# Circuit Lap Timer

Circuit Lap Timer is an Interval or Circuit Lap Timer app designed for coaches to record lap times and calculate daily averages for groups of athletes, with the ability to allow for a defined rest/recovery period between laps: the end of the recovery period for an athlete is signalled to the coach by an audio-visual alert.

The app has an Apple Watch interface for iOS12.4+ and WatchOS4.3+. Earlier versions of the app run on earlier versions of iOS and WatchOS.

QuickStart Guide

To start using the app, first tap the Settings button to show the Settings screen. Type in a group name or tap the Groups button (once groups have been created).
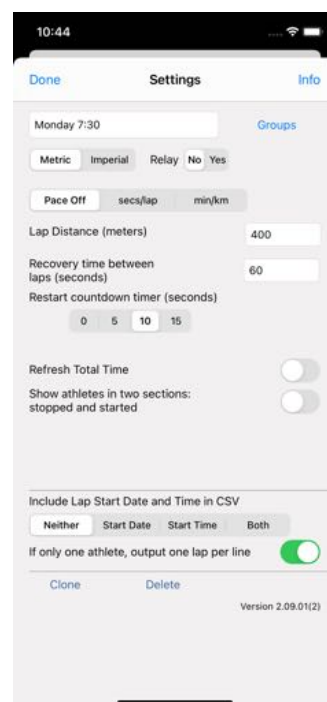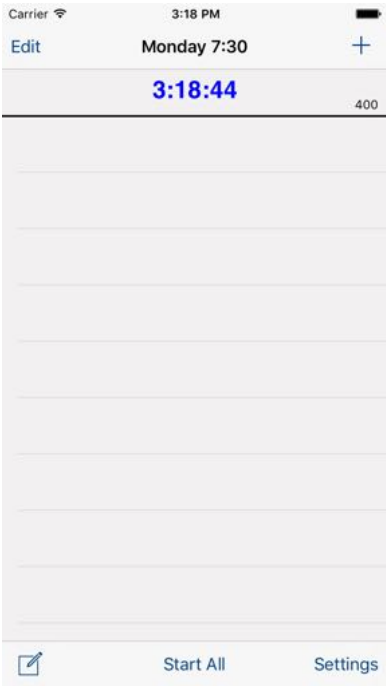
Group Name auto-completes or shows a list of groups beginning with the characters typed.

Tap the Groups button again to dismiss the list of groups.

Then set Metric or Imperial, lap distance and tap Done. The other options are explained below.
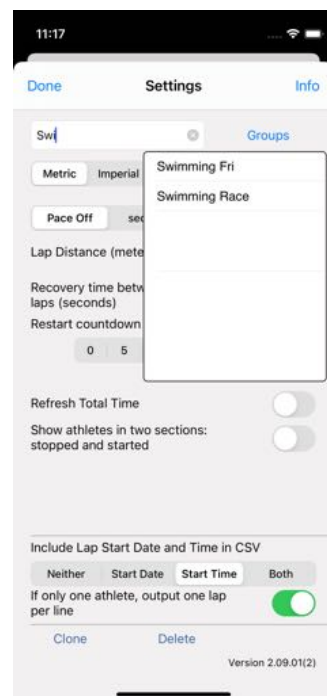
Tap the plus sign to add athletes to the group.

Each athlete can have a different lap length and different recovery time - double-tap the athlete in the group list to access and update the athlete's lap length or recovery time.
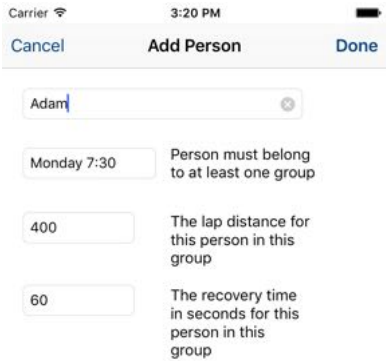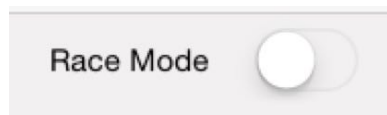
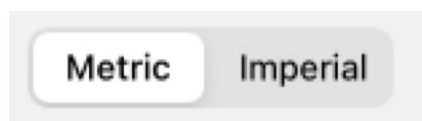Athletes are started and stopped by tapping the Start and Stop buttons

