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**MADE IN AUSTRALIA**

# KMS Setup Diagrams

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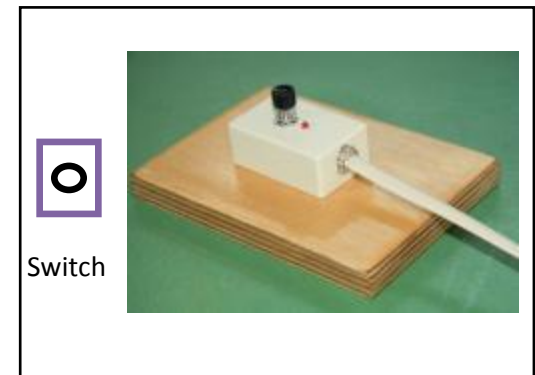
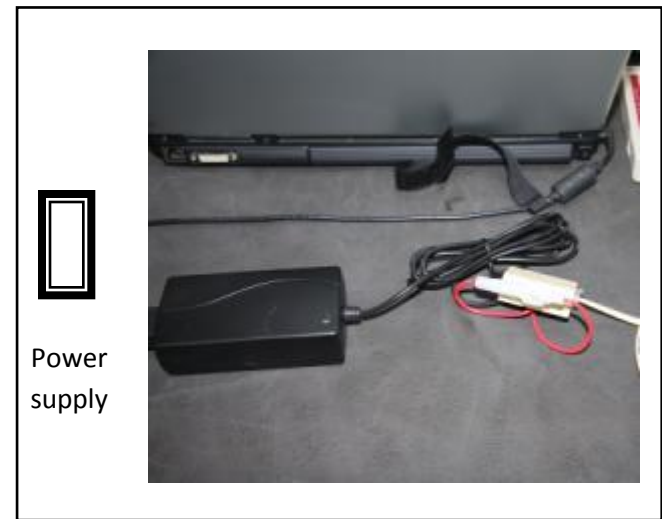
