



**In Boat Assistant for Coxmate HC**  
**Basic Use: This assumes the HC (V1.20) is configured as supplied and unit 'Locked'. To reconfigure see Advanced section.**

**Turning ON:** ⏻

**Turning ON + Backlight:** ⏻ for 2 seconds

**Turning OFF:** ⏻ for 2 seconds or will turn off automatically if not used.

**Display:** Default display is rate(upper left), speed in time/500m(upper right), Distance(lower left) and Time(lower right).

**Timer (also Distance):** Use buttons **Start**, **Stop** and **Reset** or **AUX**(foot/leg switch). Status: *Ready (Rdy)* – displayed at start up and after reset; *Set (Set)* – timer will start from seat sensor, **AUX**, or **Start**; *Stop*- timer will stop when **Stop** or **AUX** pressed and display elapsed Time. Once stopped **Reset** or **AUX** will reset timer back to *Ready(RdY)*.

**Calibration:** Row over 'Known distance'. Use Timer **Start** and **Stop** buttons to record distance on HC. Remember this 'Displayed distance'. Press **Reset**, **Menu**, **Ent** and **[+]** and **[-]** to adjust the displayed **K** value and **Menu** twice to exit.

New K = Old K x (Known distance / Displayed distance)

step through all the display options. If the option is selected it will display steady and if it is not selected it will flash. To select/deselect an option press **Ent**. When you have finished your selections press **Menu** twice to exit. The display options are: Top right – speed in *m/s* or */500*; Lower left – **AV SPD**, ♥, **RATIO**, **DIST**, **DIST/STROKE**, **STROKES**; Lower Right – **TIME**, **DIST**. With the lower displays more than one option can be selected. If this is the case, then the display will alternate each stroke.

**CAL'N:** When selected, the current **K** value will be shown. Press **Ent** and **MAN** will flash. Press **Ent** and the **K** value will flash. The **[+]** and **[-]** can then adjust value. Once correct value is achieved, then press **Menu** twice to go back to **RdY**. Access to GPS calibration and impeller selection is made by using **[-]** when **MAN** is flashing.

**Other Set Up Options:** **BK LT** – Brightness and ON/OFF; **METRO** name – Set frequency and ON/OFF; **RECALL** – Recalls speed and rate for last period Timer was run. Shows increments of 15 seconds

**Advanced Use: This requires unit to be 'Unlocked'.**

**Lock/Unlock:** From (**Rdy**), press **Menu** 5 times at the rate of ~2 per second. Use **[+]** or **[-]** to Lock/Unlock.

**Mode Change:** From (**Rdy**), press **Menu** once. **Mode** will flash. Use **[+]** and **[-]** to display **RUN**, **PACE** or **W'KOUT**, **Ent** to select and **Menu** to exit. **RUN** mode is normal mode. **PACE** mode provides a pace boat to race against. To set PACE speed, press **Ent** when in (**Rdy**), **[+]** and **[-]** to adjust and **Ent**. Bottom left display will show position relative to pace boat when Timer is started.

**W'KOUT** is not discussed here.

**Set Up:** From (**Rdy**), press **Menu** twice. **Set Up** will flash. The **[+]** and **[-]** move between the options available – displayed on bottom row: **DISP**, **BK LT**, **CAL'N**, **METRO**, **RECALL**, **PC**, **SPLIT**, **MEM**, and **CAL'N** ♥. Pressing **Ent** will select the option. Only **DISP**(display) and **CAL'N** (calibration) will be explained in detail:

**DISP:** Initially the current display options will be shown, eg */500, DIST, TIME*.

Press **Ent** and use **[+]** and **[-]** to

for first 4 records and 30 seconds thereafter; **PC** – For connecting to PC; **SPLIT**- sets a split period – the average values displayed at the end of each period. **MEM** – to view memory use and CLEAR memory. **CAL'N** ♥ - enables the heart rate antenna sensitivity to be adjusted.

**Other Functions:**

**Setting Date:** Press **Ent** when date is displayed on power up. Then use **[+]** and **[-]** and **Ent** to set.

**Operating without seat sensor:** Go to **Set Up/CAL'N** and hold **Ent** down for 3 seconds: **SS** signifies seat sensor will be used, otherwise the value between 0-40 adjusts the sensitivity of stroke detection - ~4 for kayaks and ~20 for sculls.

**Adjusting Auto Stop period:** Go to **Set Up/METRO** and hold **Ent** down for 3 seconds – Select 30s, 2min, 10min or no auto stop(00:00).

**Setting Unit as Master/Slave**(used when 2 HC's are linked): Go to **Set Up/PC** and hold **Ent** down for 3 seconds – select Std/MASt/SLvE.

**Set Record Mode:** Go to **Set Up/MEM** and hold **Ent** down for 3 seconds – select MICRO or MACRO recording.