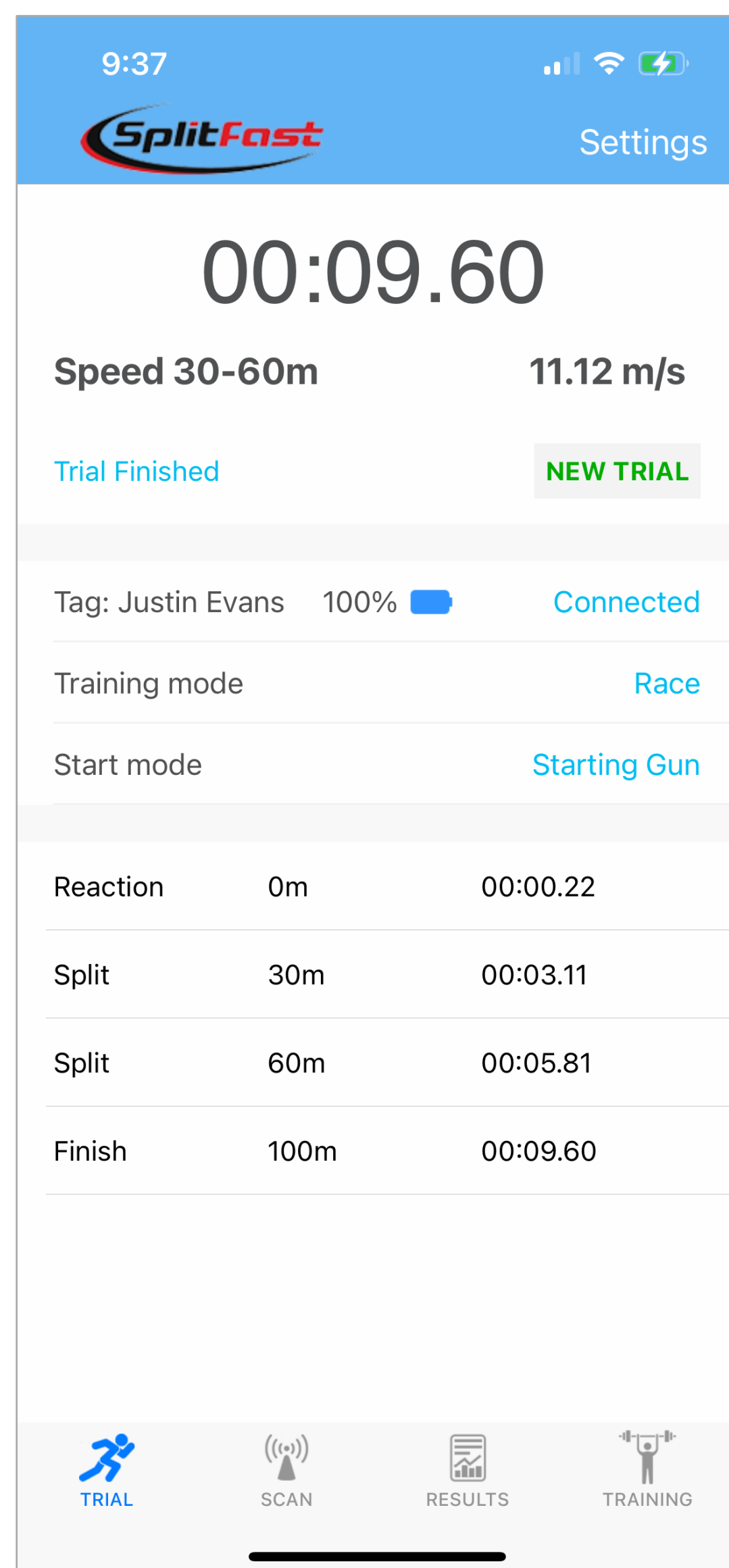
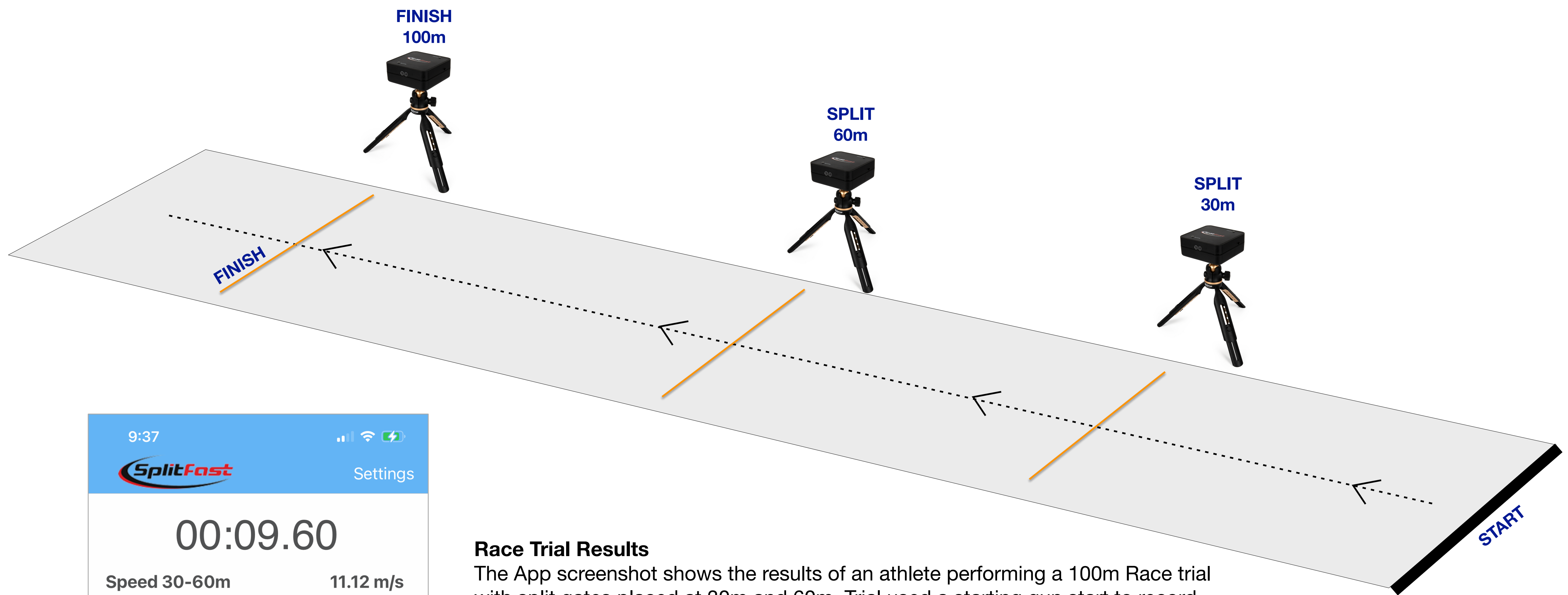


