

PRODUCT SPECIFICATIONS

Cadence Wrist Rate Watch

Clock & Calendar	12/24 hour clock, auto day-date-year calendar w/leap year adjust, single alarm (one-time, daily, week-day)
Chronograph	0 to 99:59:59.99 with auto roll-back, 1/100th sec. resolution
Stroke Rate	6 to 240 SPM w/ 1/2 SPM resolution, dedicated rate button and patented tilt-switch mechanism for calculating rate from oar feather
Memory	99 splits, best & average split
Display	High-contrast monochrome LCD
Backlight	Blue-green electroluminescent backlight, manual operation
Case	Stainless steel bezel and case back, rubberized housing, mineral-glass crystal
Controls	5 buttons (4 side, 1 front), tactile and audible response
Battery	1 CR2032
Battery Life	1.5 years with 3x per day, backlight use, 1x per day alarm
Size	watch: 2.25 x 1.35 x 0.5 in. band: 10 x 0.75 in
Weight	watch only: 1.25 oz. Watch & band: 1.4 oz
Water Resistance	5 ATM / 50m (ISO-2281)

Interval Stroke Rate Watch

Clock & Calendar	12 or 24-hour clock, auto day-date-year calendar with leap year adjust
Chronograph	0 to 99:59:59.99 with auto roll-back, 1/100th sec. resolution
Stroke Rate	1/2 SPM resolution, dedicated rate button, multiple rate calculation modes: 1, 2, 3 or 4 strokes
Memory	2000 splits, best and average split, 600+ segments identified by date and time, stroke rate w/time
Computer Upload	With optional serial or USB interface
Software	PC compatible, permits upload and management of multiple sessions and athletes
Display	High-contrast monochrome LCD
Backlight	Blue-green electroluminescent backlight, auto-on
Case	Injection molded polymer case, acrylic lens
Controls	5 buttons (3 side, 2 front), tactile and audible response
Battery	2 CR2032 (1 display, 1 backlight)
Battery Life	300+ hours
Power Conservation	Auto-off after 17 minutes of inactivity
Size	3 x 2.375 x 0.75 in.
Weight	2.2 oz
Water Resistance	Waterproof (IP67), floats

Cox-Box

Chronograph	0 to 59:59.99 with auto roll-back, 1/100th sec. resolution
Stroke Rate	1/2 SPM resolution, auto start with first stroke, rate input from seat sensor
Stroke Count	Up to 999 then rolls back to 0, auto start with first stroke
Memory	Stroke rate every 10 seconds for first minute, then every 20 seconds for 20 minutes
Display	High-contrast monochrome LCD
Backlight	Blue-green electroluminescent backlight, auto-on
Case	Brushed marine stainless can, molded acrylic panel
Controls	Knob (on/off/volume), toggle switch (start/stop/reset)
Battery	Nickel-cadmium rechargeable, factory replaceable, 3-year life
Battery Life	4 hours at full volume
Size	4 x 4 in
Control Unit Weight	24 oz
System Weight	2.25 lbs (8, 3 spkrs)
Water Resistance	Waterproof (IP67), floats

StrokeCoach

Chronograph	0 to 59:59.99 with auto roll-back, 1/100th sec. resolution
Stroke Rate	1/2 SPM resolution, auto start with first stroke, rate input from seat sensor
Stroke Count	Up to 999 then rolls back to 0, automatically starts with first stroke
Memory	Stroke rate every 10 seconds for first minute, then every 20 seconds for 25 minutes
Display	High-contrast monochrome LCD
Case	Injection molded polymer case, acrylic lens
Controls	1 button (bottom), tactile and audible response
Battery	1 CR2032
Battery Life	600 hours or 2 years
Power Conservation	Auto-off after 17 minutes of inactivity
Size	3.5 x 2.3 x 0.8 in
Control Unit Weight	3 oz
System Weight	6.2 oz
Water Resistance	Waterproof (IP67), floats

SpeedCoach "Red"

Chronograph	0 to 59:59.99 with auto roll-back, 1/100th resolution
Stroke Rate	1/2 SPM resolution, auto start with first stroke, rate input from seat sensor or speed sensor
Distance	Meters, kilometers, miles, nautical miles
Speed	Meters per second, knots, miles per hour
Pace (Predicted Split)	Per 500 meters, mile or nautical mile.
Memory	Stroke rate, time, average speed and distance for 25 memory points of 100 or 500 meters each
Display	High-contrast monochrome LCD
Case	Injection molded polymer case, acrylic lens
Controls	2 buttons (top/bottom), tactile and audible response
Battery	1 CR2032
Battery Life	600 hours or 2 years
Power Conservation	Auto-off after 17 minutes of inactivity
Size	3.5 x 2.3 x 0.8 in
Control Unit Weight	3.2 oz
System Weight	8.1 oz (boat size: 1x)
Water Resistance	Waterproof (IP67), floats

