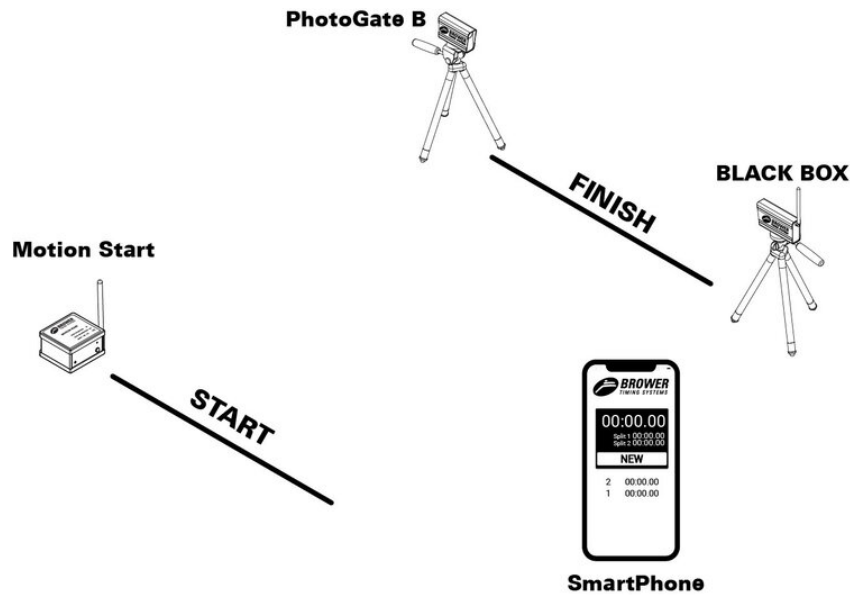


# BLACK BOX SETUP CONFIGURATIONS

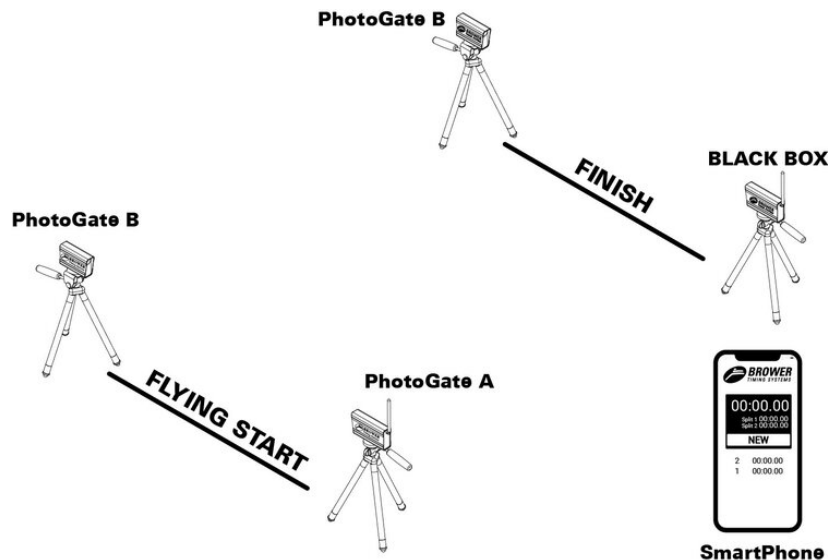
## Static Start Sprint

- Equipment Required: The Black Box System
- The Black Box Motion Start starts timing on foot or hand motion
- The Motion Start works for standing, 3 point or 4 point stance starts.
- The Black Box PhotoGate A and B stops timing when the beam is broken at the finish line
- Times are displayed on an iOS or Android device using the free Black Box App.



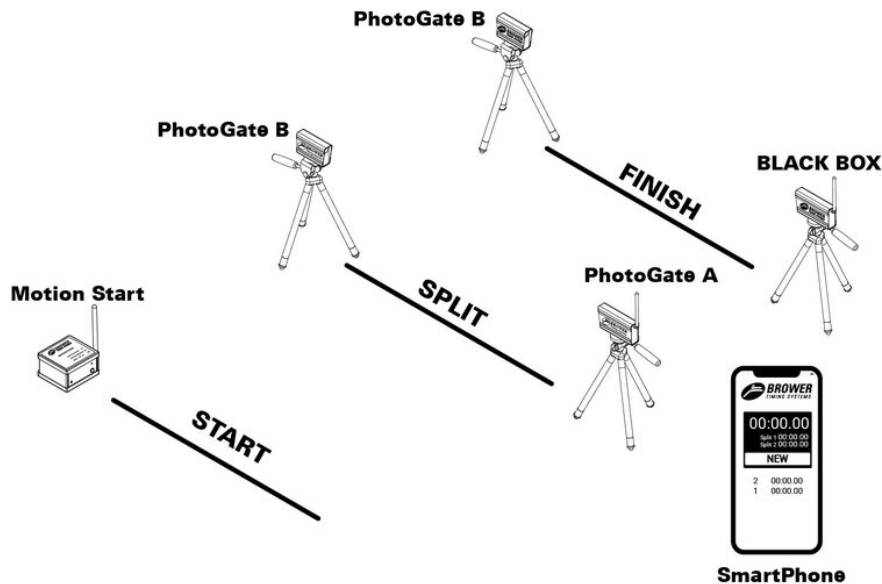
## Flying Start Sprint

- Equipment Required: 2 Gate Black Box system or the Black Box system with an extra gate
- Great for flying 10 yard sprints
- The PhotoGate A and B start the time when the beam is broken at the start.
- The Black Box PhotoGate A and B stops timing when the beam is broken at the finish line
- Times are displayed on an iOS or Android device using the free Black Box App.