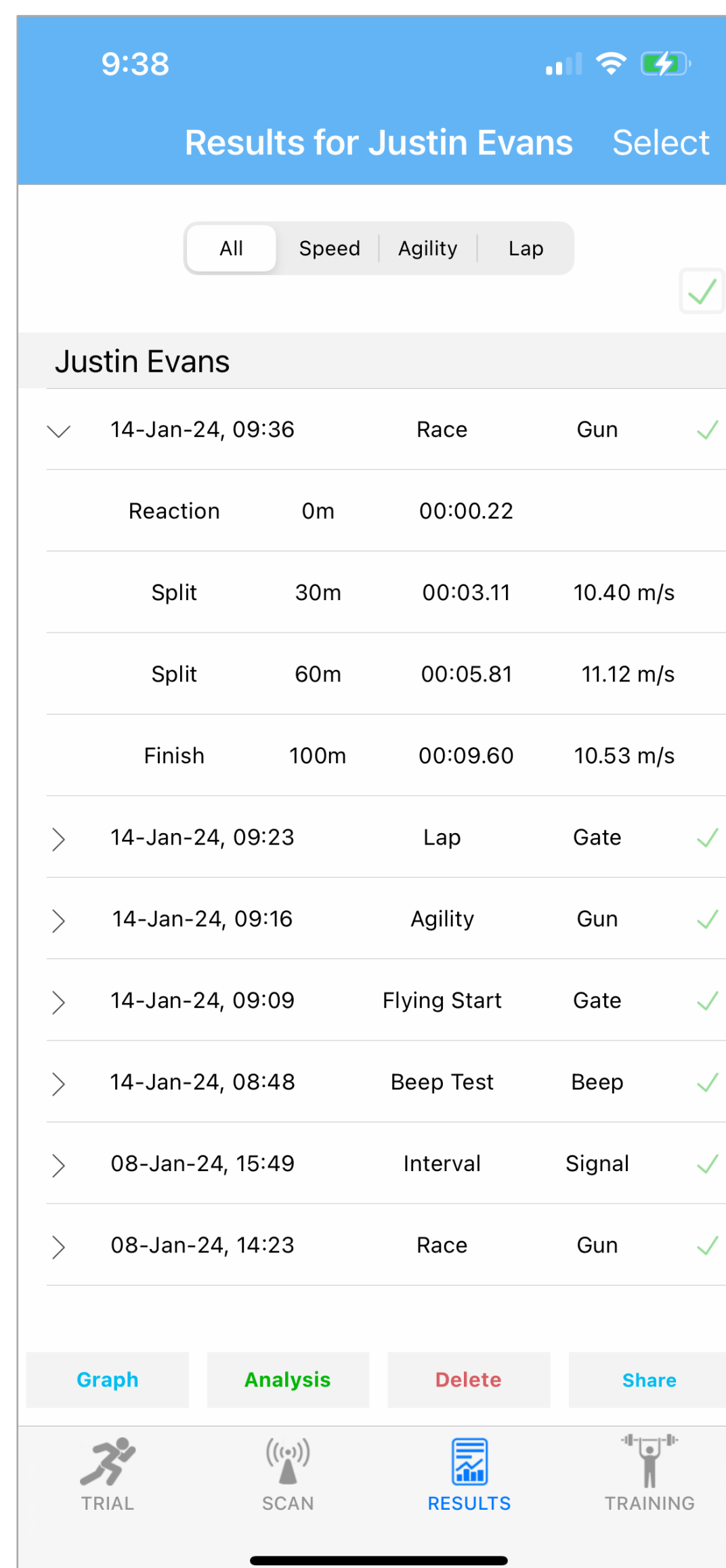
## Race Trial

A flying start trial measures an athlete's speed between gates by removing the start acceleration from the trial. Place a start gate at the start line and a finish gate at the finish line. You can place split gates as needed between the start and finish. The athlete begins running some distance before the start gate so they are up to speed when they reach the start. The Trial begins when the athlete crosses the start gate beam. The trial ends when they break the finish gate beam.



## Race Trial Results

The App screenshot shows the results of an athlete performing a 100m Race trial with split gates placed at 30m and 60m. Trial used a starting gun start to record the reaction time. The maximum velocity was recorded between the 30m and 60m gates.

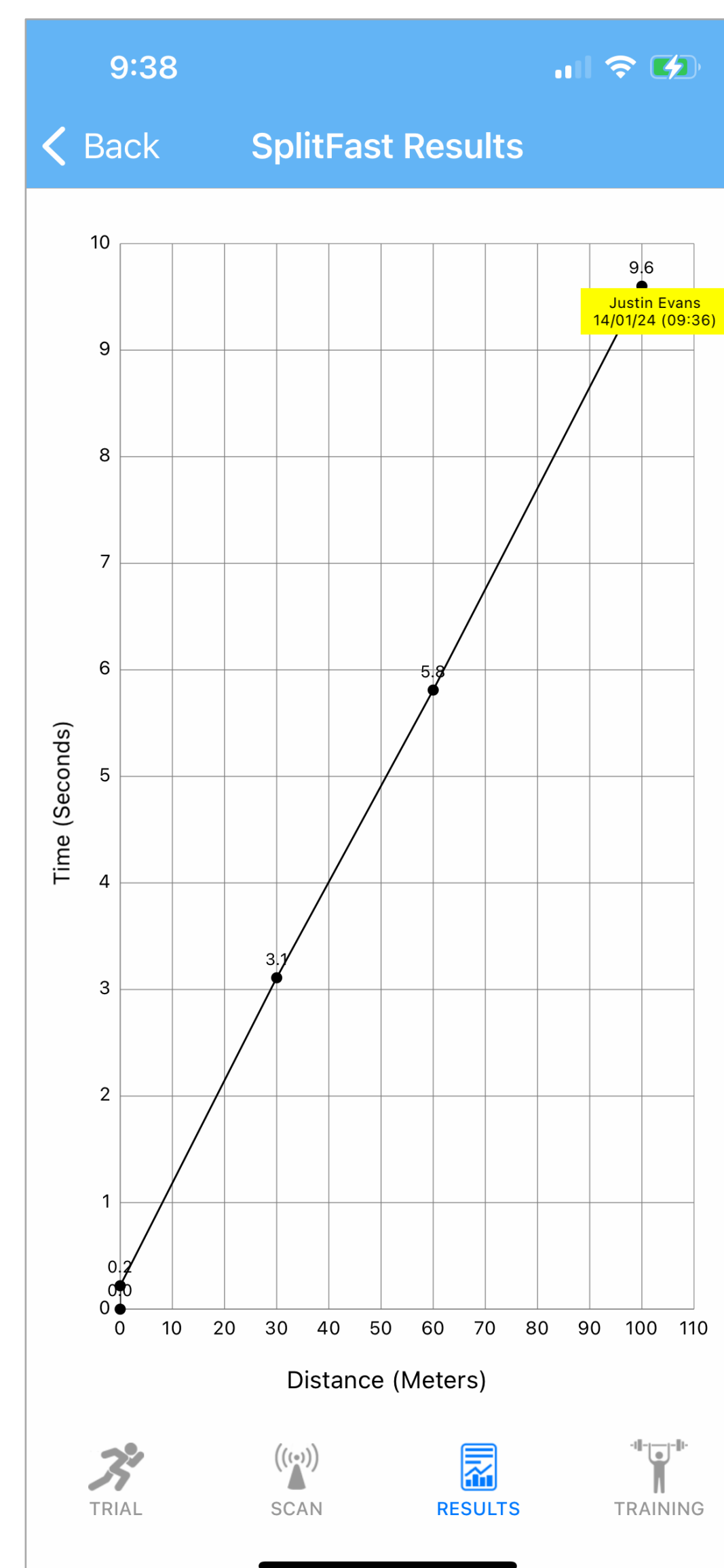


## Expanded Results

The screenshot shows the results page with the Race trial expanded to show all times and velocity results. The summary row shows the data and time of the trial, the training mode selected "Race" and the starting mode "Gun".

