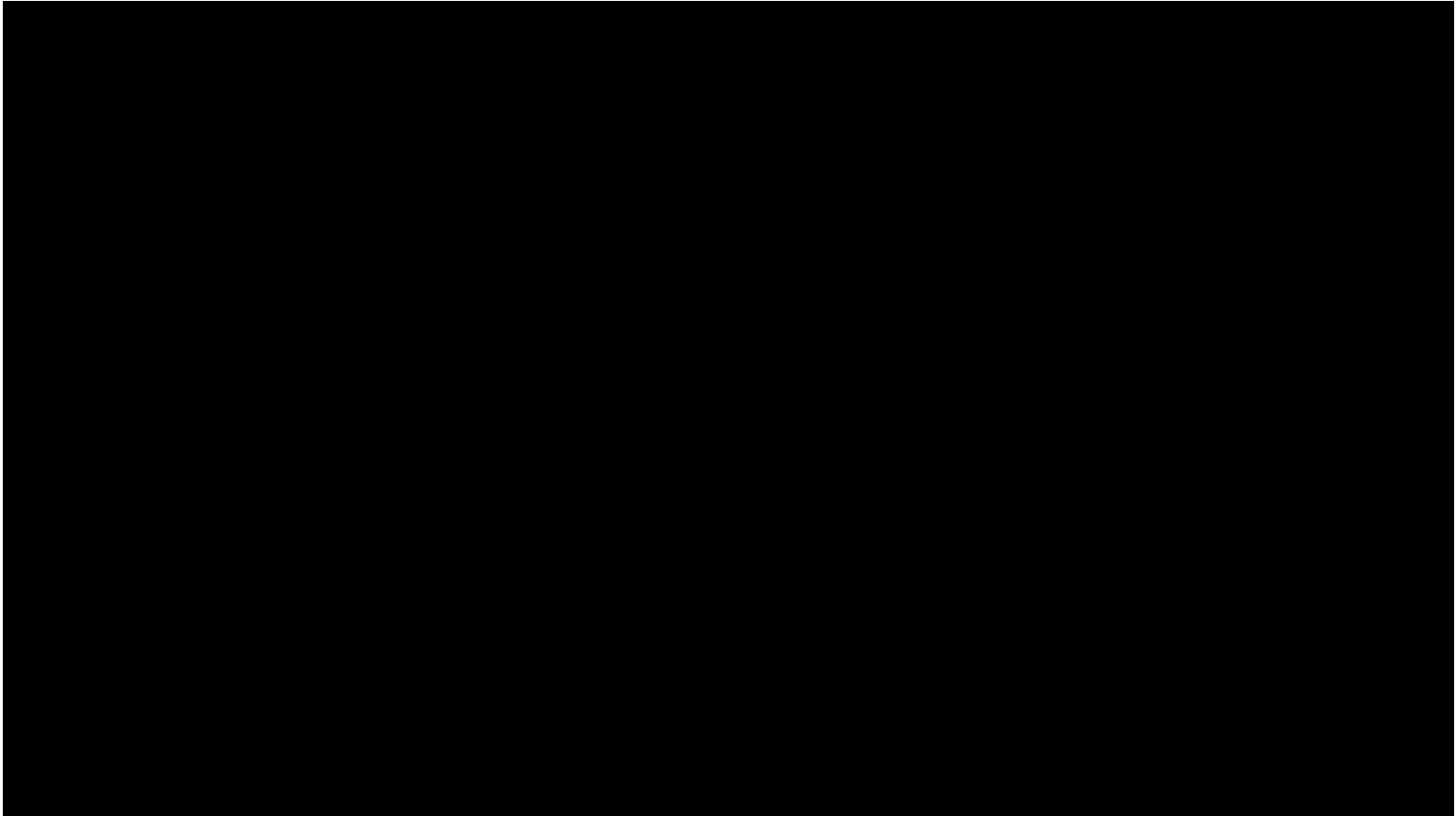
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# FreeLap Electronic Timing

- <https://youtu.be/FDQPTmxmYc8?si=9Qo6gbRGPwj8dFFn>



# FreeLap Electronic Timing

- **Freelap timing systems let you get accurate and complete data, instantly on your mobile device through the MyFreelap app.**
  - 0.02s accuracy.
- **Fully automated**
  - Wireless (FxChip and Relay Coach) and/or Bluetooth (FxChip BLE)
- **Fast & Easy set-up**
  - Place transmitters on the track
    - Toggle each “cone” to START, LAP, or FINISH.
  - Have athletes attach their chip
  - Use MyFreelap app to create and start a Workout
  - GO
  - All timing data is displayed live on your mobile device.



