

Timing Set Up Configurations

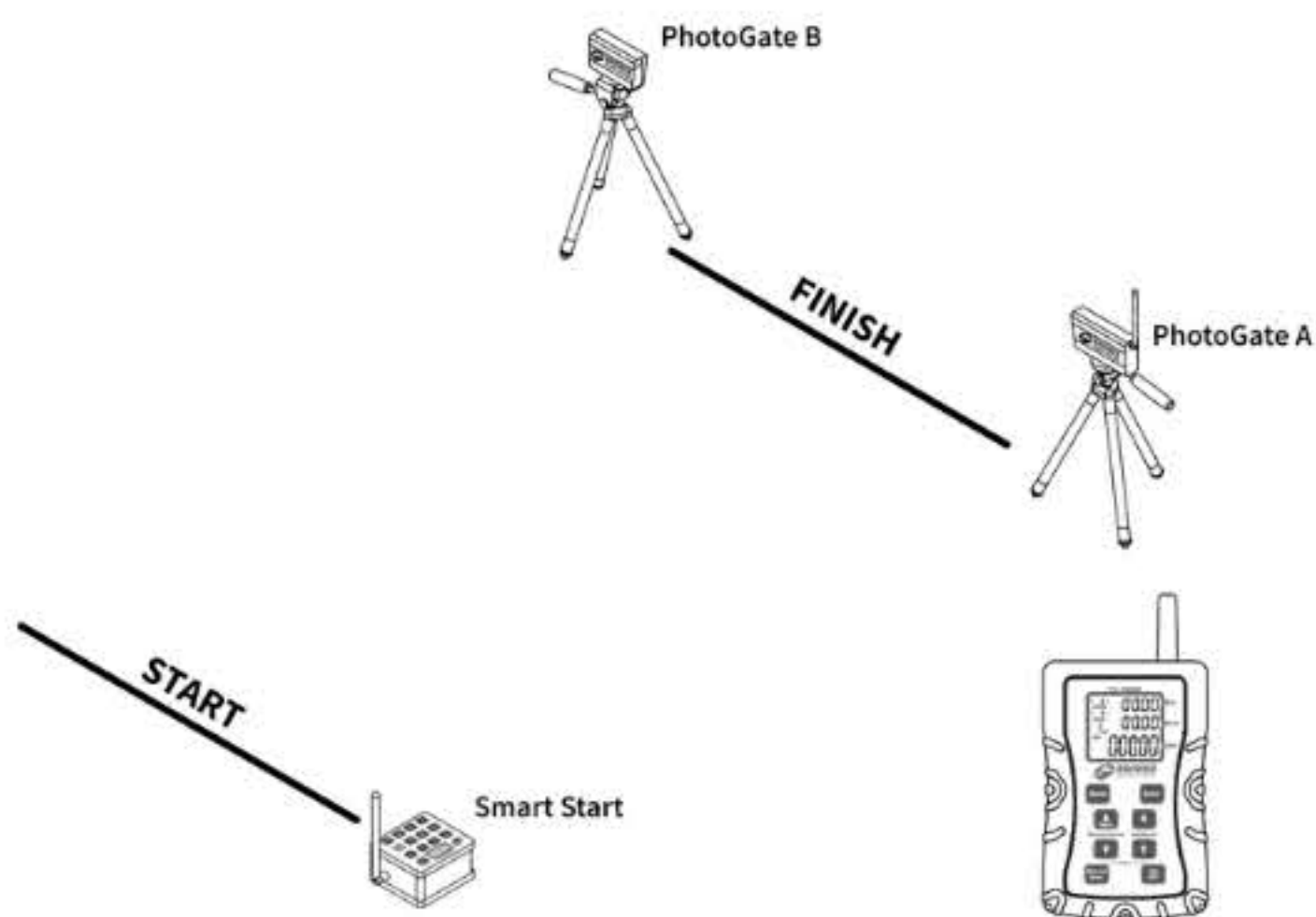
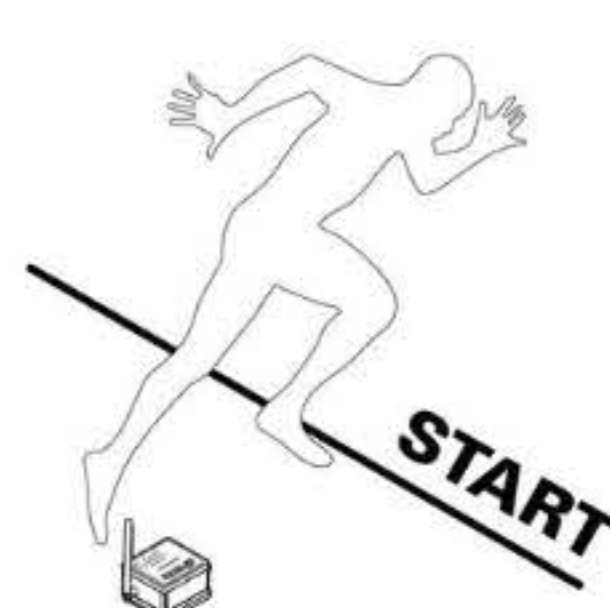
Smart Start