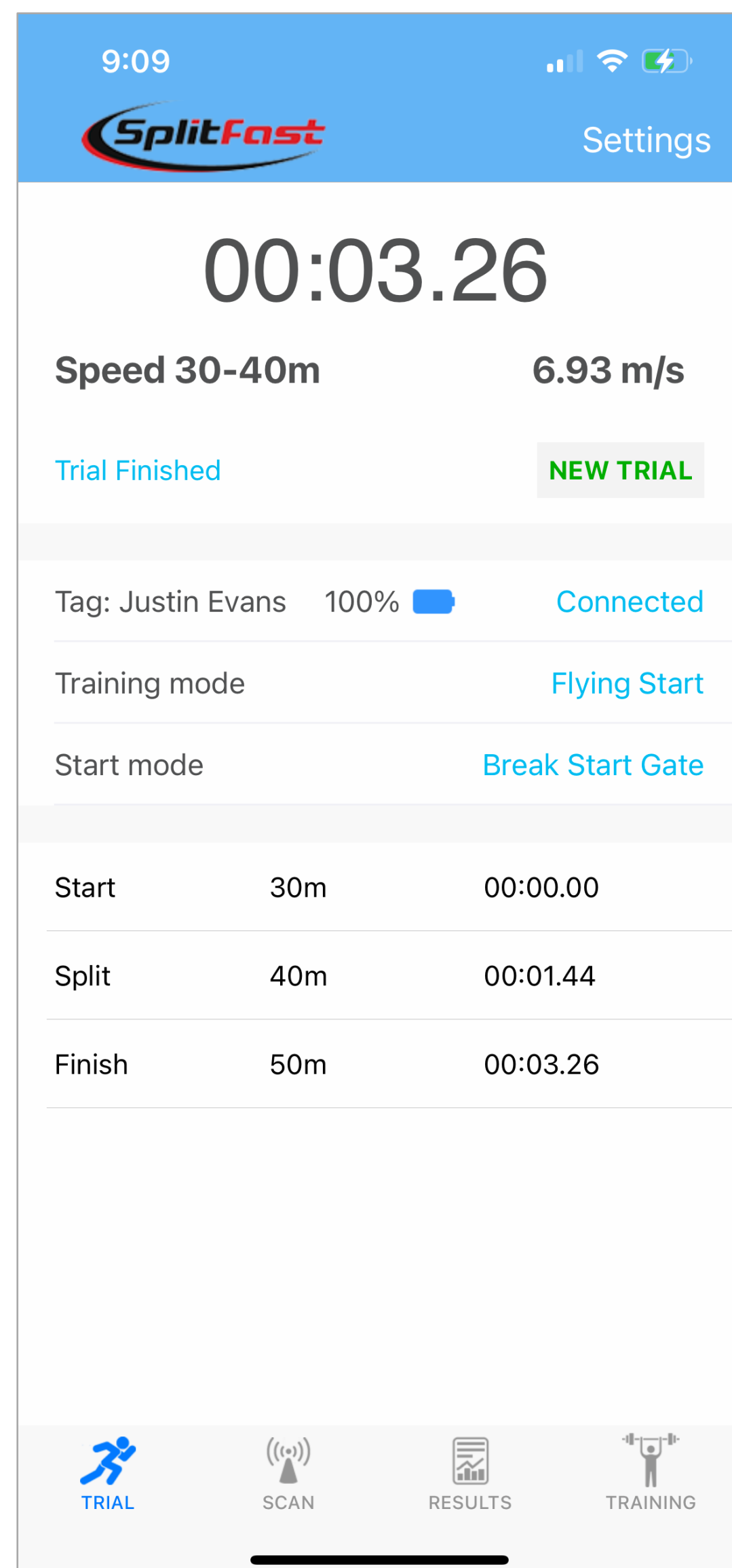
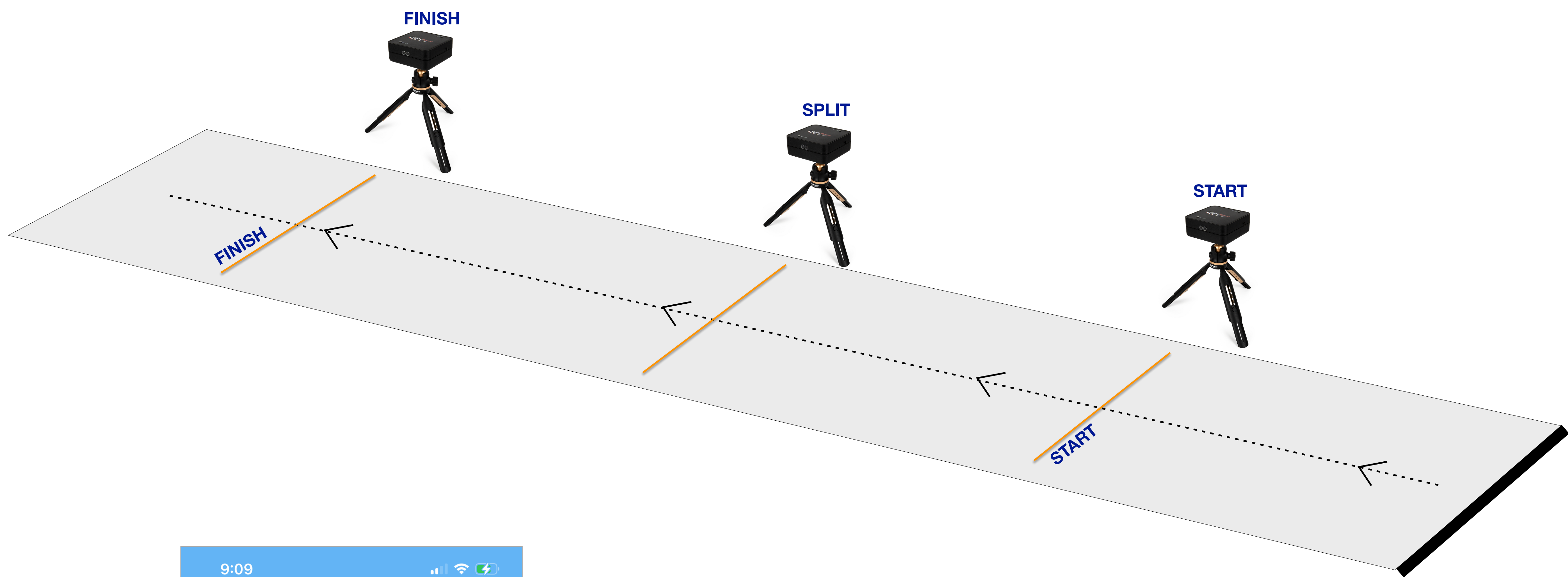
Tapping the Graph button in the Results page displays a line chart of the results. You can select multiple trials for one or more athletes and compare the results on a single graph.

**TIP:** Tap the Share button to send an Excel .CSV file of the selected results to any email address directly from the SplitFast app.



### Flying Start Trial

A flying start trial measures an athlete's speed between gates by removing the start acceleration from the trial. Place a start gate at the start line and a finish gate at the finish line. You can place split gates as needed between the start and finish. The athlete begins running some distance before the start gate so they are up to speed when they reach the start. The Trial begins when the athlete crosses the start gate beam. The trial ends when they break the finish gate beam.