Attached to the waist, centered in the alignment of the navel and positioned vertically.



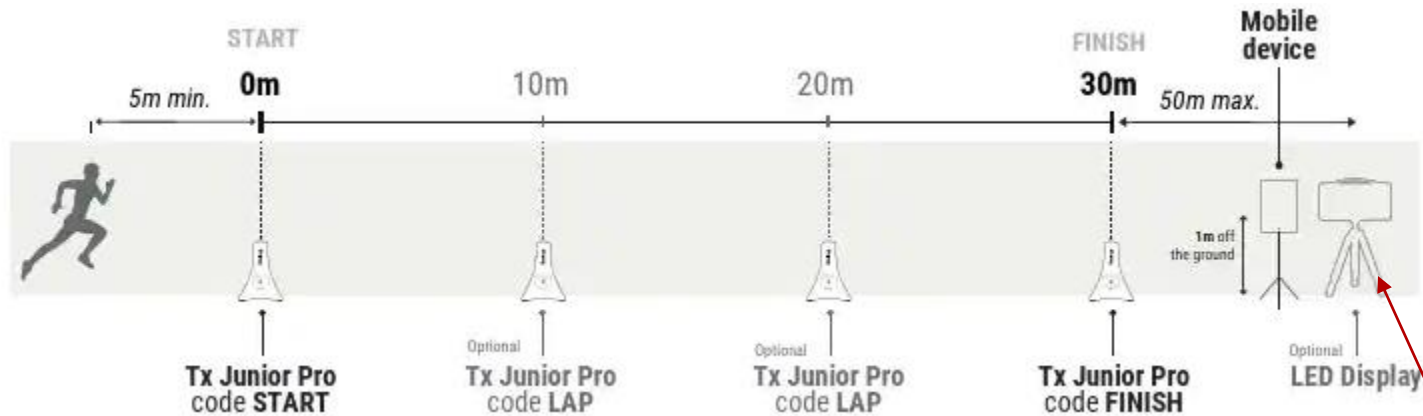
# FreeLap Electronic Timing

- **Hardware**
  - **Relay Coach**
    - Only needed if using the FxChips (BLE doesn't require it)
    - Relays FxChip data to the Mobile App
  - **Tx Junior Pro Cones**
    - Activates timing on the FxChips
    - Starts, Stops, or Laps the timing
  - **Tx Touch Pro**
    - Allows an athlete to start the timing from a 3pt or 4pt stance
    - Coach can "trigger" two lanes – acting as a starting sound.
  - **FxChips**
    - Clips to athletes shorts and is the timing device
    - FxChip BLE work without need for the Relay Coach



# FreeLap Electronic Timing

- Our equipment lets us time Flies, Accelerations, and distance runs
  - Two Fly 10s (multiple lanes apart)
  - 1 Fly 30 (capturing all 3 10m segments)
  - Longer than 30m, we can capture the entire distance and 1 10m segment.
- Example Fly 30m layout:
  - 4 Tx Junior Pro Cones, 1 Relay Coach, 1 Mobile Device. Athletes each have 1 FxChip.