SpeedCoach Gold

Chronograph	0 to 59:59.99 with auto roll-back, 1/100th sec. resolution
Stroke Rate	1/2 SPM resolution, auto start with first stroke, rate input from seat sensor or speed sensor
Stroke Count	Up to 99, 999 then rolls back to 0, automatically starts with first stroke
Distance	Meters, kilometers, miles, nautical miles
Speed	Meters per second, knots, miles per hour
Pace (Predicted Split)	Per 500 meters, mile or nautical mile.
Memory	Stroke rate, time, average speed and distance for 560 user-defined memory points
Programmable Workouts	1 workout, up to 100 intervals
Computer Upload	With optional serial or USB interface. PC- upload, download, and charting. Mac- upload, download
Software	PC compatible, built-in charting
Display	High-contrast monochrome LCD
Backlight	Blue-green electroluminescent backlight, auto-on
Case	Injection molded polymer case, acrylic lens
Controls	2 buttons (top/bottom), tactile and audible response
Battery	2 CR2032 (1 display, 1 backlight)
Battery Life	Display battery: 600 hours, backlight battery: 20 hours
Power Conservation	Auto-off after 17 minutes of inactivity
Size	3.5 x 2.3 x 0.8 in
Control Unit Weight	3.5 oz
System Weight	8.4 oz (boat size: 1x)
Water Resistance	Waterproof (IP67), floats

SpeedCoach XL1 & XL2

Clock & Calendar	12 or 24-hour clock, auto day-date-year calendar with leap year adjust
Chronograph	0 to 99:59:59.99 with auto roll-back, 1/100th resolution
Stroke Rate	1/2 SPM resolution, auto start with first stroke, rate input from seat sensor or speed sensor
Stroke Count	Up to 99, 999 then rolls back to 0, automatically starts with first stroke
Distance	Meters, kilometers, miles, nautical miles
Speed	Meters per second, knots, miles per hour
Pace (Predicted Split)	Per 500 meters, mile or nautical mile.
Heart Rate	XL-2 only, with optional sensor and Polar ³ compatible transmitter belt
Memory	Stroke rate, time, average speed, distance and heart rate (XL2 only) for 1000+ user-defined memory points
Programmable Workouts	5 workouts, up to 20 intervals each
Computer Upload	With optional serial or USB interface. PC- upload, download, and charting. Mac- upload, download
Software	PC compatible, built-in charting
Display	High-contrast monochrome LCD
Backlight	Blue-green electroluminescent backlight, auto-on
Case	Injection molded polymer case, acrylic lens
Controls	6 buttons (front), context sensitive, tactile and audible response
Battery	Lithium ion rechargeable, user-replaceable
Battery Life	72 hours constant use, 25 hours with constant backlight. Charges in under 3 hours
Power Conservation	Auto-off after 17 minutes of inactivity
Size	4.5 x 3 x 1.5 in
Control Unit Weight	7.9 oz
System Weight	12.8 oz (boat size: 1x)
Water Resistance	Waterproof (IP67), floats

SpeedCoach XL3 and XL4

Clock & Calendar	12 or 24-hour clock, auto day-date-year calendar with leap year adjust
Chronograph	0 to 99:59:59.99 with auto roll-back, 1/100th sec. resolution
Stroke Rate	1/2 SPM resolution, auto start with first stroke, rate input from seat sensor or speed sensor
Stroke Count	Up to 99,999 then rolls back to 0, automatically starts with first stroke
Distance	Meters, kilometers, miles, nautical miles
Speed	Meters per second, knots, miles per hour
Pace (Predicted Split)	Per 500 meters, mile or nautical mile.
Heart Rate	XL-4 only, with optional sensor and Polar ³ compatible transmitter belt
Memory	Stroke rate, time, average speed, distance and heart rate (XL4 only) for 1000+ user-defined memory points
Programmable Workouts	5 workouts, up to 20 intervals each
Wireless Data Transmit/Receive	up to 9 boats and infinite coaches on a network; 3 mile range
Computer Upload	With optional serial or USB interface. PC- upload, download, and charting. Mac- upload, download
Software	PC compatible, built-in charting
Emergency Beacon	notification of emergency to any XL-3 or XL-4 on any network within range
Display	High-contrast monochrome LCD
Backlight	Blue-green electroluminescent backlight, auto-on
Case	Injection molded polymer case, acrylic lens
Controls	6 buttons (front), context sensitive, tactile and audible response
Battery	Lithium ion rechargeable, user-replaceable
Battery Life	72 hours constant use, 25 hours with constant backlight, 8 hours with radio use. Charges in under 3 hours
Power Conservation	Auto-off after 17 minutes of inactivity
Size	control unit: 4.5 x 3 x 1.5 in. antenna: 7.25"
Control Unit Weight	8.9 oz
System Weight	13.8 (boat size: 1x)
Water Resistance	Waterproof (IP67), floats