INSTALLATION

Dock Mounting
Slide the unit into the bracket from the top. Press down until you feel the unit “click” into place.

*For help with wiring installation please see the SpeedCoach wiring installation instructions.

OPERATION

Turn on.
Press TOP button once. After 5 seconds the “Ready” screen will appear.

Turn off.
Hold TOP button and release when the “Off” screen appears.

Ready:
Press TOP button once.

Start
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.

Reset Timers
Press and hold TOP button until “RESET” screen appears then release, then press the bottom button once.

BATTERY REPLACEMENT

Replacing the Battery
To replace the battery, open the battery door with a nickel. Remove the battery and replace the battery with a new 3V Lithium CR2032 battery. Replace the door, making sure that the O-ring is still in place.

MAINTENANCE

Storage
Always store your unit in the provided pouch when not in use to prevent scratches to the front window.

Lanyard
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.

Cleaning
Rinse the window thoroughly with water to remove grit before wiping or polishing. (Especially if you row on salt water.)

Resetting
To reset the SpeedCoach, hold the TOP button down for 10 seconds with the battery out, then replace the battery.

*If you have calibrated your unit, you will need to re-enter your adjusted calibration factor after removing the battery.