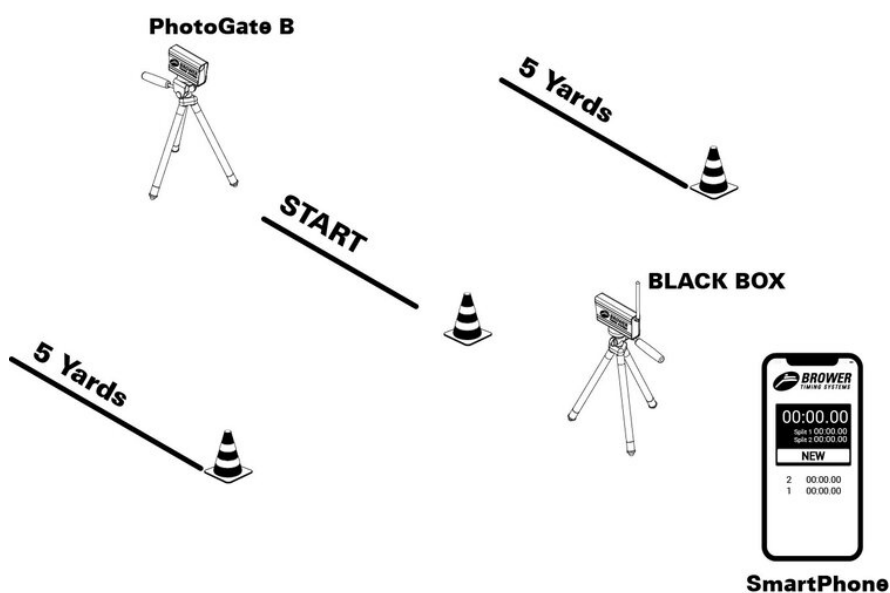
### Sprint with Split Times

- Equipment Required: The Black Box System and one or more extra PhotoGates.
- The Black Box Motion Start starts timing on foot or hand motion
- The Motion Start works for standing, 3 point or 4 point stance starts.
- The PhotoGate A and B records a split time when the beam is broken.
- The Black Box PhotoGate A and B stops timing when the beam is broken at the finish line
- Times are displayed on an iOS or Android device using the free Black Box App.



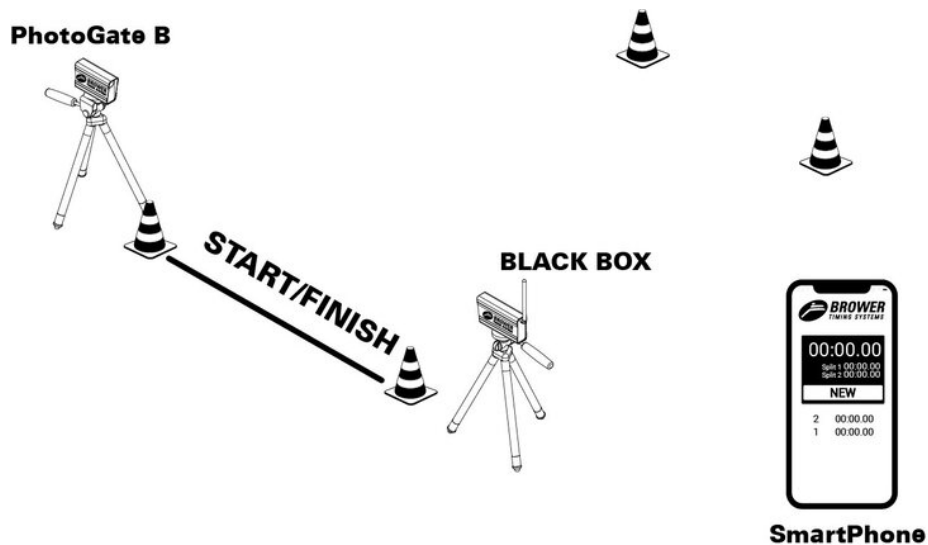
### 5-10-5

- Equipment Required: only the Black Box Gate
- The Athlete sets up to the side of the gate so that when they start they break the beam
- The Athlete will pass through the gate 3 times. Once at the start, a second time half way through, and a 3rd time as they finish. The second time is recorded as a split.
- Times are displayed on an iOS or Android device using the free Black Box App.



## L Drill

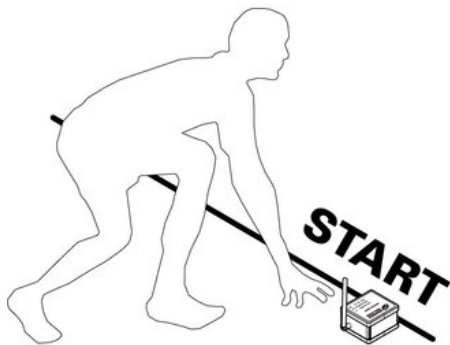
- Equipment Required: only the Black Box Gate
- The Athlete starts and stops the timing by crossing the Start/Finish line
- Times are displayed on an iOS or Android device using the free Black Box App.



## Motion Start Setup

- The Motion Start can be used for Standing Starts or 3 point stances
- Turn Motion Start on by holding down the red button until there is one beep
- Place hand (3/4 point stance) or foot (standing start) in front of the motion start. The unit will beep twice to sat that it is "armed"
- The Motion Start will trigger when the hand or foot is moved off the ground

## 3/4 Point Stance



## Standing Start

