

Coxmate SR (Ver E):

Quick Start Guide

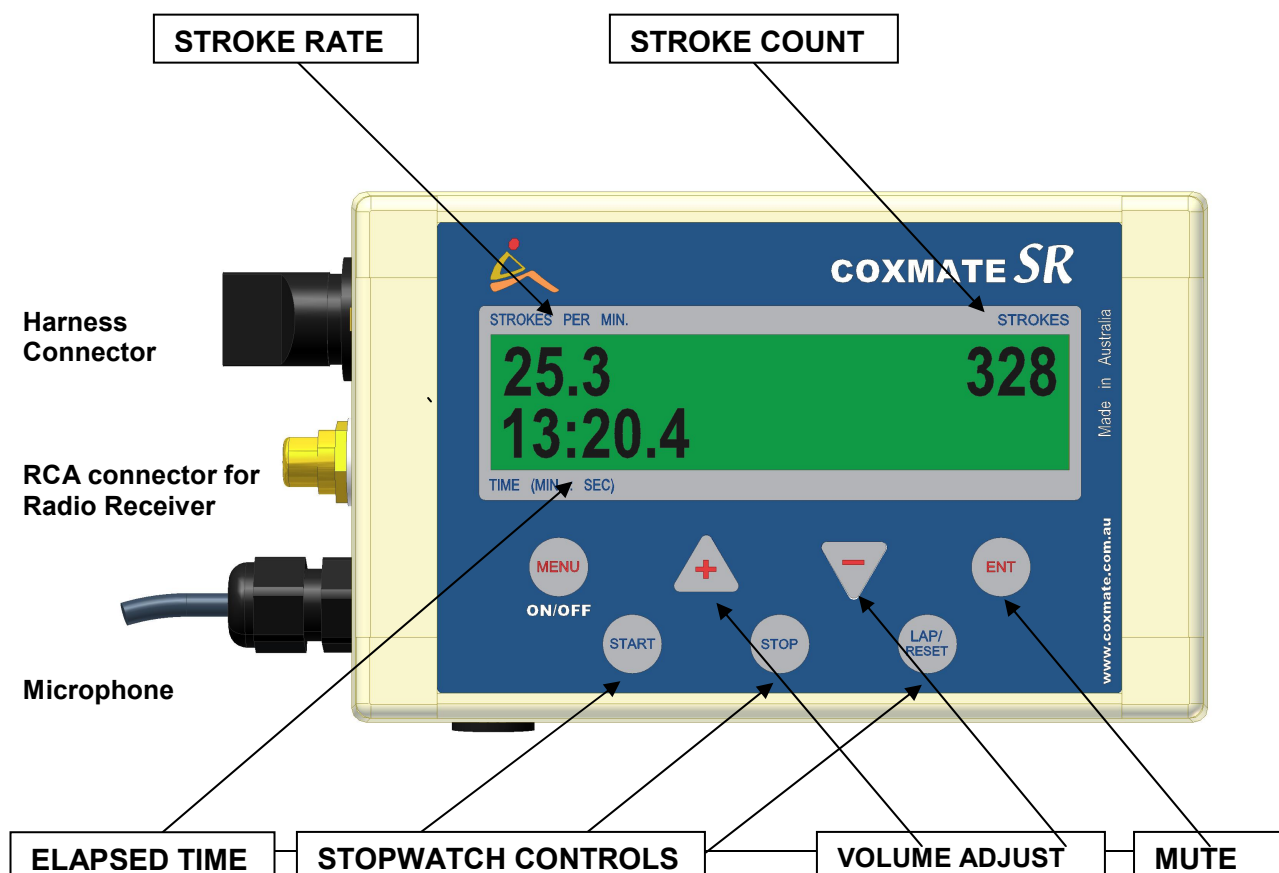
This is a simple guide to help coxes get the most from the SR unit without having to read the manual:

1. Connect harness and turn **SR** on by pressing the **Menu (ON/OFF)** button.
2. After two seconds unit will go to the **Status Display** - shown below. This display is the one which is normally used. If you ever end up on another display, then you can return to **Status Display** by pressing **Menu** button one or more times.