### Flying Start Trial Results

The App screenshot shows the results of an athlete performing a Flying start trial with gates placed 10m apart. The maximum velocity is displayed under the elapsed time.

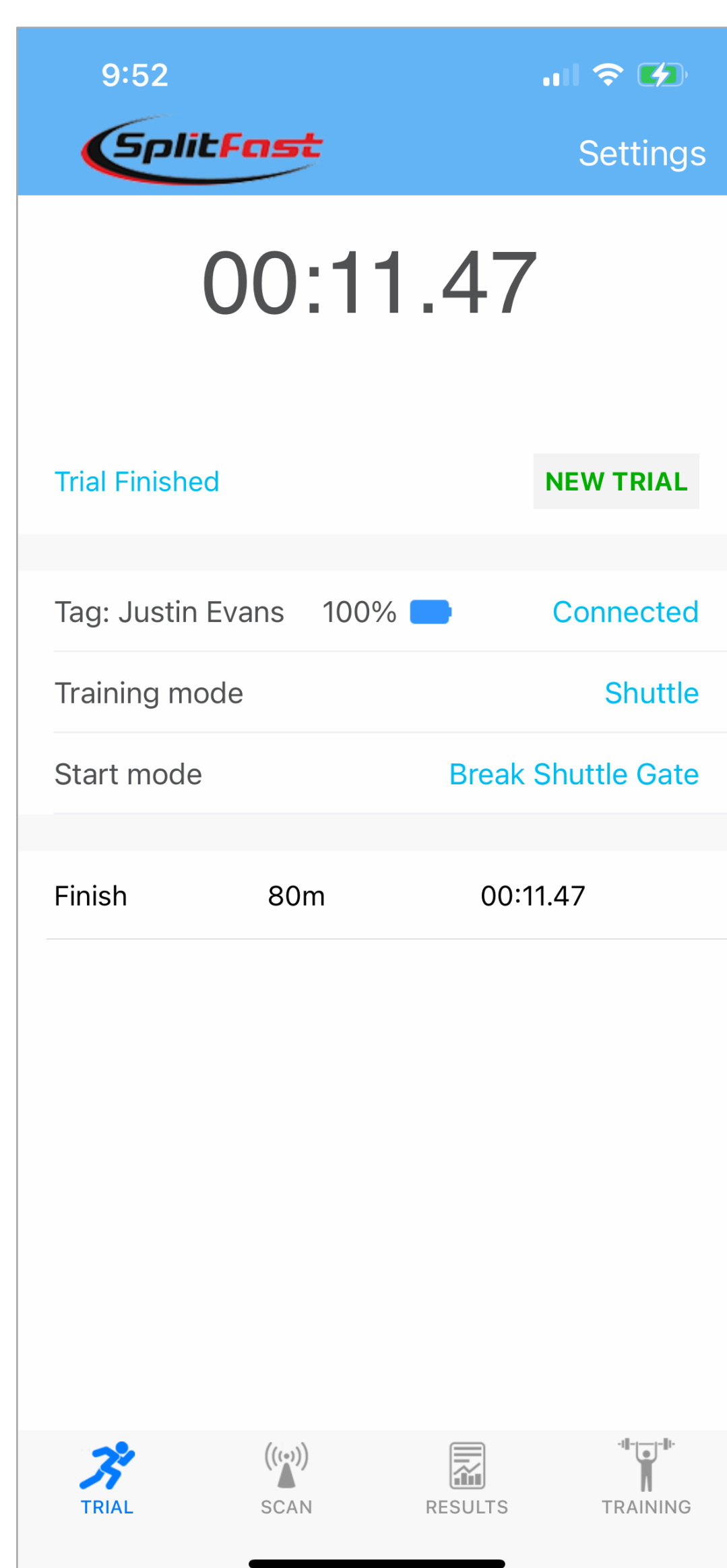
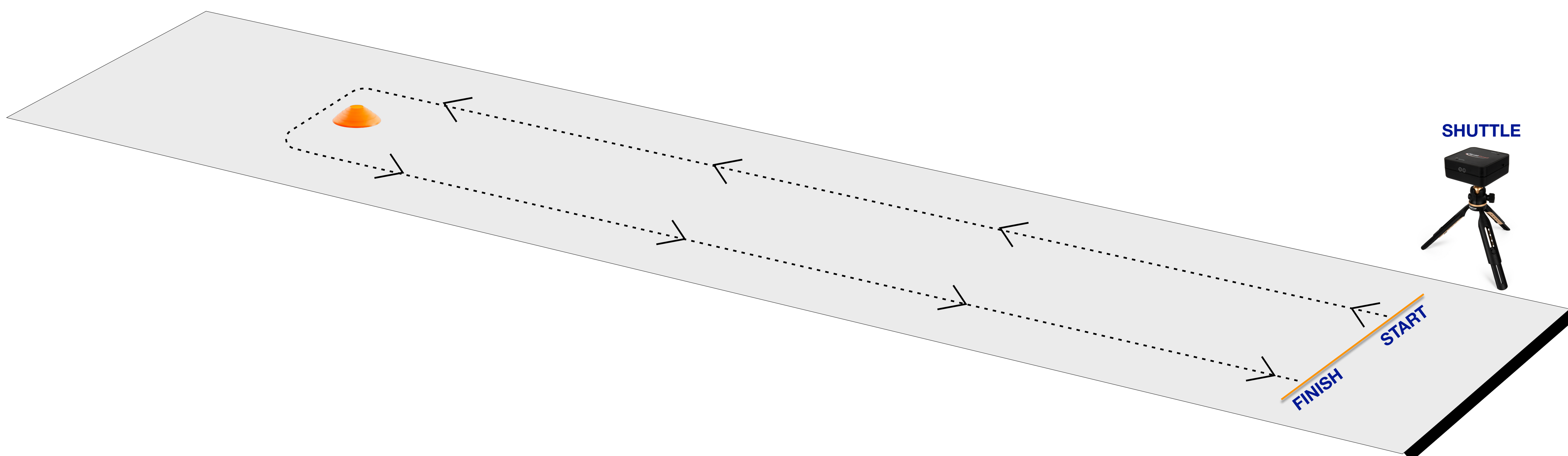
**TIP:** Go to the Results page to see the velocity for all split distances.



### Shuttle Trial

Place a Shuttle Gate at the start line. The Trial begins when the athlete crosses the Shuttle gate beam, they run around the cones and return to the shuttle gate. The trial ends when they break the beam a 2nd time. You can use a simple out and back course as shown here, or add more cones to create a complex course with multiple direction changes.

