ReacTime Training Software Release Notes

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ReacTime Training Software 1.30

May 15, 2007

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Introduction

This document describes updates to the ReacTime® Training Software version 1.30, since the release of version 1.20.

Obtaining Lynx products and information

There are three ways to obtain Lynx products and information:

- Go to the ***Lynx website*** (http://www.finishlynx.com/) and click the **Products** link
- Call (978) 556-9780 and ask to speak with someone in sales, or
- Send an email to our ***sales department*** (mailto:sales@finishlynx.com).

Obtaining technical support

There are three ways to obtain technical support for Lynx products:

- Go to the ***Lynx website*** (http://www.finishlynx.com/) and click the **Support** link
- Call (978) 556-9780 and ask to speak with someone in tech support, or
- Send an email to the ***technical support department*** (mailto:support@finishlynx.com).

ReacTime Help

The ReacTime Training System Software 1.30 Release Notes explain only the new features in the ReacTime Training Software. For instructions on mounting and configuring the block sensors, and basic use of the ReacTime Training Software, please:

- refer to the *ReacTime Training System Quick Start Guide*
- refer to the *ReacTime Operator's Manual*, or
- access the ReacTime Training Software *online help* by clicking **Help** | **Contents** from the Menu bar.

Ability to Overlay Traces

Introduction

ReacTime Training software now features an **Overlay Mode**, which allows you to compare up to twelve traces by overlaying them. You can also remove individual traces from the overlay, as you like.

Working in Overlay Mode

By default, ReacTime Training Software's Overlay Mode is *turned off*.

To turn on Overlay Mode:

1. Make sure that you have a workout open.
2. Click , the Overlay Mode icon. The icon becomes two different icons:
   - disables Overlay Mode, and
   - allows you to clear a trace overlay after clicking on it.

Notes about Overlay Mode

Note the following when you are in Overlay Mode:

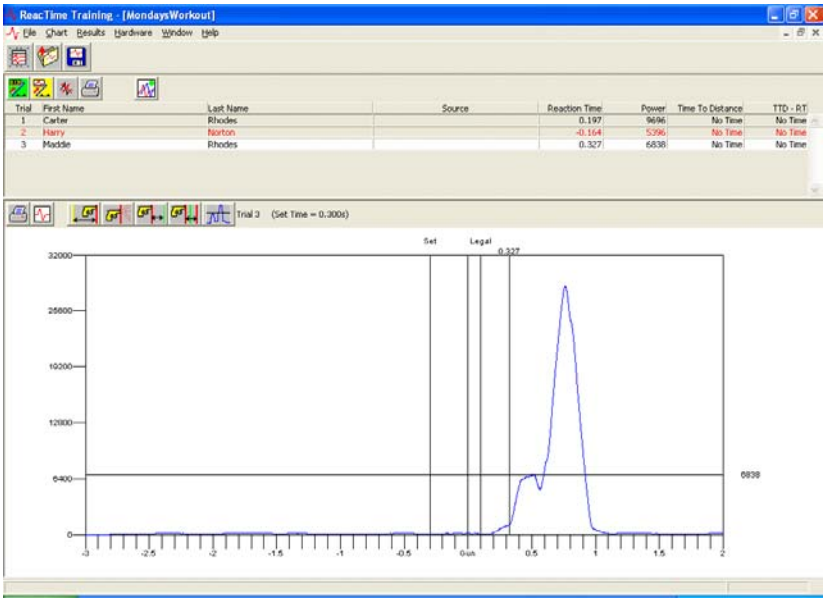
- any traces that you click on in the Results Zone are displayed without erasing what is already there
- each trace is a different color
- a legend to the right of the traces display allows you to keep track of traces and their corresponding colors
- you can select a maximum of 12 traces to be overlaid
- you can remove a single trace from the overlay, and
- each time you turn Overlay Mode either on or off, all of the traces are cleared from the Chart Zone.

Practice using Overlay Mode with sample workout

Follow these instructions to demonstrate for yourself how ReacTime Training's new Overlay Mode works.

1 After running the ReacTime Training software, click **File** from the Menu bar and then select **Open...**. An **Open** dialog appears.

2 Double-click on **MondaysWorkout.rtw.** A workout with three participants opens. The trace for Maddie Rhodes appears in the Chart Zone.



