



SYSTEM 6 TIMING CONSOLE

System 6 Pace Clock software allows you to program workouts and display them on your scoreboard



The pace clock option can be used to program up to 12 lanes of individual workouts, 100 independent sets per lane, and can calculate the total workout time. You can personalize each workout by adding each swimmer's name. Workouts can be entered in a PC workout program for download to the System 6 then uploaded back to the PC for unlimited storage of workout sets. You also have the ability to monitor the current workout plus the next two sets on the System 6 screen.

The System 6 memory allows you to design your entire training regimen at the beginning of the season and build new routines as your swimmers progress. Each workout can be recalled from memory for use at any time.

The pace clock program makes it easy to control each workout independently. Then, you can print the workouts for a permanent record by individual lane or for all lanes.

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