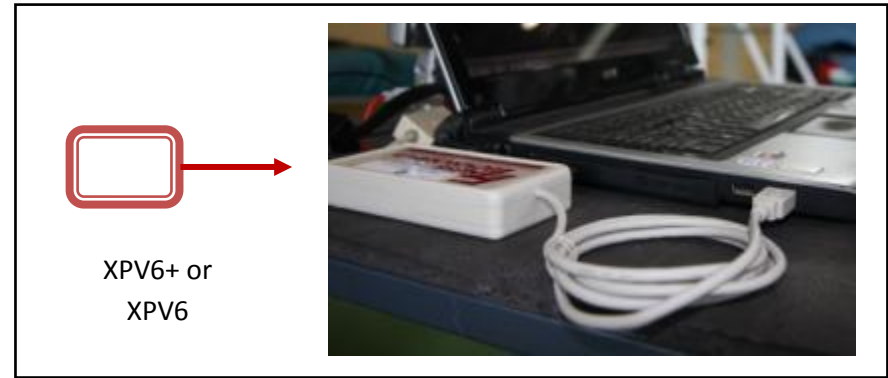
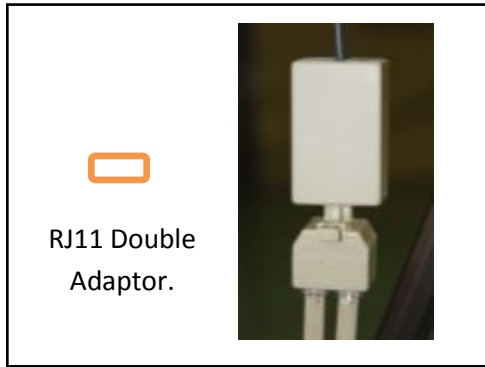
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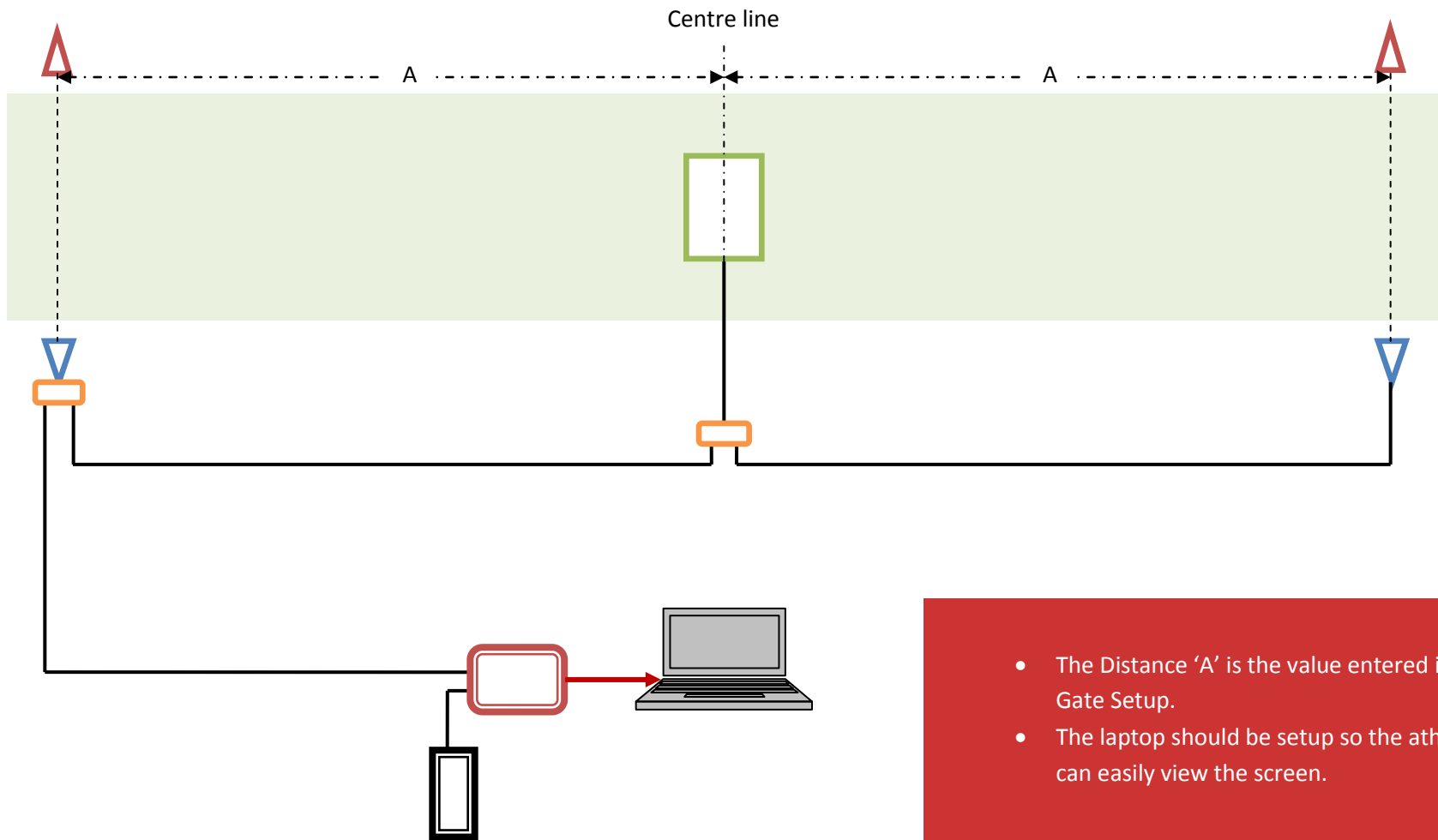
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KEY