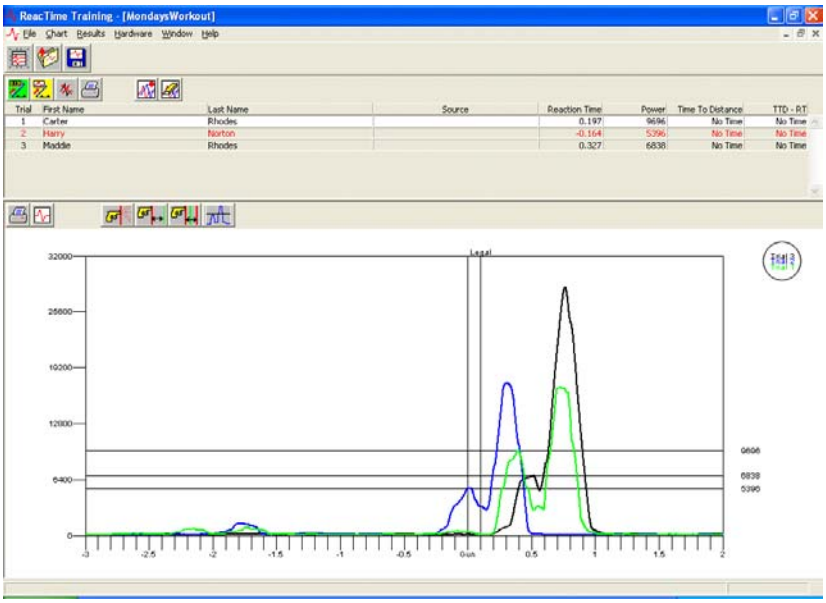
3 Click . Maddie Rhodes' trace disappears from the Chart Zone.

4 Triple-click on Trial 1, next to Carter Rhodes' name in the Results Zone. Carter Rhodes' trace appears in black bold in the Chart Zone.

Note: To display a trace, you must click in the corresponding **Trial** box. Clicking an athlete's First Name or Last Name field does not display a trace.

5 Triple-click on Trial 2, next to Harry Norton's name. Harry Norton's trace appears in bold blue in the Chart Zone.

6 Triple-click on Trial 3, next to Maddie Rhodes' name. Maddie Rhodes' trace appears in bold green in the Chart Zone. To the upper right of the overlaid traces is a legend, telling you which color trace corresponds with which trial.



Note: Triple-click on a trial again to remove the individual trace to which it corresponds.

New Serial Options

Ability to add multiple serial ports

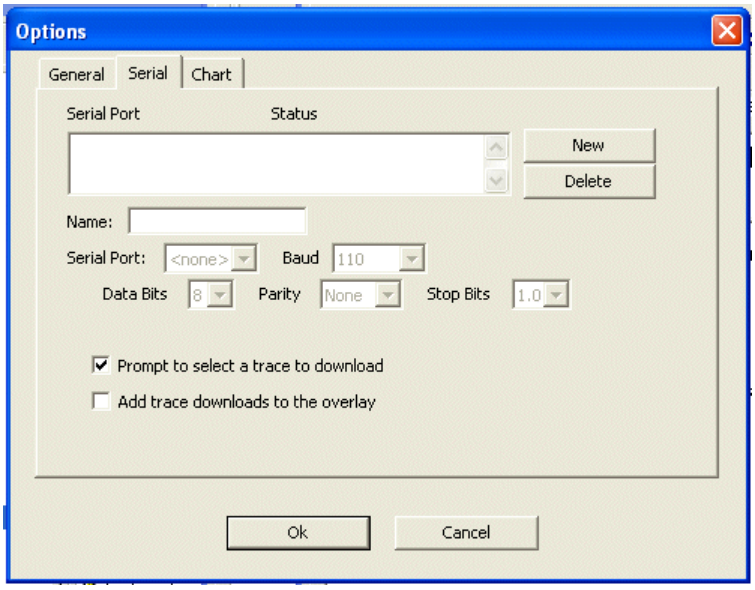
ReacTime Training Software can now be configured to work with multiple serial ports, allowing you to accommodate multiple Block Sensors.

Note: If your computer does not have a serial COM port, you may use a USB to serial port converter. Using additional USB to serial port converters allows you to increase the number of COM ports.

USB to serial port converters are available for purchase from ***Lynx System Developers, Inc*** (see "Obtaining Lynx products and information").