**TIP:** Set the shuttle gate distance to the distance the athlete travels during the trial.

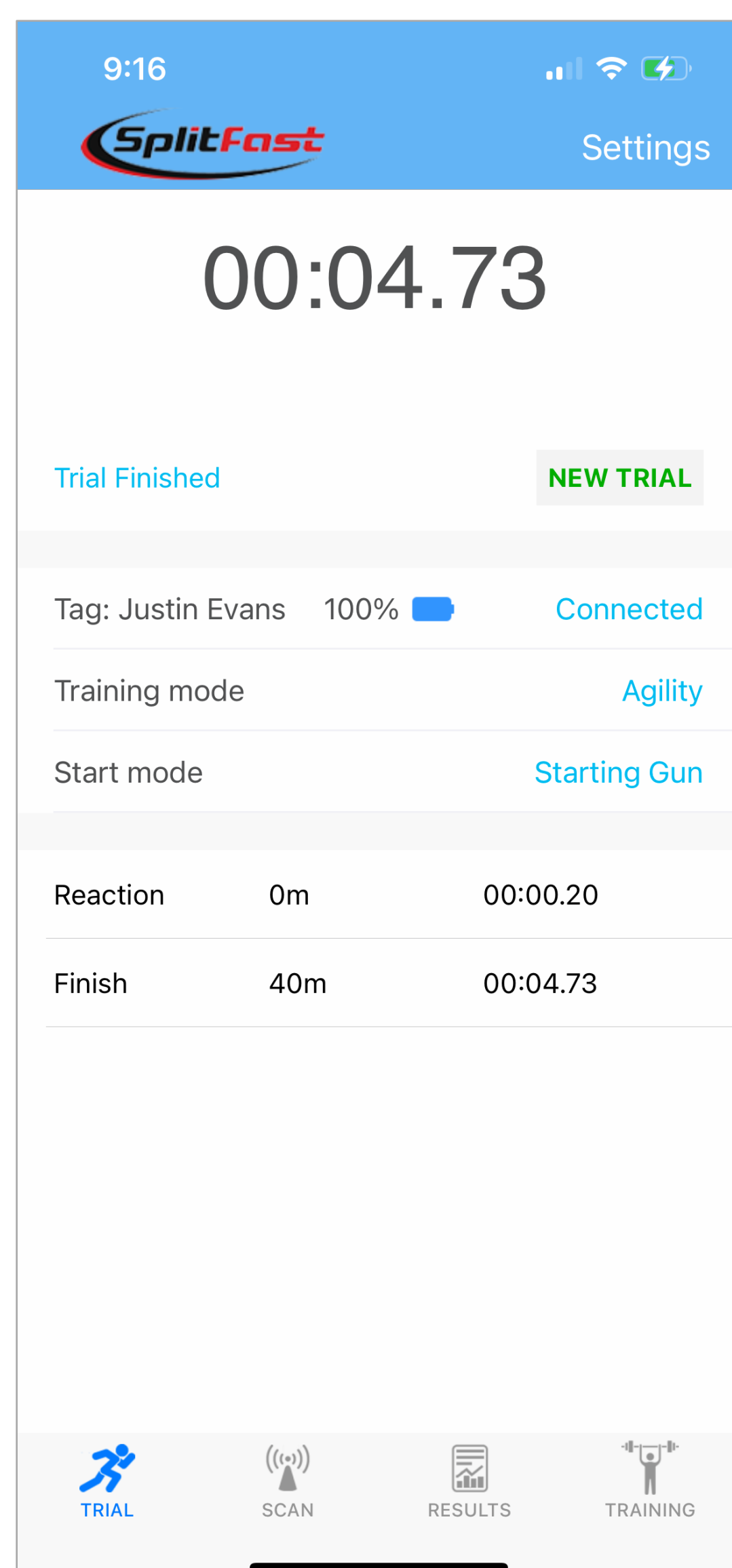
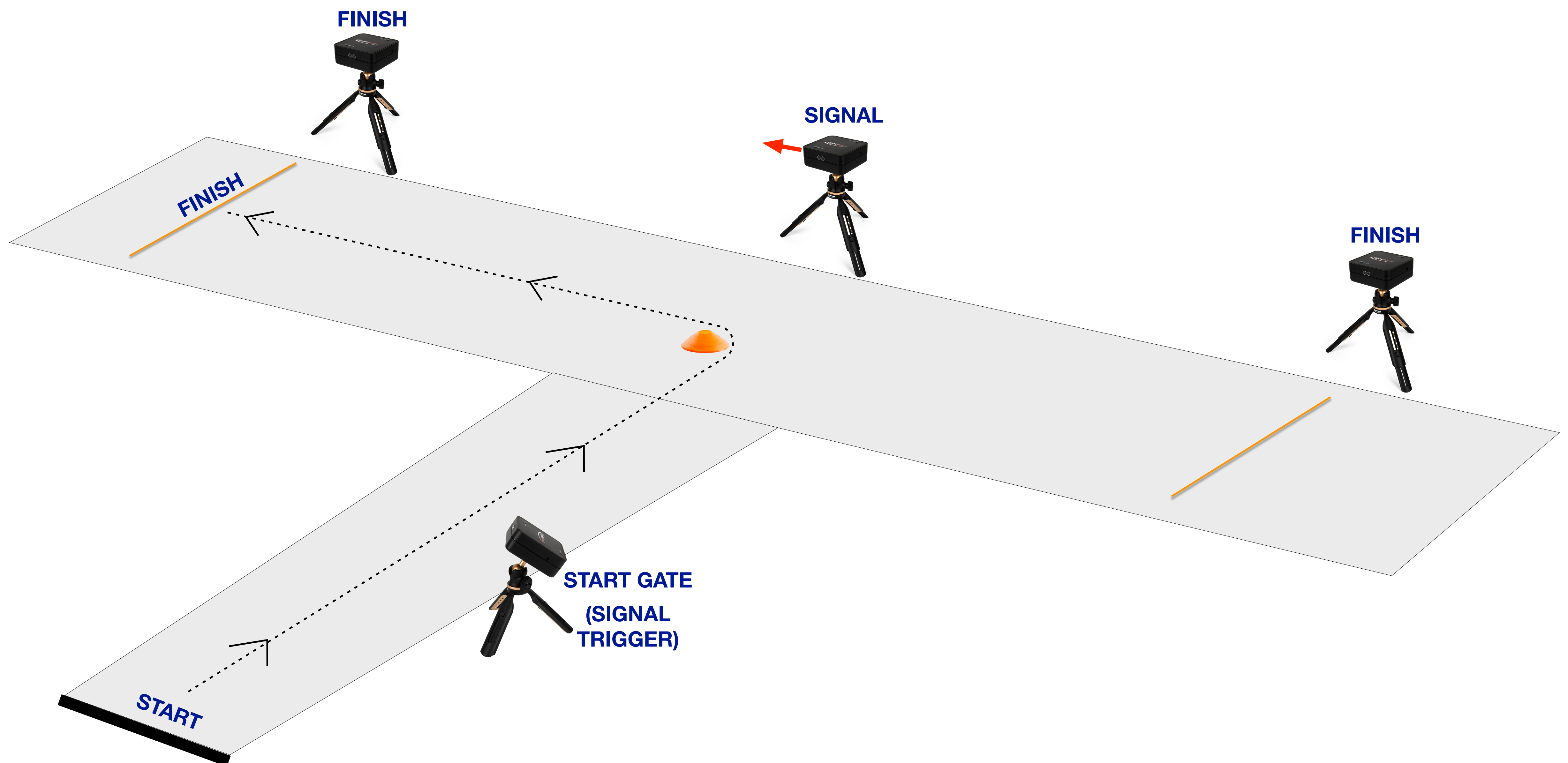


### Shuttle Trial Results

The App screenshot shows the results of an athlete performing a Shuttle trial with a single cone placed at 40m.