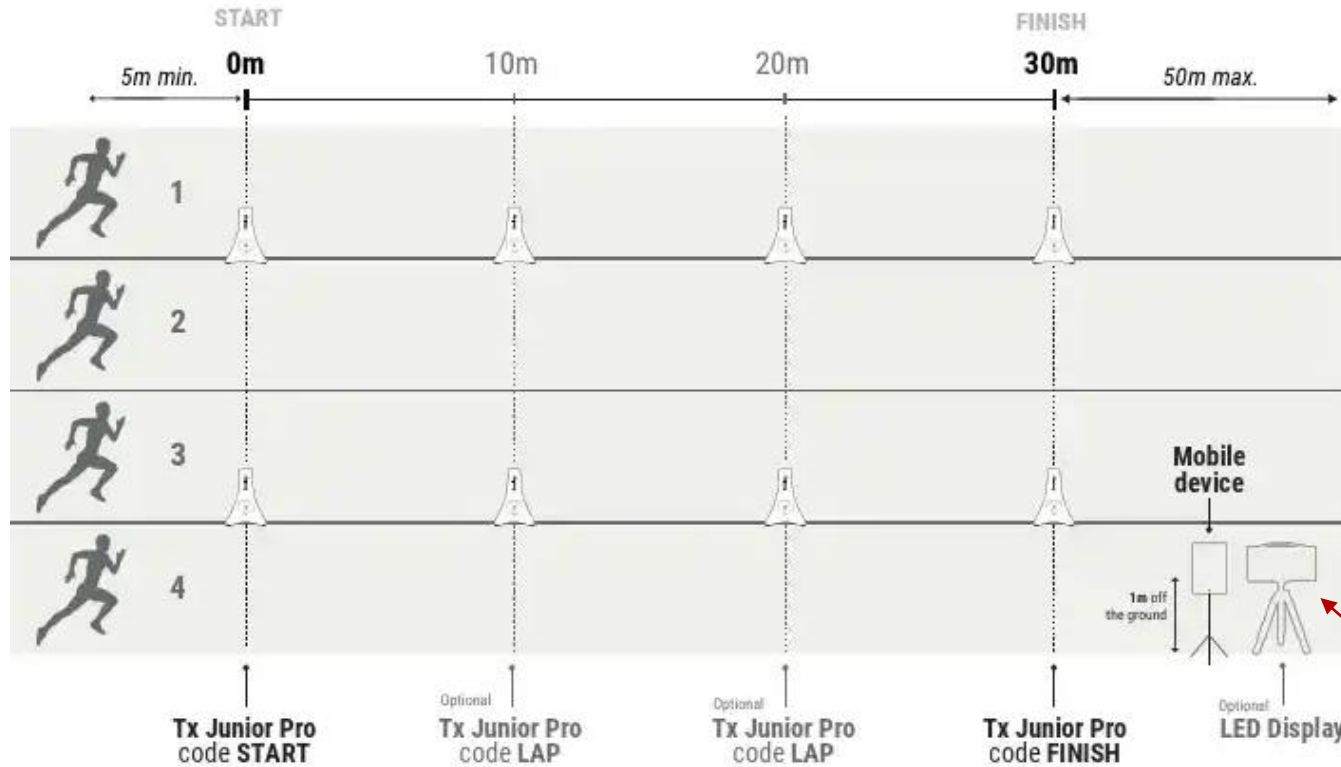


**\*We use the Relay Coach & FxChips.**



# FreeLap Electronic Timing

- **Example of multiple lanes at once layout:**
  - 4 Tx Junior Pro Cones, 1 Relay Coach, 1 Mobile Device. Athletes each have 1 FxChip.
  - We can only time two (4 lanes) of Fly10m with our 4 cones.