- The Smart Start can be used for standing starts or 3 point stances
- Place hand or foot in front of the Smart Start. The unit will beep twice to say that it is "armed"
- The Smart Start will trigger when the hand or foot is moved off the ground

3/4 Point Stance



Standing Start

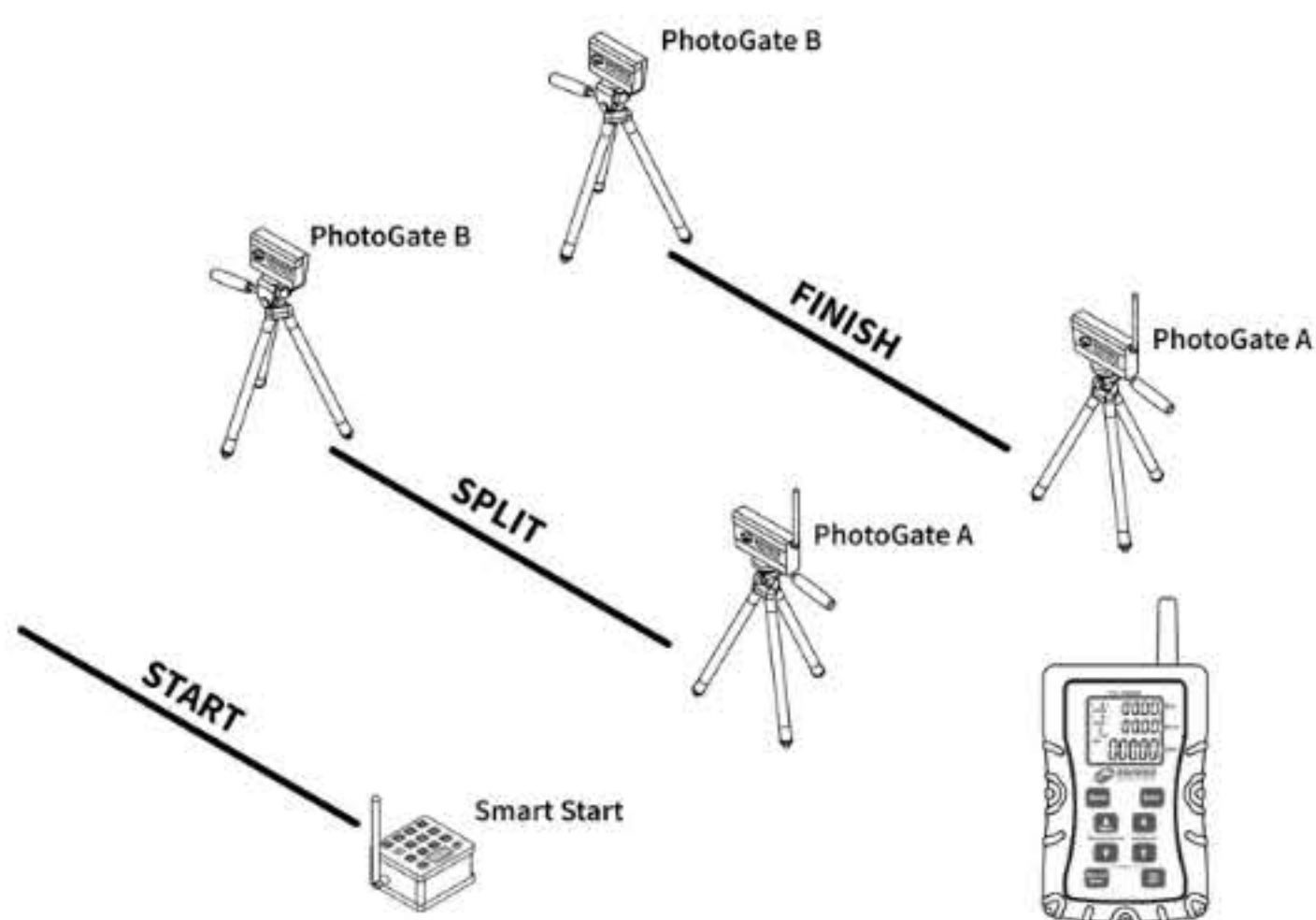
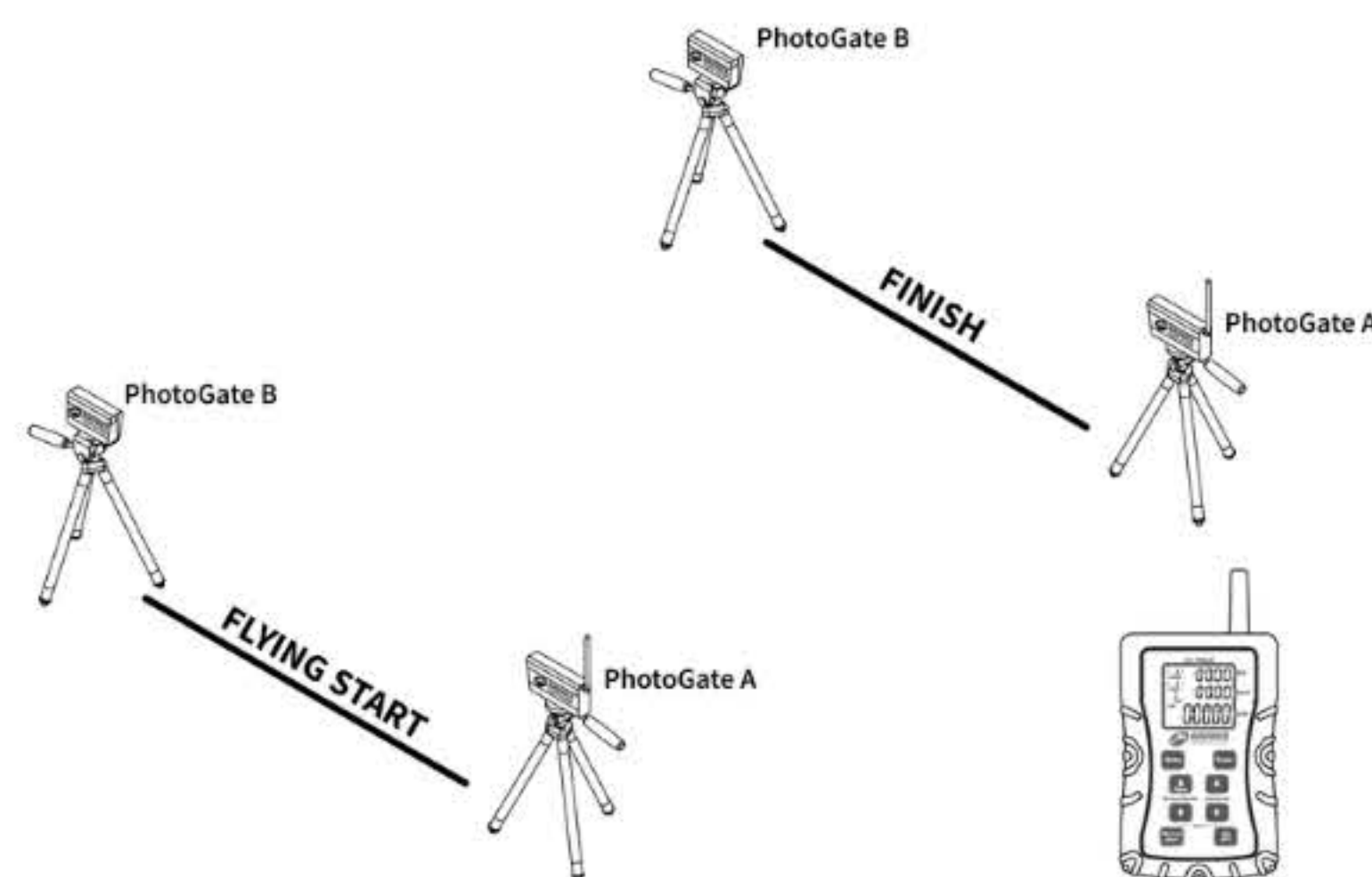