## Agility Trial

An Agility trial trains an athlete's ability to rapidly change direction. The trial consists of two possible paths that the athlete can be directed down. The trial begins with either a starting gun start or an athlete motion start. When the athlete passes the start gate, it sends a wireless command to the SplitFast signal gate, the signal gate will randomly direct the athlete left or right. The trial ends when the athlete passes either of the Finish gates.



## Agility Trial Results

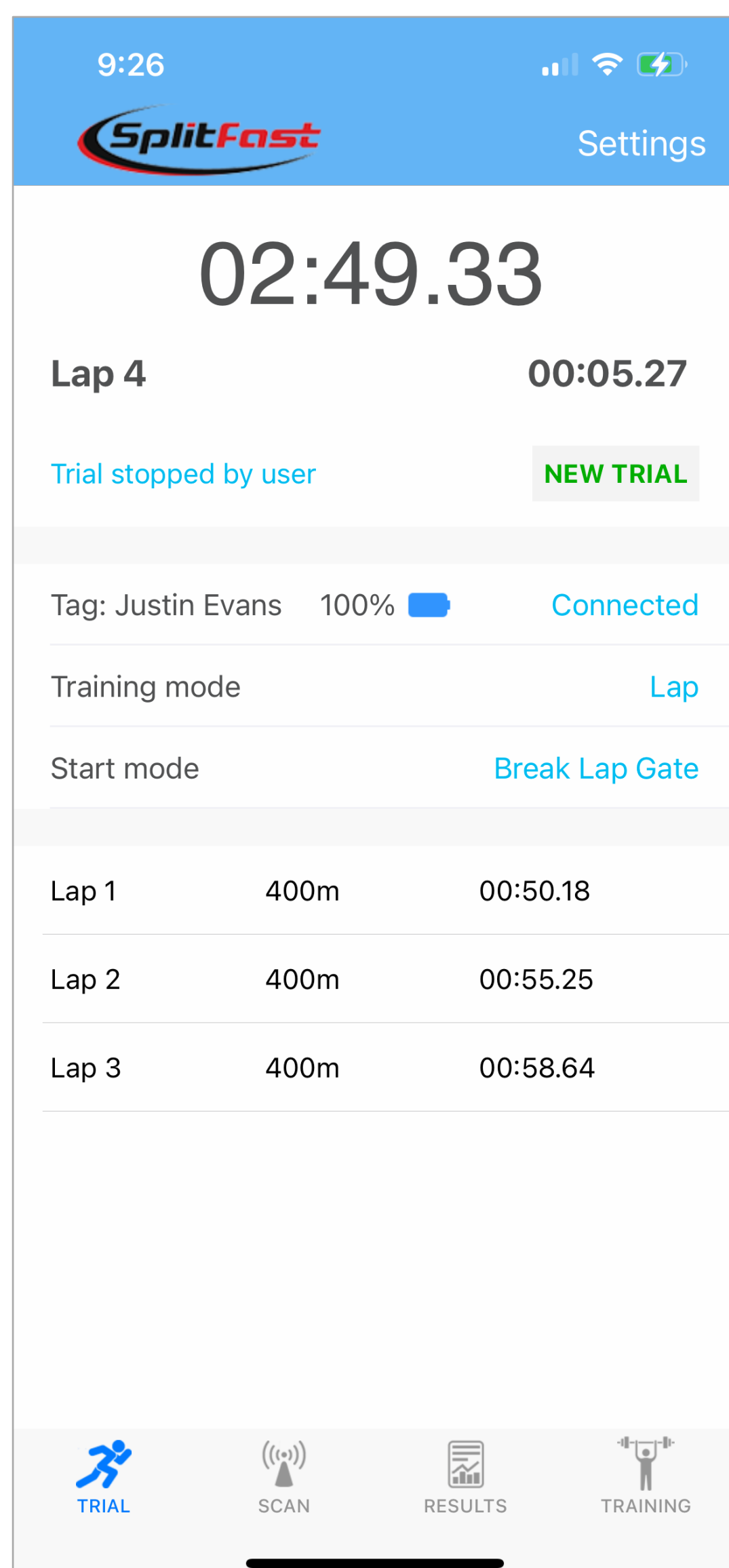
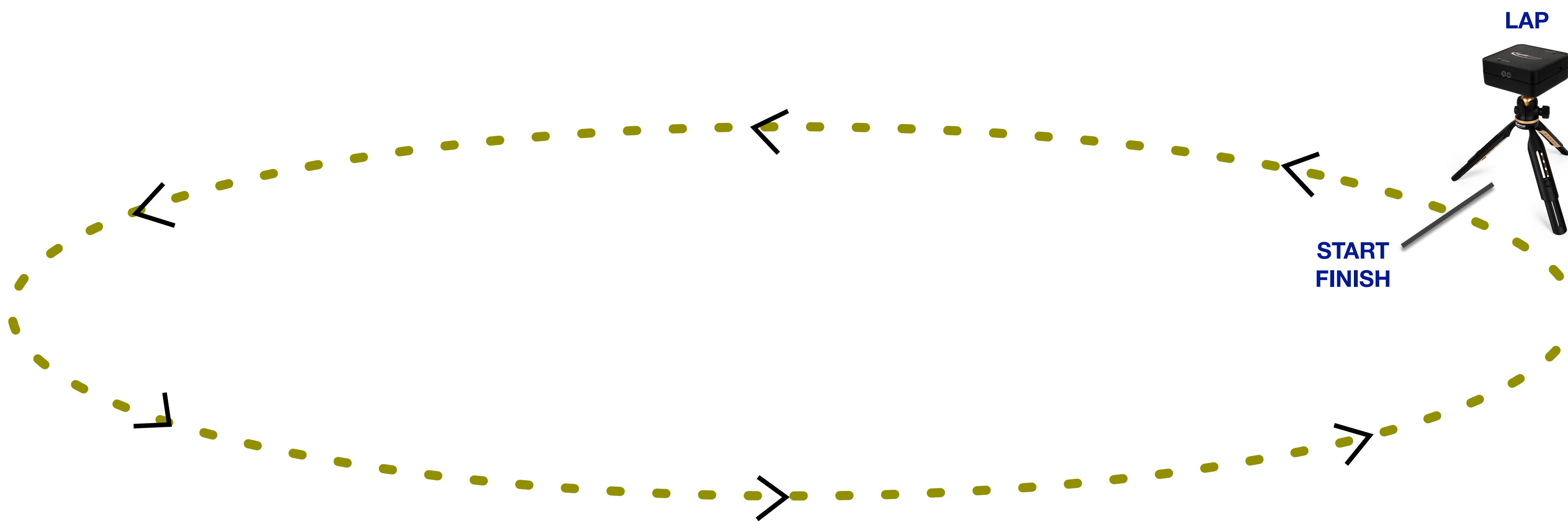
The App screenshot shows the results of an athlete performing an Agility trial with Finish gates placed at 40m. The trial was configured for Gun start so the reaction time was recorded. Athlete motion start can also be selected to remove the reaction time from the trial.

**TIP:** A coach or training partner can signal to the athlete as they approach the turning cone to direct them left or right. In this case the start gate and signal gate are not needed.

## Lap Training Mode

SplitFast Lap training mode allows athletes to measure and record their times for up to 50 laps in a single trial. Set a SplitFast Gate to Lap mode and select a Start mode. SplitFast Lap training provides the choice of starting using Starting Gun, Athlete motion, or when the athlete first crosses the Lap Gate beam. Each time the lap gate beam is broken, the lap time is recorded and a new lap begins. The Lap trial ends when the athlete stops the trial using the SplitFast app.