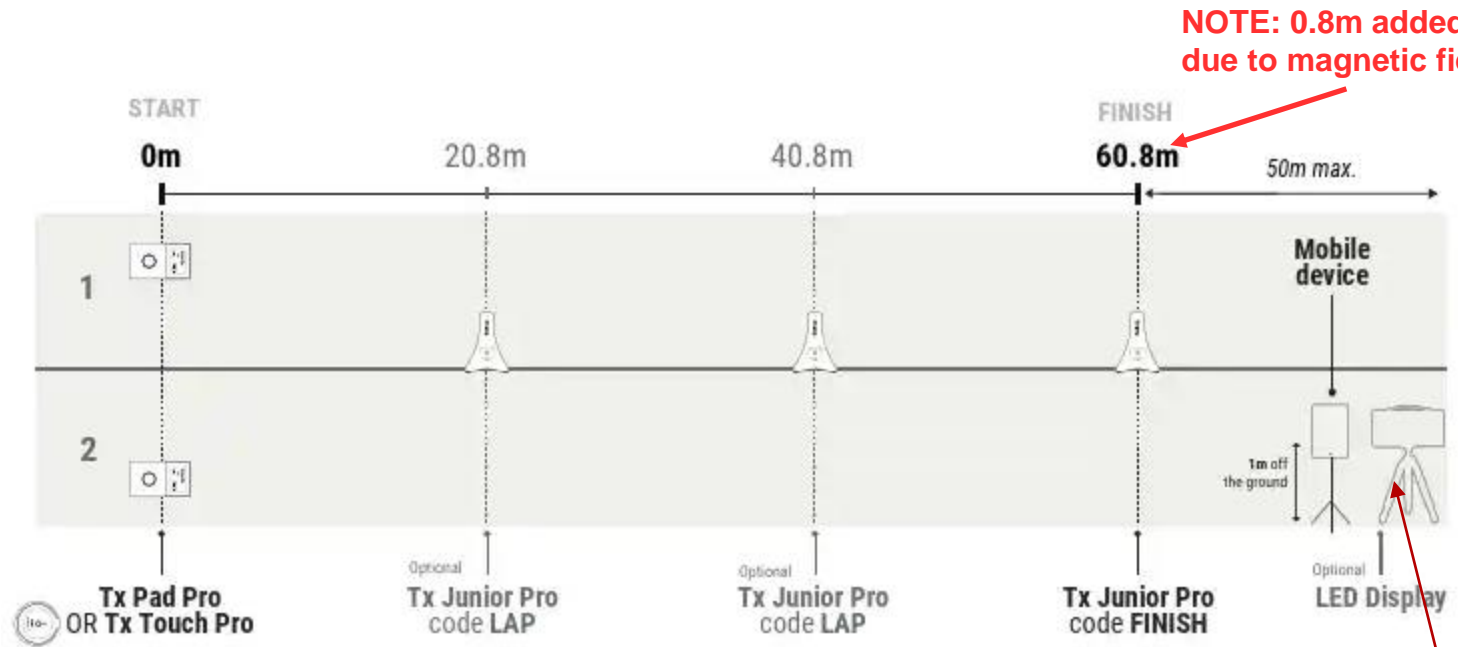
**\*We use the Relay Coach**



# FreeLap Electronic Timing

- **Example of a Start layout:**

- 4 Tx Junior Pro Cones, 1 Relay Coach, 1 Tx Touch Pro, 1 Mobile Device. Athletes each have 1 FxChip.