## First Step Quickness

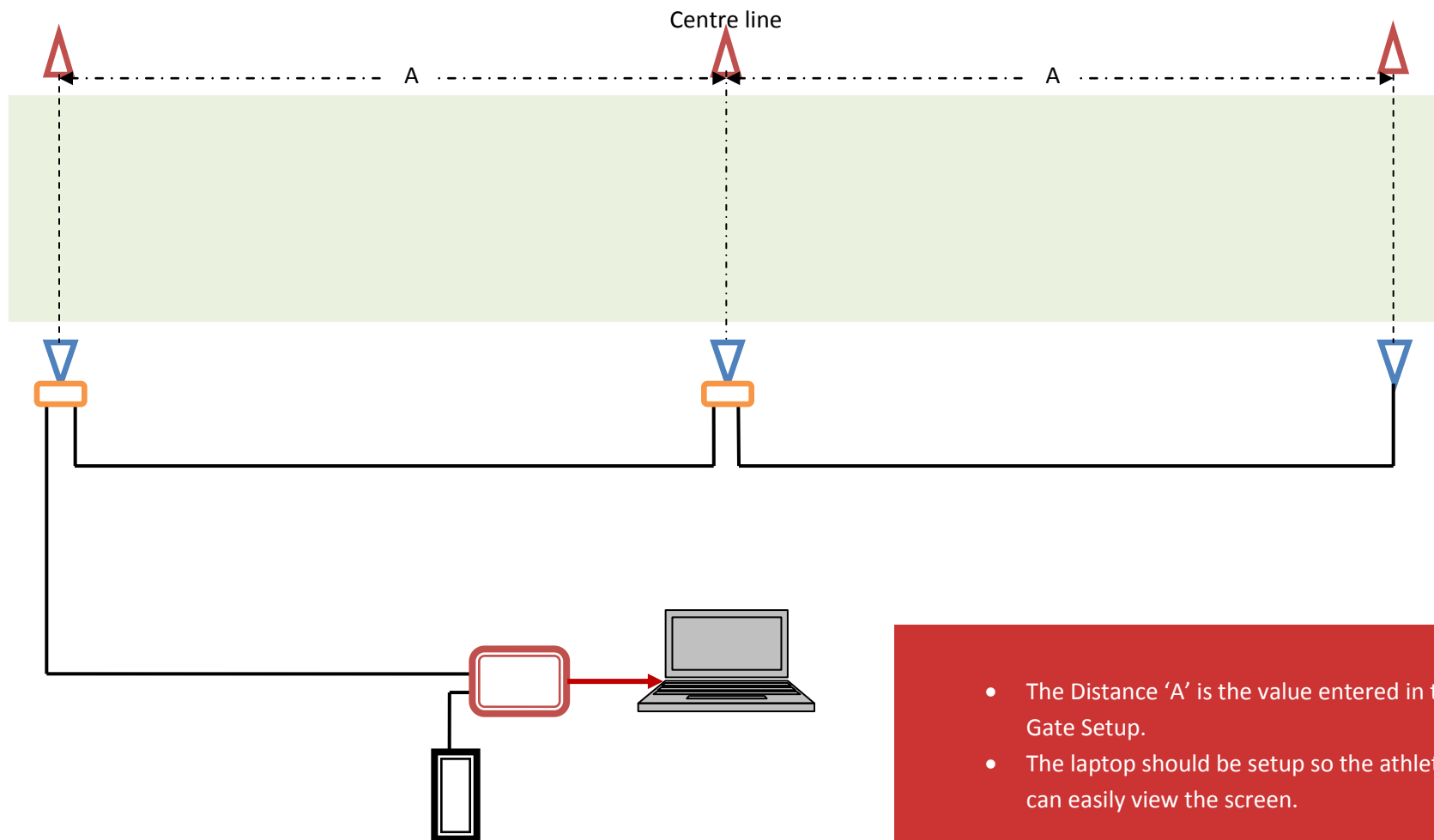
(With Jump Mat)



