



## INSTALLATION

<p><b>Dock Mounting</b></p> <p>Slide the unit into the bracket from the top. Press down until you feel the unit “click” into place.</p> <p><i>*For help with wiring installation, please see the SpeedCoach wiring installation instructions.</i></p>	
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## OPERATION

<p><b>Turn on</b></p> <p>Press TOP button four times to get to the “Ready” screen. The display will cycle through the odometer, “Just Row” memory units used and the “Workout” memory units used screens before the “Ready” screen appears.</p>	
<p><b>Turn off</b></p> <p>Hold TOP button and release when the “Off” screen appears.</p>	
<p><b>Ready</b></p> <p>Press TOP button once to clear the STOP in the bottom right screen.</p>	
<p><b>Start</b></p> <p>Begin rowing or paddling to start the timer and counter. The timer and rate will begin to run by the start of the second stroke.</p>	
<p><b>Reset Timers</b></p> <p>Press and hold TOP button until “RESET” screen appears then release. Press the TOP button once, then press the BOTTOM button once.</p>	
<p><b>HOLD</b></p>	
<p><b>PRESS</b></p>	
<p><b>PRESS</b></p>	

## MEMORY

<p><b>Recalling the Memory</b></p> <p>Hold down the TOP button until “rECL” screen appears then release.</p> <p>To review the “Just Row” memory, press the TOP button once and the first memory point will appear.</p> <p>To review the workout memory, press the BOTTOM button once so “Workout” is flashing. Press the TOP button once and the first memory point will appear.</p>	
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## CALIBRATION

<p>Hold the TOP button until “Setup” screen appears, then release.</p> <p>Press the BOTTOM button three times to change option to “CAL.”</p> <p>Press the TOP button once to change the flashing segment to the first number of the calibration value.</p> <p>Press the TOP button to move to the next number, then press the BOTTOM button to change the flashing number.</p> <p>Hold the TOP button for two seconds to exit the setup mode.</p>	

## BATTERY REPLACEMENT

<p><b>Replacing the Battery</b></p> <p>To replace the battery, open the battery door with a nickel. Remove the batteries and replace with two new 3V Lithium CR2032 batteries. Replace the door, making sure that the O-ring is still in place.</p>	
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## MAINTENANCE

<p><b>Storage</b></p> <p>Always store your unit in the provided pouch when not in use to prevent scratches to the front window.</p>	
<p><b>Lanyard</b></p> <p>Install the lanyard provided by threading it through the slot on the bottom of the unit and tying. Tie lanyard to rigger while rowing to prevent loss.</p>	
<p><b>Cleaning</b></p> <p>Rinse the window thoroughly with water to remove grit before wiping or polishing. (Especially if you row on salt water.)</p>	

## CAUTION

CR2032 batteries contain lithium, a toxic substance. Ingestion may cause serious injury or death. Keep battery out of the reach of children. If swallowed, immediately seek medical help. Have doctor phone 24-hour hotline at (202) 625-3333, call collect if necessary. Dispose of batteries properly and according to local regulations. Do not puncture or burn batteries. If the battery compartment does not close securely, stop using the product and keep it away from children.

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