**NOTE: 0.8m added due to magnetic field**

**\*We use the Relay Coach**





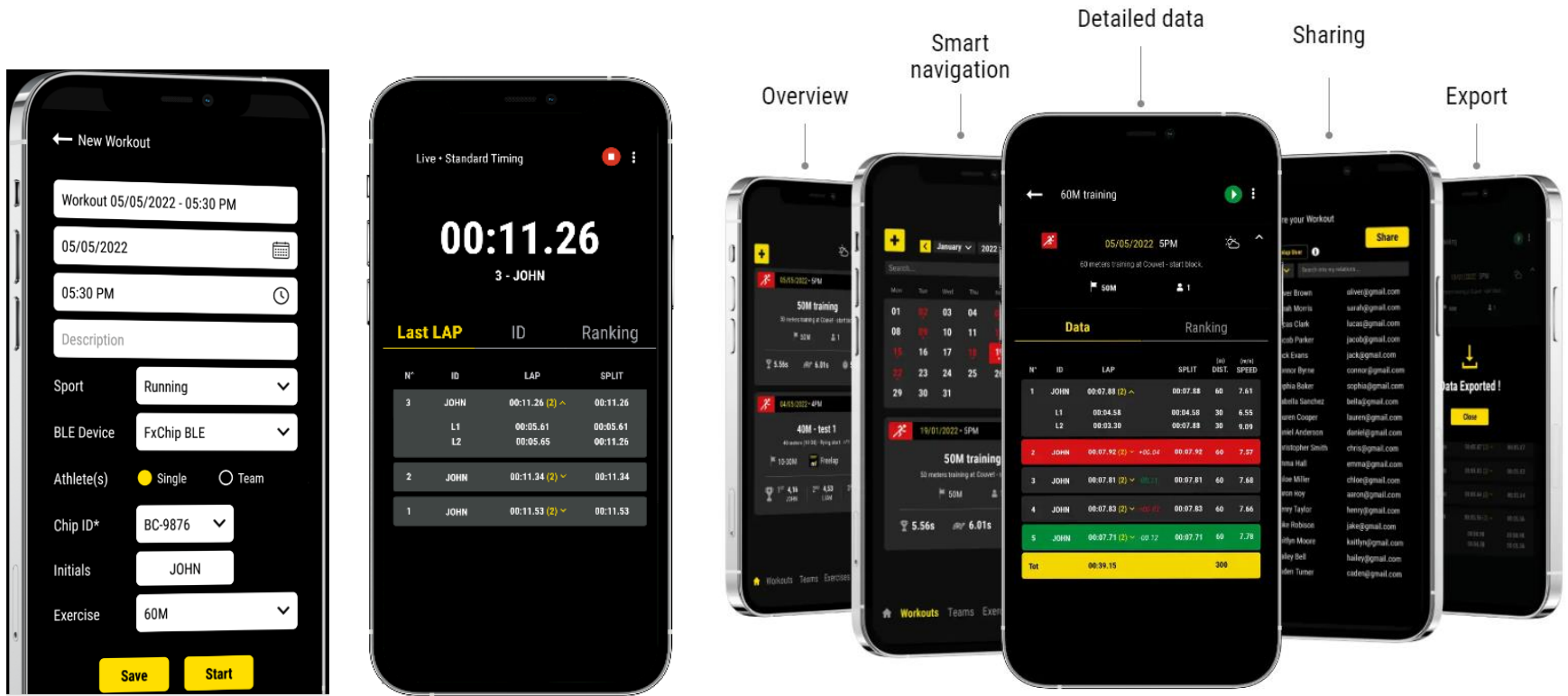
# FreeLap Electronic Timing

- **Software**
  - **MyFreeLap App**
  - **FDM App (used to set-up FreeLap BLE devices)**
    - We use the FDM App too get battery info on the FxChips.
    - Used to update your Relay Coach BLE, in case of major update.
  - **Available for Free on the App Store & Google Play.**
- **MyFreeLap App**
  - **We use our iPhones and/or iPad for results.**
    - If training single athlete, they can use their smartwatch.
  - **Allows 1-4 athlete times to be shown at a time.**
    - Portrait or landscape available in full screen mode
  - **Set up your training sessions ahead of time, or real-time quickly.**
  - **Provides instant feedback of the results.**
  - **App allows for:**
    - **Overview of training**
      - **Singles Workouts**
        - » **Best Time**
        - » **Slowest Time**
        - » **Average Time**
      - **Team Workout**
        - » **Best 3 times, Athletes**
    - **Navigating training days**
    - **Detailed data view**
      - **Create your own Exercises**
      - **Choose your timing mode and enter distances to get speed.**
      - **Create Start List (can import Team Roster)**
    - **Sharing with Coaches and Athletes and Export capabilities.**



