



SportCount Inc.
4405 East West Hwy, Suite 309
Bethesda, MD 20814

INSTRUCTION MANUAL LAPCOUNTER-TIMER 200 MODEL (LCT 200 #90000 Red logo)

GENERAL INSTRUCTIONS

Congratulations on your SportCount LCT 200 purchase. You will be able to count laps, keep track of elapsed time, and review summary statistics at the end of your workout. It's easy to use, and it is operated with one hand and doesn't interfere with the natural flow of exercise. You should take the time to try it before you jump into your exercise routine. Practice putting the LCT 200 through its functions a few times. In most cases, you will want to wear it on your index finger (either the right or left hand may be used). Make sure it is oriented so you can comfortably reach the button with your thumb.

PRACTICE SESSION

This section of the instructions takes you through a practice session. The figures illustrate what you should see on the display as you work through the paces.

POWER-UP

Press the button with your thumb to start the LCT 200. On power-up, the display will show all "0's", which indicates that your LCT 200 is powered up and ready to use (Fig. 1).



Fig. 1

The image at the top right corner of the display is the battery indicator showing the status of the battery inside. The filled in image  represents normal battery level and  indicates that the battery is close to the end of its useful life, and will need to be replaced soon.

TIMING AND COUNTING LAPS

Press the button to start timing. The display will show running time (Fig. 2). Press the button again to show the first lap number completed (Fig. 3). The lap number will show on the display for 7 seconds. The display will then show the Lap Split Time for the lap just completed for 5 seconds (Fig. 4), then the display will return to cumulative running time again. If the button is pressed within 10 seconds or less from the last press, the next lap number and time will be displayed without showing total elapsed time.



Fig. 2



Fig. 3

after 7 secs display shows "Lap Time" for lap just completed



Fig. 4

TIMING OVER 1 HOUR

When elapsed time exceeds 1 hour, the display shifts two digits, i.e., instead of displaying minutes, seconds, tenths and hundredths of seconds, it will now display hours, minutes, and seconds. In that case, a black bar will appear over the two digits on the right to indicate that they now refer to seconds (Fig. 5). The LCT 200 will time up to 99:59'59, after which the display will show 00'00.00 and start over. In Running Mode, if no button has been pushed for 24hrs, your SportCount will go into sleep mode (the display goes blank to save battery life). All data will begin to blink when the hours exceed 100.



Fig. 5

PAUSE

Double click the button to pause the timing function. Double click means pressing the button twice within one second. (Fig. 6) The time will freeze and no additional laps will be counted. When you are ready to

resume, just press the button again to start the timing function.

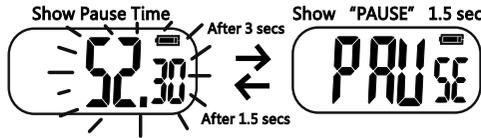


Fig. 6

SUMMARY MODE

Press the button at the end of your final lap (a regular quick press) and then, to finish the timed activity and go into the **SUMMARY** mode, press and hold the button for at least three seconds. You can do this immediately or even hours later. Your SportCount LCT 200 “knows” that the time between the end of the final lap and the time you held the button down to go into summary mode was not a true lap, and it will automatically eliminate the “false lap” so that your workout statistics will be accurate. For example, if you completed 30 laps, and sometime later held the button down to go into the summary mode, the SportCount will display the “false lap” number 31, as shown in (Fig. 7). It will then discard the false lap data, and display the corrected total lap count, “T 30”. In 1.5 seconds, it will automatically display the **TOTAL TIME**, and flip back and forth between **TOTAL LAP** count and **TOTAL TIME** every 1.5 seconds.

Push the button again to show the **AVERAGE LAP**, 1'10.02 in the Fig.8 example. **FASTEST LAP** number and **FASTEST LAP** time come next (Fig. 9), followed by **SLOWEST LAP** number and **SLOWEST LAP** time (Fig.10). Pressing the button after this will show the individual LAP times starting from LAP 1 through the last LAP, then return to **TOTAL TIME**.