➢ ***To add serial ports:***

1 Click **Hardware** from the Menu bar and then select **Options...**. An **Options** dialog appears.



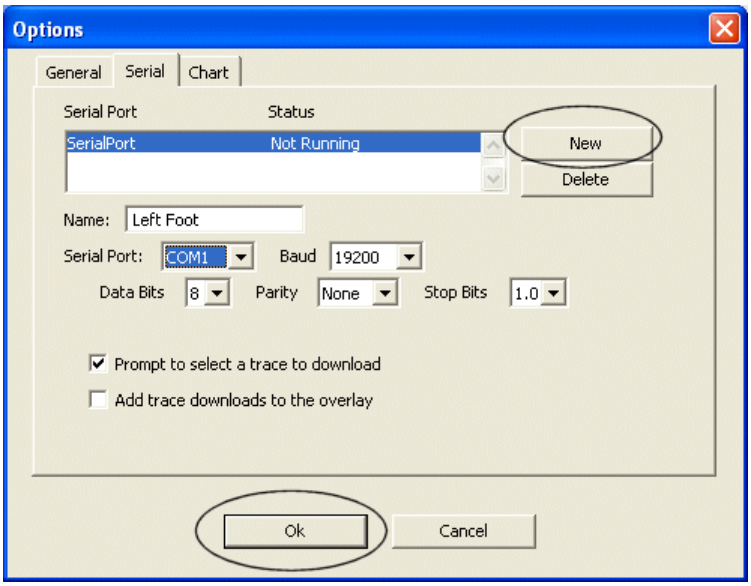
2 Click the **New** button. A Serial Port is added to the text box, with the status "Not Running."

3 Type a name for each unique block sensor in the **Name:** text box.

Note: This name appears in the Results Zone, allowing you to determine from which source the trace originated. It is important that you follow this step to name each COM port.

4 From the **Serial Port:** drop-down list, select the COM port that you are configuring. The **Baud**, **Data Bits**, **Stop Bits**, and **Parity** settings are automatically configured.

5 When you are finished, *either* click **New** to continue adding COM ports, or click **Ok** to exit this dialog.



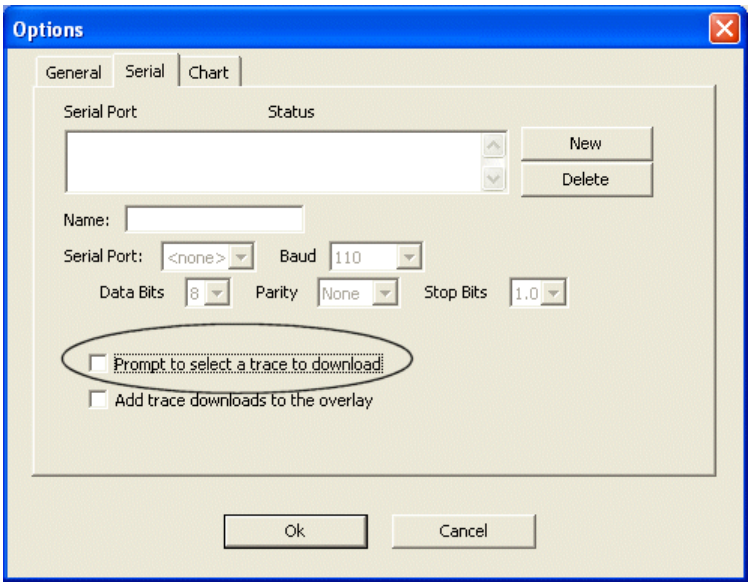
Ability to turn off prompting traces

You can now configure ReacTime Training Software to download traces automatically, rather than being prompted each time.

➢ ***To do this:***

1 Click **Hardware** from the Menu bar and then select **Options...**. The **Options** dialog appears.

2 Click to *uncheck* the **Prompt to select a trace to download** checkbox.



3 Click **Ok** to exit the dialog.

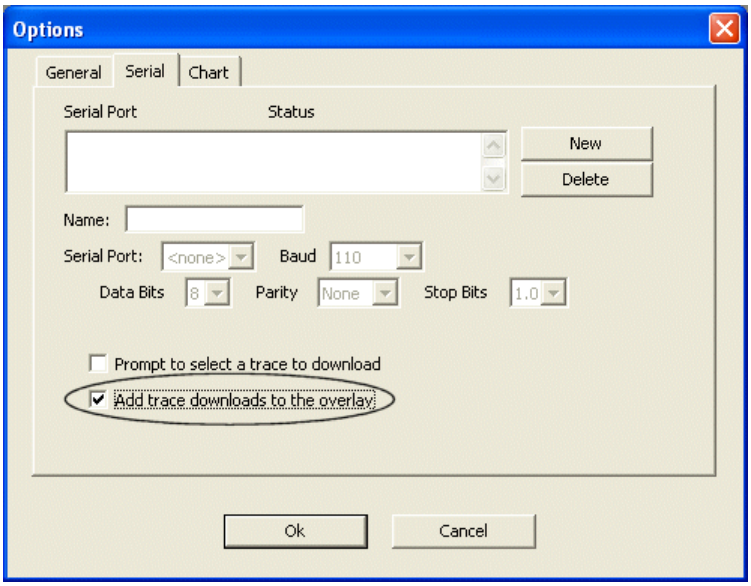
Note: If prompting traces is disabled, then the most recently run trial is the trace that is downloaded automatically.

Ability to add trace downloads to an overlay

You can now download a trace directly into an overlay.

➢ ***To do this:***

1. Click **Hardware** from the Menu bar and then select **Options...**. The **Options** dialog appears.
2. Near the bottom of the dialog, click to check the **Add trace downloads to the overlay** box.