Static Start Sprint

- Equipment Required: TCI Sprint System
- The Smart Start starts timing on foot or hand motion
- The Tci PhotoGate A and B stops timing when the beam is broken at the finish line
- Times are displayed on the TCI- Timer and Test Center App

Flying Start Sprint

- Equipment Required: TCI Timer + 2 Photogate sets
- Great for flying 10 yard sprints

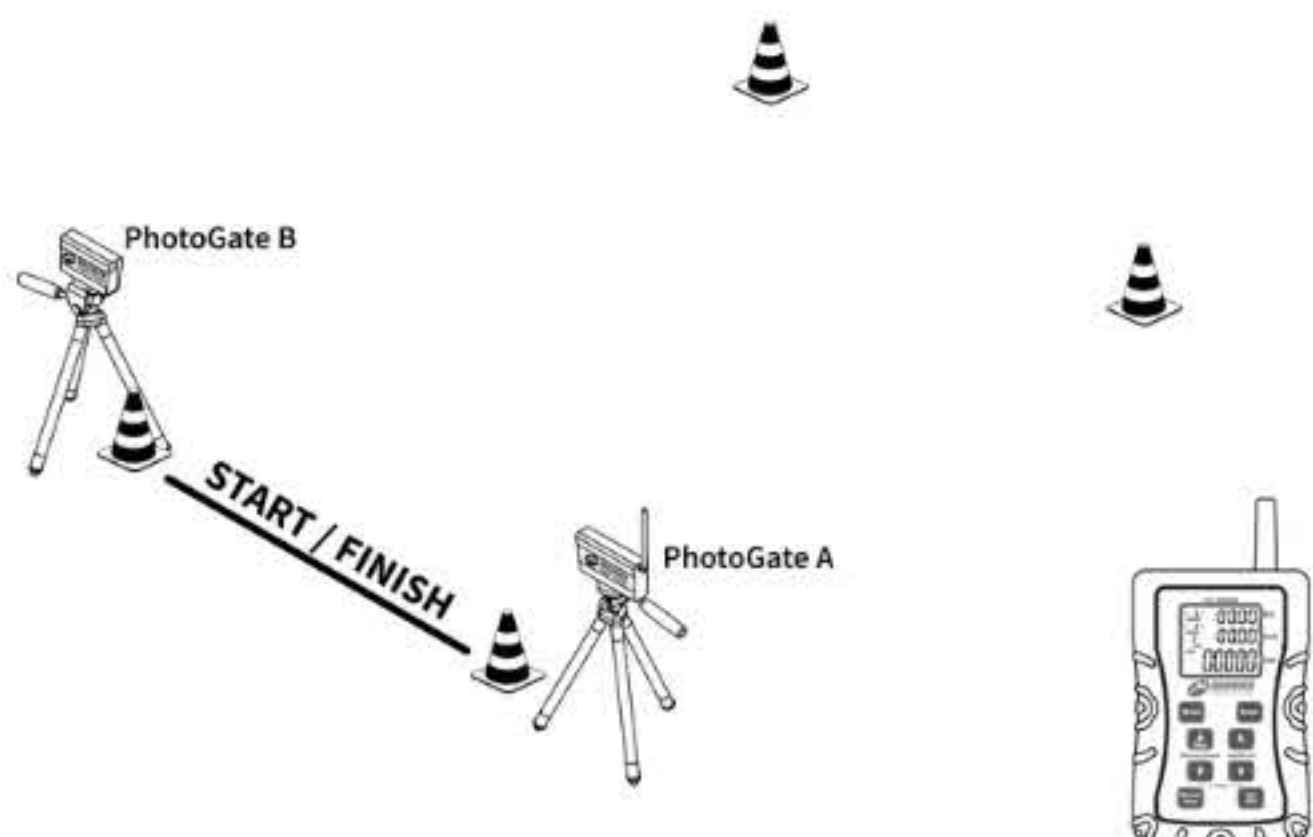
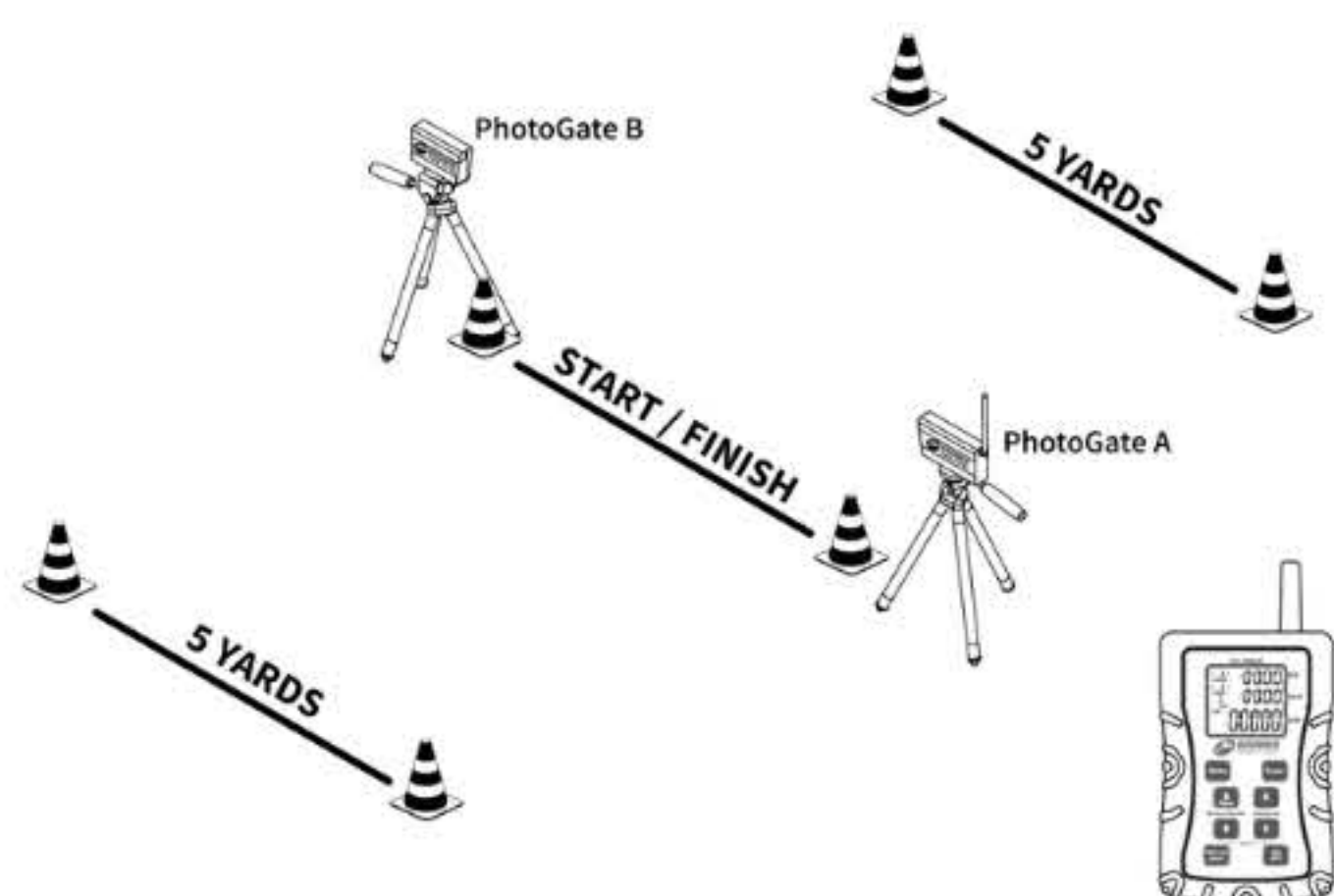


Sprint with Split Times

- Equipment Required: TCI Sprint System + extra PhotoGate set
- Can add up to 20 extra PhotoGate sets
- Provides a split and finish time

5-10-5 Shuttle Drill

- Equipment Required: TCI Timer + PhotoGate set
- 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 the TCI- Timer and Test Center App



L Drill

- Equipment Required: TCI Timer + PhotoGate set
- The Athlete starts and stops the timing by crossing the Start/Finish line
- Times are displayed on the TCI- Timer and Test Center App