# FreeLap Electronic Timing

- MyFeeLap App



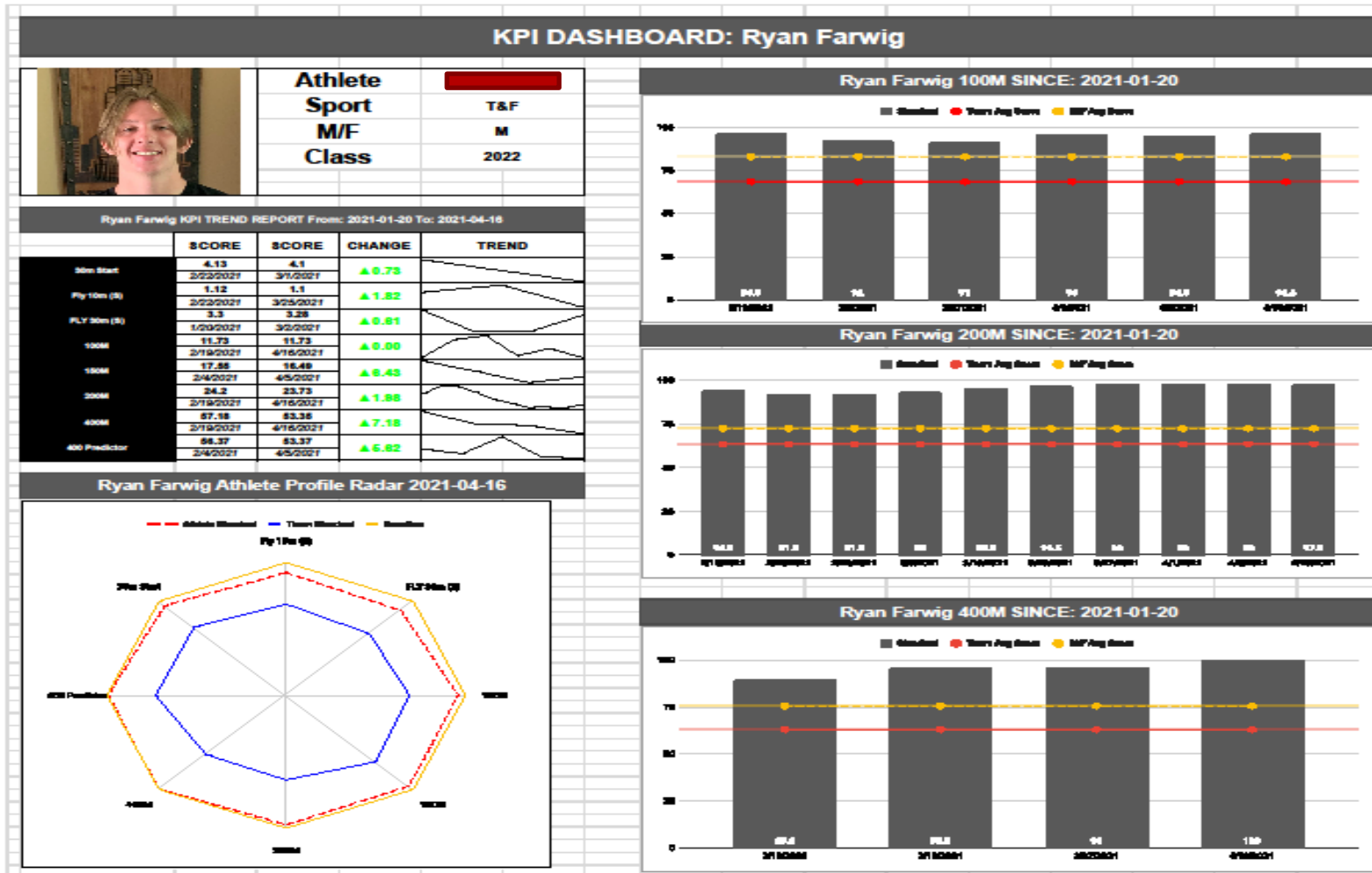
# Record, Rank, and Publish

- Tony Holler – Feed the Cats
  - Record all the timing data for a practice session
  - Rank the athletes
  - Publish the results for all to see!
    - HHS uses Canvas
  - Helps drive competition during practice sessions and continuously through the season as athletes compete for faster times.
- Data Entry

B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	
Date	M/F	Type of Training	SBJ (FT)	40 YRD (S)	Fly 30m (S)	Fly 10m (S)	Fly 10yrd (S)	Fly 30yrd (S)	Fly 100m (S)	150M	60M	100M	200M	400M	100M H	110M H	400M H	30m Start	400 Predictor	Fly 10m (MP)	
5/3/2023	F	Practice					1.13	3.49													
5/3/2023	F	Practice					1.05	3.23													
5/3/2023	F	Practice					1.1	3.4													
5/3/2023	F	Practice					1.06	3.21													
5/10/2023	F	Practice					1.01	3.08													
5/10/2023	F	Practice					1.11	3.49													
5/13/2023	F	Practice					1.04	3.27		15.07											
5/13/2023	M	Practice					0.93	2.83		18.53											
5/13/2023	M	Practice					1.11	3.44													
12/10/2023	F	Practice					1.03														
12/10/2023	F	Practice					1.08														
12/10/2023	M	Practice					1.04														

- Created Dashboard to track trends over time.

# Sample Athlete KPI Dashboard:





# Challenges

- **Extra Expense**

- FxChip \$149.00 (10 pack for \$1,299.00)
- FxChip BLE \$249.00 (10 pack for \$2,199.00)
- TxJuniorPro Transmitter \$169.00 (10 pack for \$1,499.00)
- TxTouchPro Transmitter \$139.00 (TxPadPro \$189.00)
- Relay Coach Transmitter \$819.00

- **Large Groups create challenges for us**

- The Roster Team List helps, but if athletes do not show up consistently, you will need someone to “skip” the athletes in the App or create the list of athletes real-time.
  - New Features have been added to “Turn-off” athletes, so this may have been fixed for this season for us.
  - The Roster timing helps with large groups because the data is associated with the athlete according to order of the start list.
    - Athletes can use the same chip.
    - Downside is that they must run in the correct order.
- If you have a Chip for each athlete, then it’s a none issue
  - ~\$160 per Chip.

- **System “misses” times.**

- Not frequently, but on occasion, the athlete will run through without their times being captured.
- If training in large groups, the times become associated with the wrong athletes.

- **Battery operated**

- Someone needs to change batteries before each season.

# Questions / Demo

- <https://youtu.be/FDQPTmxmYc8?si=9Qo6gbRGPwj8dFFn>

