

# How to use the Swimnerd Personal Pace Clock

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## Buttons

There are 5 buttons on the top of the Swimnerd Personal Pace Clock. You can click, double click, or hold down the buttons.

**From left to right, the buttons are as follows:**

**Power Button:** hold it down, and the clock turns on. Hold it down again, the clock turns off.

**Brightness:** click it to toggle between brightness settings. When configuring the Real Time Clock or programming a set, this button is used to toggle to the correct number.

**Switch Modes:** click it to toggle between the 6 modes of the clock. If a mode is currently running you must first Pause before you can switch modes.

**Enter/Configure:** hold it down to configure the mode; click to enter and move to the next number

**Start/Pause/Reset:** click to start a mode; click to pause a mode; double click to reset

## Modes

**1: Count up endlessly (default)**

**2: Real Time Clock (24 hour)**

**3: Real Time Clock (12 hour)**

**4: Simple Set (Reps x Interval)**

**5: Varying Interval Set (different interval each time)**

**6: Stopwatch**

## **Mode 1: Default Count Up**

When powered on, the Swimmerd Personal Pace Clock begins counting up endlessly. Pressing (Start/Pause/Reset) will pause the clock and allow you to switch modes.

If you double click, you will revert back to 00:00. This makes syncing multiple clocks easy.

## **Mode 2: Real Time Clock (24 Hour)**

Hold down the Enter/Configure button. You will see the first digit now flashing. Use the Brightness button to toggle the number. When you have landed on the right number, click the Enter/Configure button to move to the next digit. Whenever you are finished choosing the appropriate time, hold the Enter/Configure button down to save the time and begin counting.

Another great way to sync multiple pace clocks is to configure them all with the same Real Time Clock time. Not only do you know what time it is, but your clocks will be synced even if you lose power.

## **Mode 3: Real Time Clock (12 Hour)**

Setting the 24 Hour RTC automatically sets your 12 Hour RTC. You do not need to do anything in the mode.

## **Mode 4: Simple Set with Rep Counter, Counting Up or Down**

Hold down the Enter/Configure button. The first two digits will appear. This is the rep counter. Enter the number of reps by using the Brightness button to set the number of reps you want. Once you have landed on the appropriate number of reps, hold down the Enter/Configure button to move on from Reps to Interval. You will now see the last 4 digits. Choose your interval using the Brightness button. Once you have the appropriate interval configured, hold down the Enter/Configure button. The clock is now programmed and ready to start.

You will notice one of the colon lights is on. If the bottom colon light is lit, then this set will count down. If the top colon light is lit, then this set will count up. Double click the Enter/Configure button to toggle between Counting Up & Counting Down.

When ready, click the Start/Stop/Pause button to begin your set.

When your set is finished, your clock will elicit a long beep and begin to default count up again.

## **Mode 5: Varying Intervals, Counting Up or Down**

Hold down the Enter/Configure button to configure your first interval. Use the Brightness button to choose your appropriate interval. Hold the Enter/Configure button down again to save your first interval and move on to your second interval. Hold the Enter/Configure button down again to configure your third interval. You will be prompted to enter a fourth interval. Let's say you don't want to enter any more intervals. That is fine, this fourth interval was not saved yet, only the first three. Click Start/Stop/Pause. The clock is now programmed and ready to start.

Double click the Enter/Configure button to toggle between Counting Up & Counting Down.

Click Start/Stop/Pause button to begin your set.

When your set is finished, your clock will elicit a long beep and begin to default count up again.

## **Mode 6: Stopwatch**

Click Start/Stop/Pause button to start the stopwatch. Click it again to stop. Double click it to reset.

## **Bluetooth**

Download the Swimmerd mobile app on iOS or Google. Once signed up, go to TOOLS – CONNECT TO CLOCK – SCAN.

HC-08 will show up. Click on it to connect. Now, you can change the name by clicking the i icon.

Click CLOCK on the bottom of the app. This clock control center is basically a super remote. Program anything you want into it with just a few clicks. Including, any sort of descending or ascending ladder set.

## **Charging**

Each Swimmerd PPC comes with a USB-C to USB-A charging cable. Connect it into your phone block, and you are ready to charge.

There is a little red indicator light on the top of the clock. When it turns off, your clock is fully charged.

When you plug in your PPC, it will automatically turn on. If you turn it OFF while it is charging, just realize that it is not actually OFF, as it can still be found by Bluetooth. So, if you take it off the charger while it is off, it is not actually off. Turn it on then off. If your clock says OFF, it's off.

### FCC Warning Statement

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- - Reorient or relocate the receiving antenna.
- - Increase the separation between the equipment and receiver.
- - Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- - Consult the dealer or an experienced radio/TV technician for help.