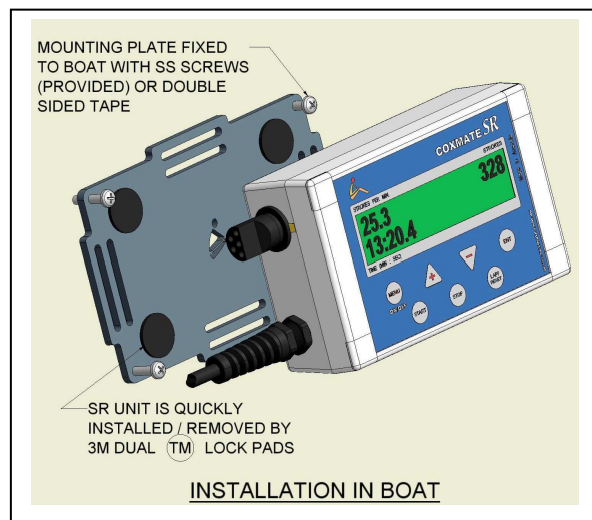
The **Status Display** provides the following functions:

- **Stroke rate** indication. This is always displayed provided rating is within 5 to 70 strokes per minute.
- **Stopwatch/Stroke Count**. This is started by pressing **Start** button twice, or **Start** button once and first pulse from seat/stroke sensor. Timer displays elapsed time. Stroke count displays number of strokes taken during elapsed time. **Stop** and **Lap/Reset** operate in same way as standard stopwatch.

Volume: ▲(+) and ▼(-) adjust volume. **Mute (Ent)** turns speakers off as long as finger is on button. Note:



3. **Installation.** The picture on right shows how the mounting plate is permanently fixed to the boat with the stainless steel screws provided, or double sided tape. The SR unit can then be quickly fixed or removed from the plate each time you go rowing via the Dual Lock™ pads. The location of the mounting plate will depend on the construction of boat, and whether the boat is bow or stern coxed. A separate radio receiver, or CD player or similar, can be plugged into the RCA connector. This signal will then be broadcast through boat.
4. **The Menu system.** Now that you have mastered the basics, you may wish to explore the other features. These are accessed through the **Menu** button. The **Menu** options are shown below. You can scroll through the menus using the **▲(+)** and **▼(-)** buttons. When you get to the one you want, press **Ent**. Each menu item provides a different function. Most of these are self explanatory and with a little practice will quickly be mastered. The **Recall** function is a little more complicated, and reading the manual is recommended – section 3.3.5.



Menu Summary		
▲ ▼ to scroll	1. Battery	Displays battery level
	2. Backlight	Turns backlight ON/OFF and adjusts display contrast
	3. Radio	Turns radio input on, and adjusts volume. *
	4. Status	(default on power up) see previous page
	5. Recall	Recalls rating and interval times
	6. Metronome	Provides audible pulse at preset rate *****

* This is only for VerE and later. Earlier versions did not have independent control of radio input.

5. **Turning the unit OFF.** You don't need to do this – it will turn itself off if it is disconnected from harness for 5 minutes. Alternatively you can use the **Menu (ON/OFF)** button, by holding it down for two seconds.
6. **Charging Battery.** Plug charger in. Display will let you know it is charging and how much charge battery has. If batteries are completely flat it will take a few minutes before the display turns on. You can leave charger permanently connected – it automatically turns off when batteries are charged. Charge level can be checked at any time by going to **1. Battery** through menu system.
7. **Caring for SR.** Rinse any salt water, sand etc off with fresh water. **Grease connectors** - both rubber mating surfaces and the metal conductors. The syringe can be used to inject grease into the female pin. Only use Coxmate silicone grease. Greasing is recommended every month for salt water and every 3 months for fresh water. Where units are supplied with protective caps for connectors, these should be fitted when system is not being used.

For more information visit www.coxmate.com.au