Athletes that are started have their names shown in green. Stopped athletes are shown in blue. Athletes whose rest time has ended and should be started are shown in red.
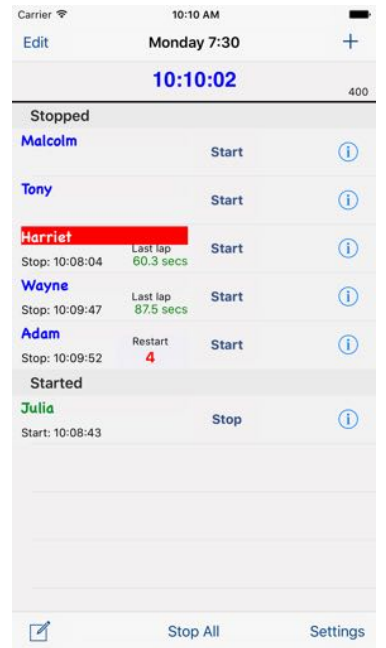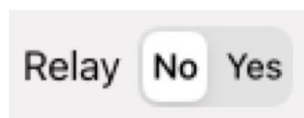
Settings Options

 - iPad only. See Race Mode section.

 - Distances are in meters or yards

 - Specifies whether this is a relay group.

Relay groups allow one member to be in motion at a time. Starting another member automatically stops the running member and records his time. 'Start All' is not available. 'Stop All' stops any runner and does not record the time.

Lap Distance - the distance of each lap or of the race.

Recovery time - the length of recovery time between laps in seconds. Not used when in race mode.
Notification of the completion of a recovery period occurs even while the app is in the background. Tapping the notification brings Circuit Lap Timer to the foreground.
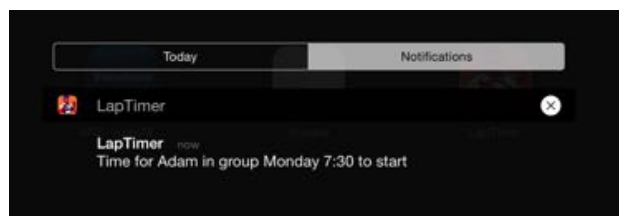
Setting the Recovery time to 0 enables split-time recording: each tap of the Lap End button records the lap time but does not stop the timer. Long press the Lap End button at the end of the last lap. Tap Stop All to stop all athletes: this does not record a lap time.

Restart countdown timer - this value, in seconds, specifies whether a countdown timer is shown next to the athlete's name either 5, 10 or 15 seconds before they are due to restart. This allows the coach to alert them and count them down to their restart.

Show athletes in two sections: when on, the athletes are placed in two sections depending on whether they are stopped or started. Optional headings for these sections can be entered

CSV Options

When creating a CSV file when there is only one athlete in the group, or from the Averages screen or the lap times for a specific day screen, the output can optionally be in line/row per lap rather than all laps in a day on a single line. Output can optionally include the lap start date, start time, or both.

When creating a CSV from the Averages screen, the number of days of lap times can be specified in the popup that appears (if there is more than one day).

Clone Group - tapping this button allows a new group to be created with the same members as the current group. A popup appears requesting the name of the new group.
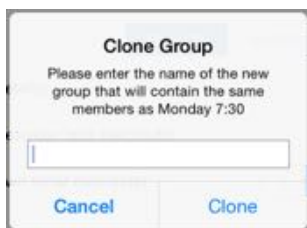
Delete Group - tapping this button deletes the current group (with confirmation).

Features

All group members can be started at the same time (Start All) or individually by tapping the Start button on the athlete's row. Tap the Stop button to stop an athlete.

Unlimited groups of athletes and unlimited athletes within each group are possible.

A lap time and distance can be modified: tap an individual lap an modify the lap time or the distance in the screen that pops up.

The current day's lap times and averages for a group or an athlete's past lap times for a specific day can be emailed in CSV (comma-separated) format for easy loading into a spreadsheet program eg Numbers (including on iDevices), Excel, OpenOffice etc

The fifty most recent daily average lap times are shown alongside the current day's average lap time and lap information: lap time and optional pace - seconds per lap or minutes per km or minutes per mile.

All results are stored and the most recent fifty days' sessions can be viewed, modified and shared at any time.

To remove an athlete from a group swipe right to left or tap the Edit button at the top left of the screen and then the red button to the left of the athlete's name. Tap the Done button when finished.

The 'handles' to the right can be used to rearrange the athletes (if two sections have not been enabled).