**TIP:** Place a split gate at the midway point of the lap to record lap split times.



### Lap Trial Results

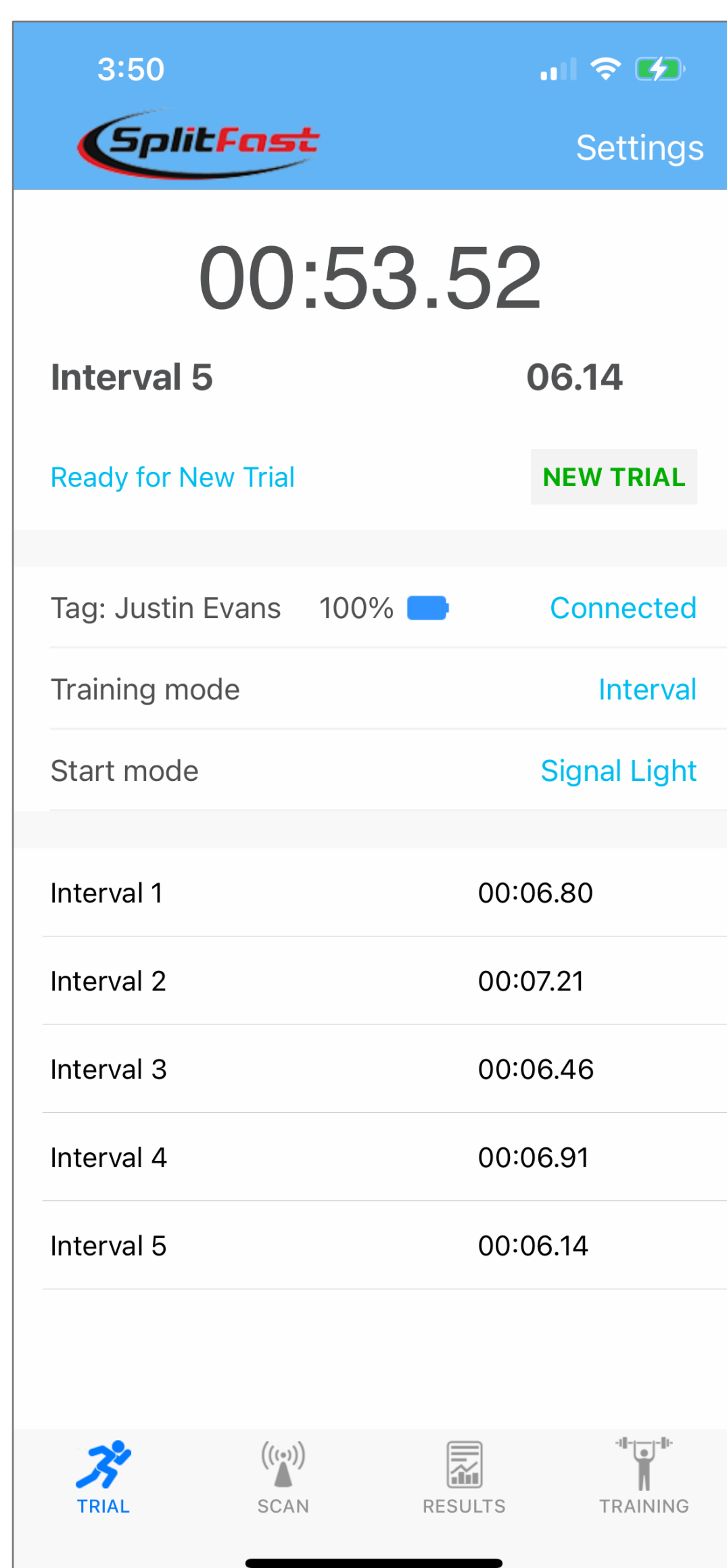
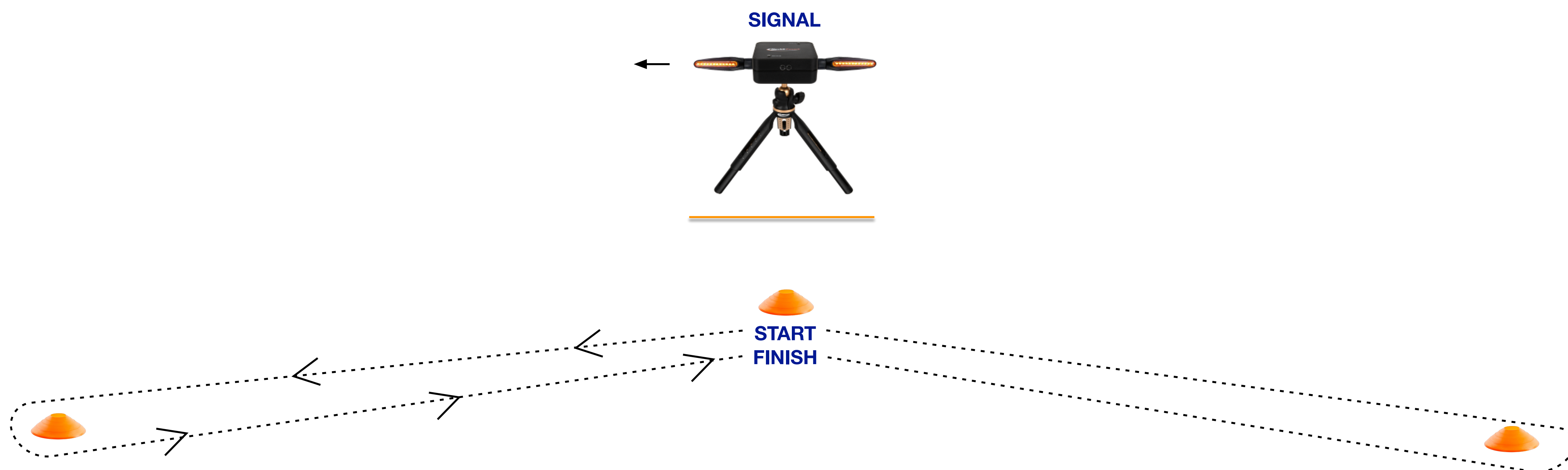
The App screenshot shows the results of an athlete performing a Lap trial with 3 x 400m laps. The trial was stopped at the beginning of the 4th lap. The trial was started when the athlete passed the Lap gate the first time. Lap trials can also be started with starting gun or athlete motion.



## Interval Trial

An Interval trial consists of two identical courses on each side of a signal gate. The signal gate will direct the athlete to the left or right, the athlete runs through each course and returns to the signal gate. The gate detects the athlete's return and then signals the start of the next interval.

The Interval trial has a configurable rest duration between each interval and will end after either a specified number of intervals has been completed or a specified time has elapsed. The number of intervals completed and the time for each interval is recorded and displayed in the SplitFast App.