3. Click **Ok** to exit the dialog.

Other New Features

Download reaction times and trace data separately

ReacTime Training Software 1.30 now allows you to download reaction times and trace data independently, using two separate icons.

Note: The new icons described below replace the previous **Add Trial** icon in the ReacTime Training Software verson 1.20.

- ***To download reaction times only:***

  With a workout open, click . Reaction times for your workout are loaded into the Results Zone.

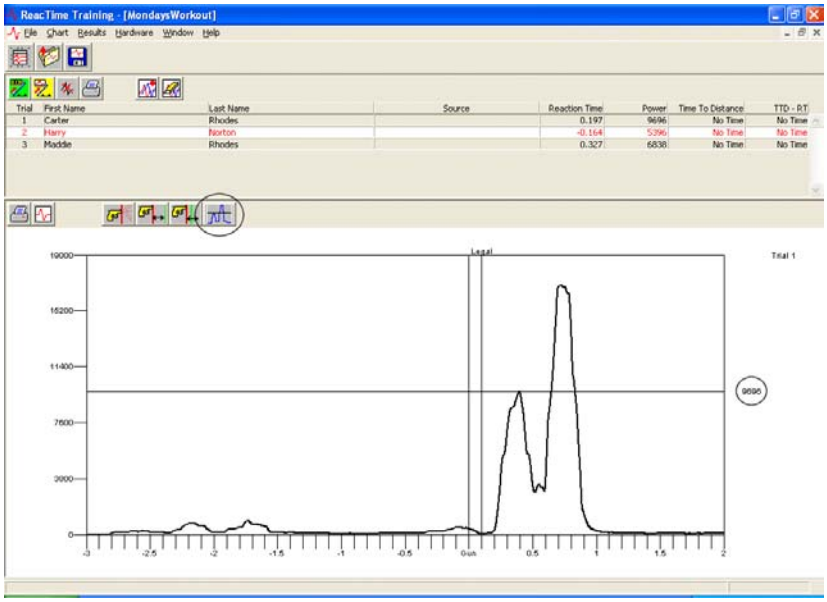
- ***To download trace data only:***

  With a workout open, click . Traces for your workout are loaded into the Chart Zone.

  Note: If you download trace data prior to reaction times, then the reaction times are automatically downloaded before the trace data.

Ability to display a power line on a trace

ReacTime Training now features the ability to display a line indicating the power with which the athlete left the blocks.



- When the power line is toggled **on**, the Show/Hide Power Line button looks like this: .
- When the power line is toggled **off**, the Show/Hide Power Line button looks like this: .

Ability to write a comma delimited file

About this feature

The ReacTime Training Software now writes a comma delimited text file every time you save a workout.

Notes:

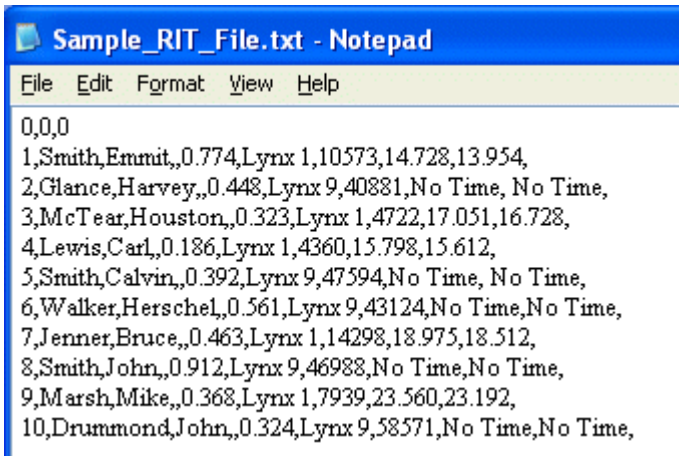
- The file is saved as *.RIT.
- You can also save an in-progress workout to an *.RIT file by clicking **File** from the Menu bar and then selecting **Save RIT**.

*.RIT file format

The file format for the *.RIT file is as follows:

```
Trial#,LastName,FirstName,ReactionTime,Source,Power
,Time To Distance,Time To Distance -
ReactionTime,"break 1 (diff), break 2 (diff), ……
```

Notes:

- "Source" corresponds with the name associated with the serial port. Remember that you can assign a unique name to a source in the **Hardware | Options *tab*** (see "Ability to add multiple serial ports").
- "Time To Distance" refers to the time to the last photoeye break.
- "Time to Distance - ReactionTime" refers to the time to the last photoeye break minus the reaction time.
- "break" refers to photoeye break.
- "(diff)" is the difference in time between this photoeye break and the previous photoeye break.

Below is an image of a sample *.RIT file.