How to use the Swimnerd Pace Clock

Buttons

Power Button: red button in the top left corner; click it to turn the clock on and off; it will always default to count-up mode

Brightness: red button in the top right corner; click it to toggle between 3 brightness settings

Switch Modes: green button that says TIM; click it to switch between modes; you must first pause the clock (click blue OK button to pause)

Enter/Configure/Set: black button that says SET; click it to configure any mode

Pause: the blue button that says OK; while in default count-up mode, click it to pause; this is great for resyncing clocks that are slightly off

Modes

1: Count-up endlessly to 59:59 and turn over (default count-up mode)

2: Real Time Clock (MM:SS)

3: Real Time Clock (24 hour)

4: Real Time Clock (12 hour)

5: Simple Set (Reps x Interval)

6: Varying Interval Set (use the app it's much better)

7: Stopwatch

Mode 1: Default Count Up

When powered on, the Swimnerd Pace Clock begins counting endlessly. Pressing OK will pause the clock and allow you to switch modes.

If you click through all the modes, you will revert to 00:00 (default count up but you must click OK to start counting) – this is a nice feature if you are syncing clocks.

Mode 2: Real Time Clock (MM:SS)

Press SET to configure your MM:SS real time clock. Choose your time by clicking the correct numbers. When you are ready, click SET again. This is great because your patrons will know what time it is, as well as utilize it as a pace clock.

Mode 3: Real Time Clock (24 Hour)

Press SET to configure your 24-hour real time clock. Choose your time by clicking the correct numbers. When you are ready, click SET again. This will configure your 12-hour clock mode, as well, so no need to set your 12-hour clock.

Mode 4: Real Time Clock (12 Hour)

Press SET to configure your 12-hour real time clock. Choose your time by clicking the correct numbers. When you are ready, click SET again. This will configure your 24-hour clock, as well.

Mode 5: Simple Set

Press SET. The first two digits will light up. The clock is asking you to enter the # of Reps that you want to enter. Once you've chosen the appropriate # of Reps, click SET again. The clock is now asking you to enter the interval. Once you've chosen the appropriate interval, click SET again. The clock is now programmed. If you want to count-up, press the Up Arrow button. If you want to count down, press the Down Arrow button. Click OK to start the set. To pause the set in the middle of it, click OK.

When your set is finished, your clock will revert to default count-up mode.

Mode 6: Varying Intervals

If you are going to enter any sort of varying reps/intervals into the clock, just use the app. It's a million times faster, more powerful, and easier to follow along. You can load multiple rounds or input a ladder set.

Mode 7: Stopwatch

Click OK to start and stop. To reset, toggle through the modes.

Bluetooth

Download the Swimnerd mobile app on iOS or Google. Once signed up, go to TOOLS – CONNECT TO CLOCK – SCAN.
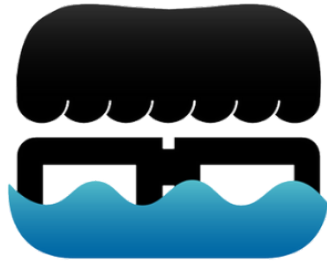
HC-08 will show up. Click on it to connect. Now, you can change the name by clicking the i icon.

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 multiple rounds or any sort of descending or ascending ladder set.

Syncing Clocks

There are a few ways to sync the clocks. First, set your 24-hour or 12-hour clock to be the same. This will sync the pulse so that if you turn them on together, they run together.

1. Start them together.
2. Toggle through all the modes until you get back to default count-up mode. It will be sitting at 00:00. Click OK at the same time.
3. Let's say you have two clocks and 1 of them is 2 seconds ahead of the other. While in default count-up mode, simply click OK on the remote to pause this clock. Click it again to un-pause.
4. Set MM:SS mode to whatever you want. Click OK at the same time.

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