A csv file of athletes' names can also be 'shared' with this app to quickly add the athletes to an existing, empty group. The filename must be the same as an existing Group name and must end in '.csv'. One could email the file to an account on the device and then press and hold the file's icon in the email message for a couple of seconds to bring up a share menu. This app's icon should be one of the options.

The app has a Watch interface. Athletes can be started and stopped via the Watch. Groups can also be started en masse. Restart notifications are reflected on the Watch as well.
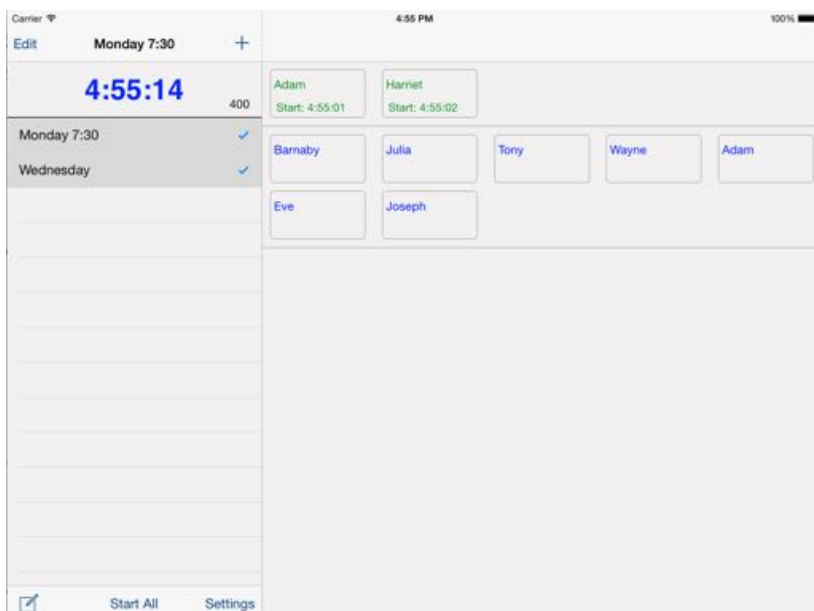
Race Mode

Race mode is intended for use on race days and is available on iPad. Select Race Mode in Settings and ensure the race distance is correct.
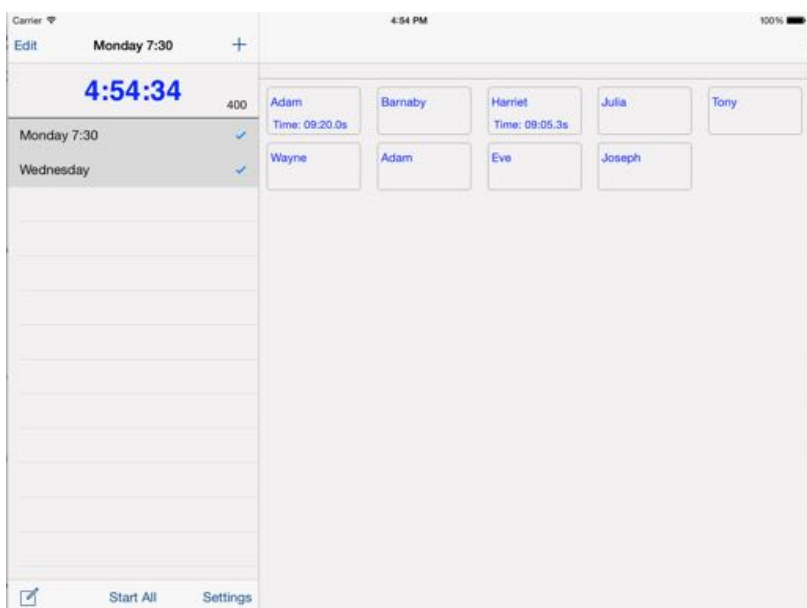
In Race Mode the iPad displays the list of groups on the left and the athletes in all selected groups on the right.

All athletes in the selected groups can be started together or tapped individually to start. Started and stopped athletes are in separate sections: top and bottom. As an athlete is started he is moved to the top (started) section. Once stopped he is moved to the bottom section. If an athlete has started then his name and start time are shown in green. Once the athlete has finished the race his name and time are shown in blue. Blue athletes without race times have not been started.

Groups can be selected in any combination: select one or more groups, start all the athletes, select another group, start the athletes, then select all relevant groups and wait for the athletes to finish.

Help

Please send any questions, feature enhancements or problem reports to:

[Circuit Lap Timer Question](#)