




Set Up and Use Your Timer

Step 1 INSPECTION OF PARTS

- A. Open packing Box and remove all parts.
- B. Check enclosed Packing List.



Step 2 BATTERY INSTALLATION

- A. Gently turn Agility Box over so battery box lid is facing up.
- B. Slide Battery Box Lid Cover down  in the direction of the arrow and remove lid



A



B



C

- C. Place (2) 9 volt batteries in the exact alignment with diagram on the inside of the battery box.

NOTE: It is recommended that you use Energizer or Duracell batteries.

- D. After batteries are securely and safely installed, replace battery cover lid.

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Step 3 TRIPODS

A. Remove tripods from Packing Box or Carry case



B. Unfold tripod legs to desired height.
(The recommended height is 42" measured to sensor eye or middle of reflector panel).



C. Reflectors are already mounted on tripod bases.

D. To attach Agility Box, remove base plate from tripod.



E. Line up tread from tripod base plate to opening on the bottom of the Agility Box. Rotate fastening screw in clockwise direction until Agility Box is secured.

F. Place tripod base plate with attached Agility Box back on tripod and lock in place.



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Step 4 LINING UP AGILITY BOX AND REFLECTOR

- A. Set Agility tripod in the desired position and turn the Agility Box to “on” position.
- B. Position the Reflector tripod directly in front of the Agility (note: make sure both tripods are at the same height; the Agility Box has an internal Sensor).
- C. If the Agility and the Sensor are properly aligned, you will see a “yellow” light next to the sensor eye.
- D. If “yellow” light is flickering or not on, the Sensor and Reflector are not lined up correctly.
- E. Slowly begin to move the reflector tripod backward away from the Agility/sensor tripod to the desired position (max 20’).

NOTE: If the alignment light changes to a “red”, the two tripods are not properly aligned. Adjust the Sensor or Reflector until the light is yellow.

- F. Turn to “OFF” position on the Agility Box if no athlete is being tested for longer than 10 minutes. This will extend the life of the batteries.





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Step 5 OPERATION OF AGILITY BOX

After batteries are installed (Step 2), do not turn to "ON" position until you are ready to time athlete.

When ready to time

- A. Turn switch to "ON" to operate power
- B. Have athlete step into STARTING POSITION between sensor eye (on Agility Timer Box) and reflector.



- C. When athlete has activated the beam, a command signal of [- -] will appear on the Agility Box. When the athlete leaves, a command signal of [GONE] will display on Agility Box.
- D. The Agility Timer Control Box will automatically record 1st lateral direction time as well as automatic delay timer for 2nd lateral direction position.
- E. When the athlete has completed the test, the coach may use Time 1 switch to view 1st lateral time and Time 2 to view 2nd lateral time.
- F. When ready for next athlete, hit red reset button and have next athlete assume Starting position as described above.