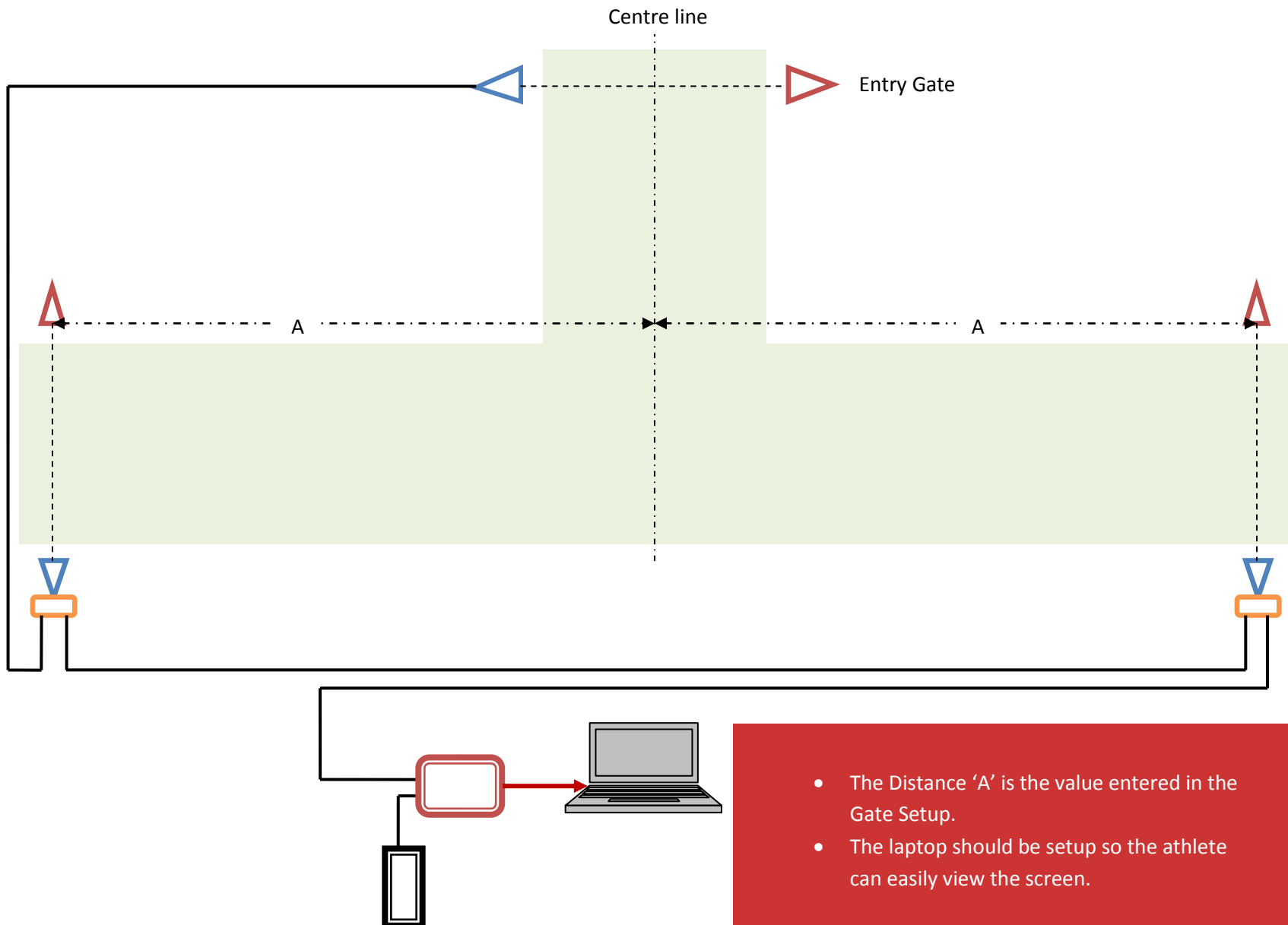
- The Distance 'A' is the value entered in the Gate Setup.
- The laptop should be setup so the athlete can easily view the screen.