Fig. 7



Fig. 8



Fig. 9

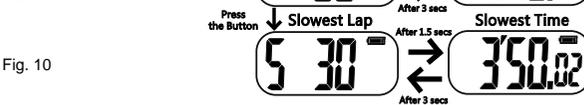


Fig. 10

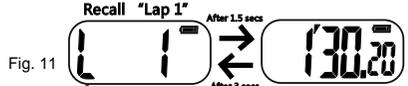
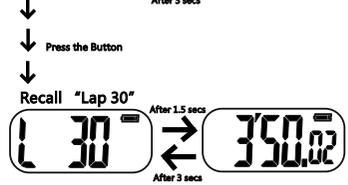
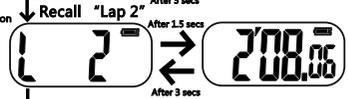


Fig. 11



INDIVIDUAL LAP MEMORIES

After you have gone through the summary mode statistics, push the button once again to begin reviewing individual lap times (Fig. 11). It will start with “L 1”, flipping to the time for lap 1. Push the button to go to lap 2, etc. The LCT 200 can store the first 200 lap times. However, statistics such as average, fastest, slowest, and total lap times remain accurate for up to 999 laps. When the 200 memories are used up, the elapsed time display will flash.

RESET/TURN OFF

From the SUMMARY MODE, press and hold the button for about 3 seconds to RESET the LCT 200 and the display will once again return to zeros. But be careful, because when you reset your LCT 200, all lap times will be erased. When left in the reset mode for 30 minutes, the display will shut down automatically to conserve battery life. Press the button to re-activate.

CARE FOR YOUR SPORTCOUNT

WATER-RESISTANCE

All Sportcount models are designed and manufactured to withstand the water pressure involved with normal swimming. After swimming, please be sure to wash the SportCount with fresh water and clean it with a dry cloth before storage.

TEMPERATURE

Do not leave your SportCount under direct sunlight or in very high temperatures for a long time, or the display may darken. Do not leave your SportCount in very low temperatures as this may cause a slight time loss or gain. In both cases, the above conditions will be corrected when the SportCount returns to normal temperature.

SHOCKS

Be careful not to drop your SportCount or hit it against hard surfaces as it may cause mechanical damage.

STATIC ELECTRICITY

The integrated circuit in your SportCount can be affected by static electricity. Avoid touching electronic devices, and be careful of clothing made of synthetic materials in dry weather that might create a strong static shock,

CHEMICALS

Do not expose your SportCount to solvents such as gasoline and alcohol, cosmetics, cleaners, paints, etc., as they may cause damage to the SportCount.

BATTERY CHANGE

Depending on use, your SportCount should last for at least one year before needing a battery replacement. When the battery indicator in the top right corner of the display lights up , or the display becomes dim or blank, battery replacement is necessary. We recommend you go to a qualified technician or contact SportCount Inc. to replace the battery with a Lithium battery CR2016 or equivalent.

LIMITED ONE YEAR WARRANTY

Your SportCount is warranted to be free from defects in material and workmanship for a period of one year from the date of purchase except as specified below. Within the warranty period, your SportCount will either be repaired at the Service Center or, at our discretion, replaced with a new or refurbished SportCount. This warranty does NOT cover the battery, crystal, or band. Warranty service will not be provided if there was damage while in the possession of the consumer not resulting from a defect of manufacture or there was damage caused by other than normal use.

SERVICE OR REPAIR

If your SportCount requires a service or repair, pack it securely and send it to:

SportCount Service Center
4405 East West Hwy, Suite 309
Bethesda, MD 20814

QUESTIONS?

Contact SportCount Customer Service at (301) 961-5940 or by email at info@sportcount.com.

You can also find useful information at our Website: www.sportcount.com

OTHER SPORTCOUNT MODELS

SportCount makes a variety of models that offer different counting and timing features to suit different applications and needs. They are all similar in size and can fit on your finger. Please visit our website for more information.

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"Perchlorate Material-special handling may apply. See www.dtsc.ca.gov/hazardouswaste/perchlorate."

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