

SmarTracks

Athlete

HOW DO I USE THE SMARTRACKS ATHLETE APP ON A TRACK WITH INTEGRATED TIMING GATES?

1. Start the SmarTracks Athlete App
2. Tap the track you will run on in the “Track Selection” screen
3. If you are not sure on which lane you can run, check the “Track Details” to see where the Timing Gates are located in your track
4. Open the side menu by tapping the top-left button and select “Record Run”
5. Select the distance you want to run (100m, 400m, 2000m...)
6. Tap “Set new record”
7. Calibrate your phone’s sensors by spinning it around
8. Tap “Start countdown”
9. Place the phone on your lower back with the help of a running belt and stand 1m in front of the starting line
10. Start running
11. At the end of your run, tap “Stop”

More information can be found on www.smartracks.run