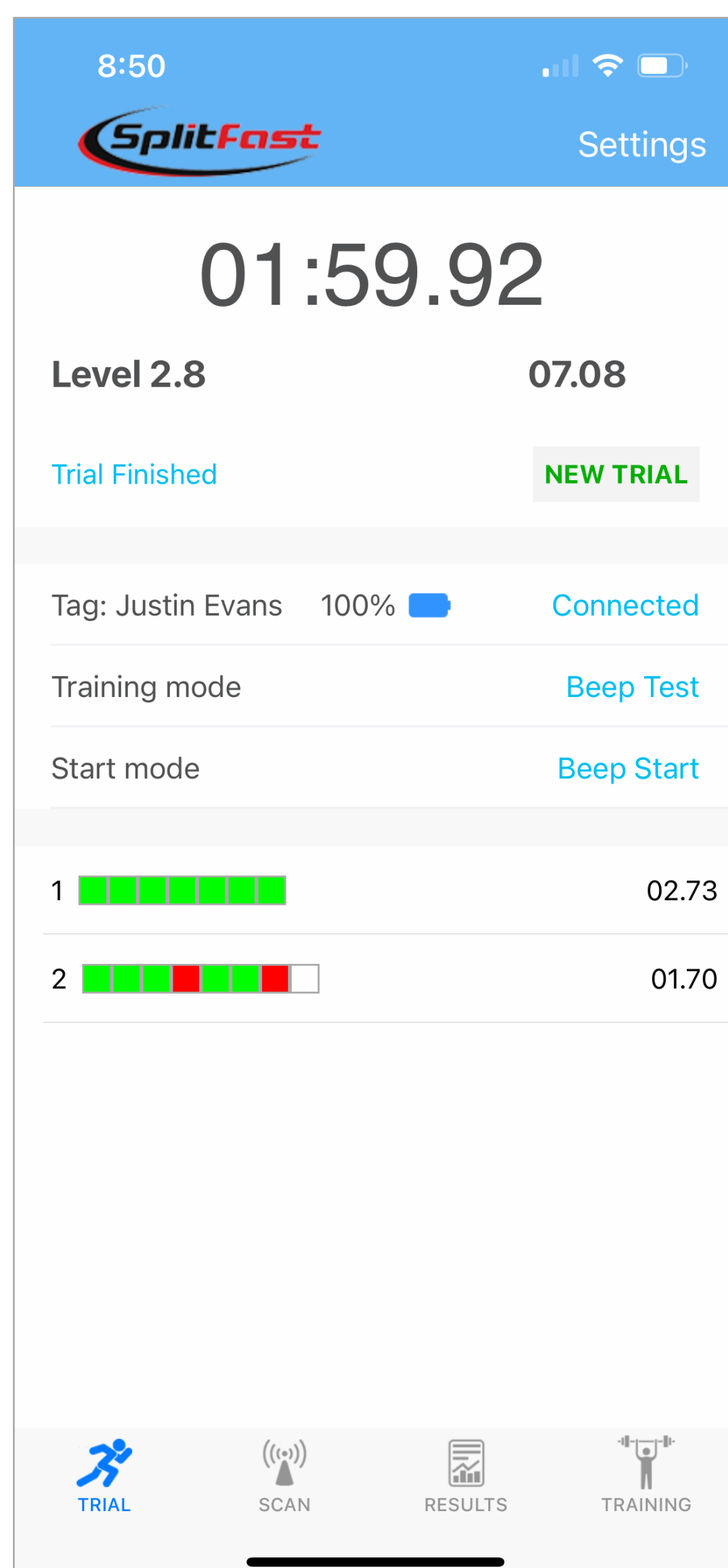
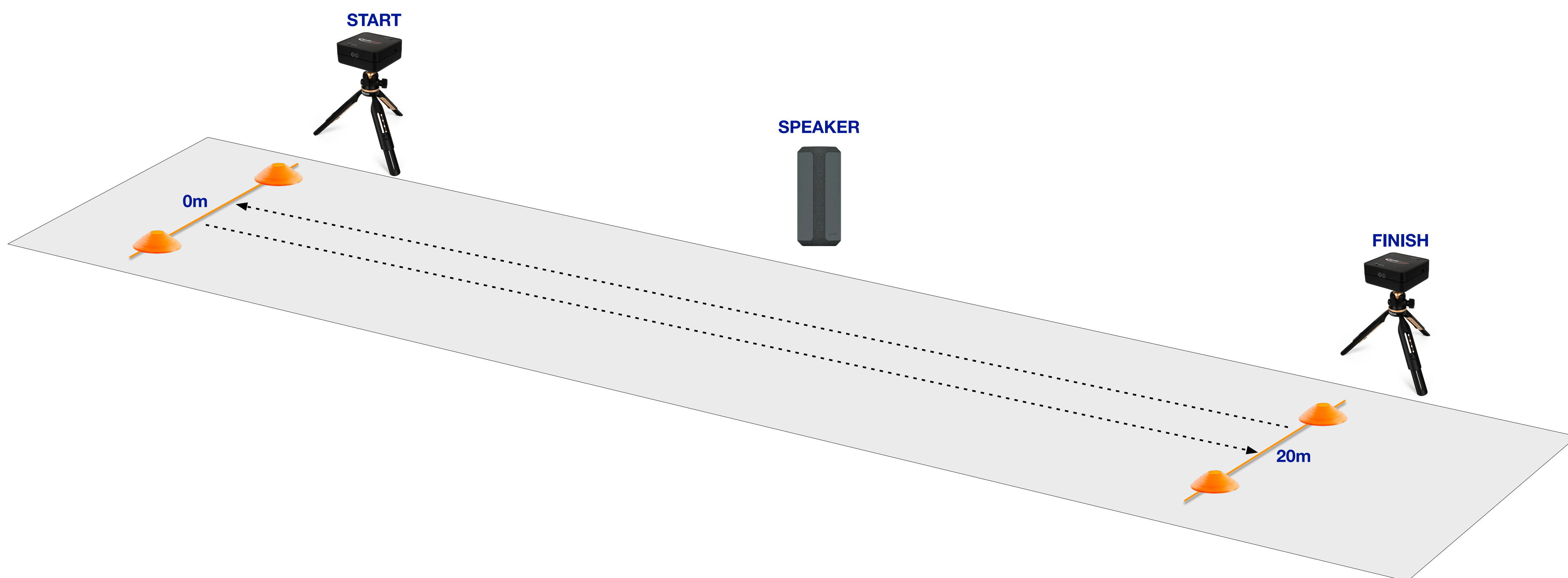
## Interval Trial Results

The App screenshot shows the results of an athlete performing an interval trial over 5 intervals with a 5 second rest period between each interval. The rest period is adjustable between 1 second and 15 minutes.

## Beep Test

The Beep Test is a standardised measurement of an athlete's fitness that is widely used in many sports as an assessment tool. SplitFast includes the Pacer 20 Beep test, which is the most common test format used in the USA, Europe and Australia.

The SplitFast app plays the beep test instructions and the beep tones over a bluetooth speaker or earbuds. The SplitFast gates detect when the athlete crosses the start line and the finish line and will warn the athlete if they did not cross the line before the beep. If they fail to cross the line before the beep on two occasions, the test will end. SplitFast records the results for each completed interval during the test. Athletes can use SplitFast to train for a beep test evaluation and improve their results to get the best possible test score.



### Beep Test Results

The App screenshot shows the results of an athlete performing a Beep test. The results show the athlete failed to cross the line within the required time at level 2.4 and then again at level 2.7 at which point the test completed.

The numbers to the right of the result boxes indicate the average time margin between when they crossed the line and when the next beep interval began. This helps the athlete learn how fast they need to complete each interval so they can measure their effort to get the best possible test result.