## First Step Quickness

(Timing Lights Only)

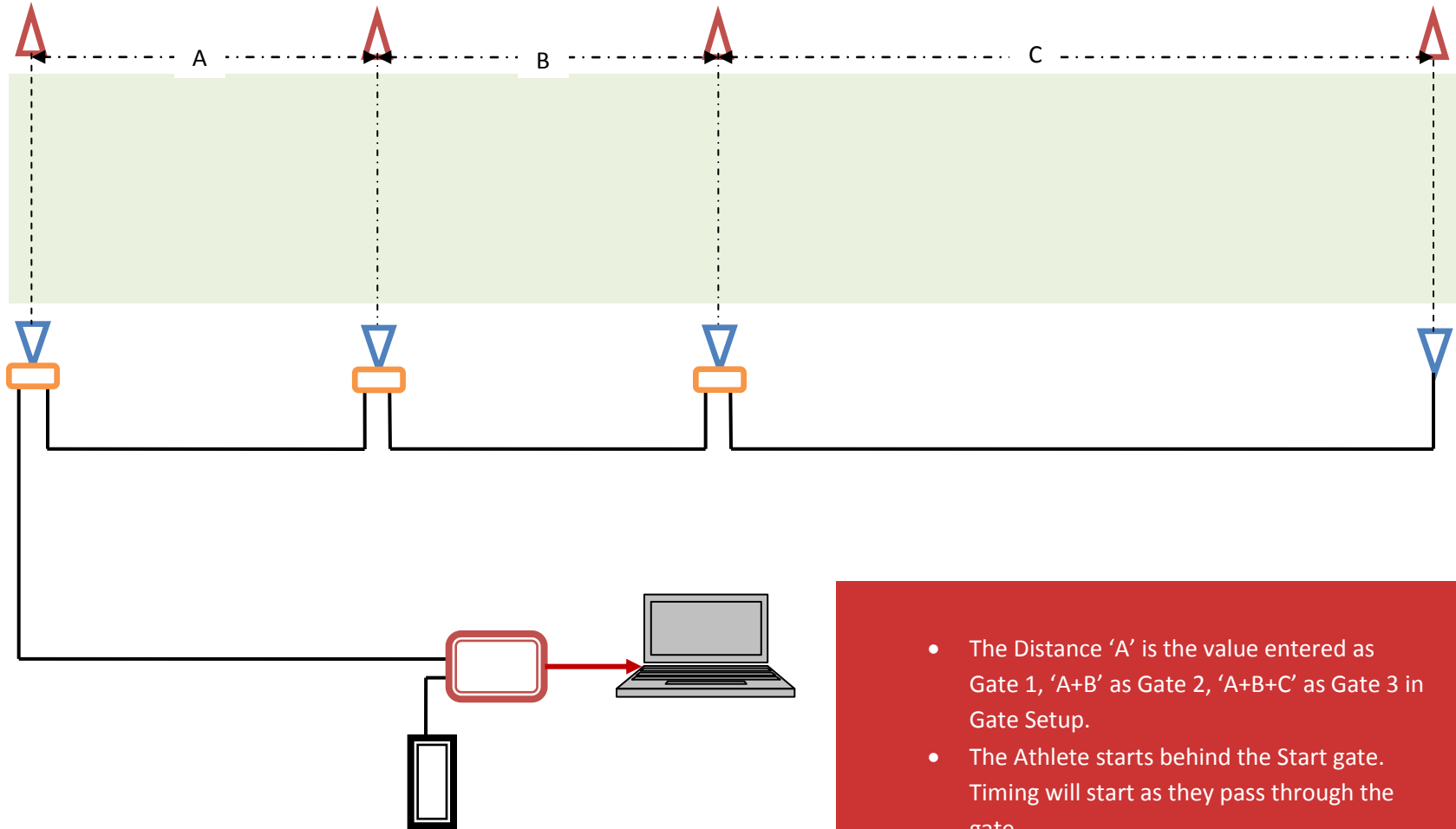


## Intelligent Director



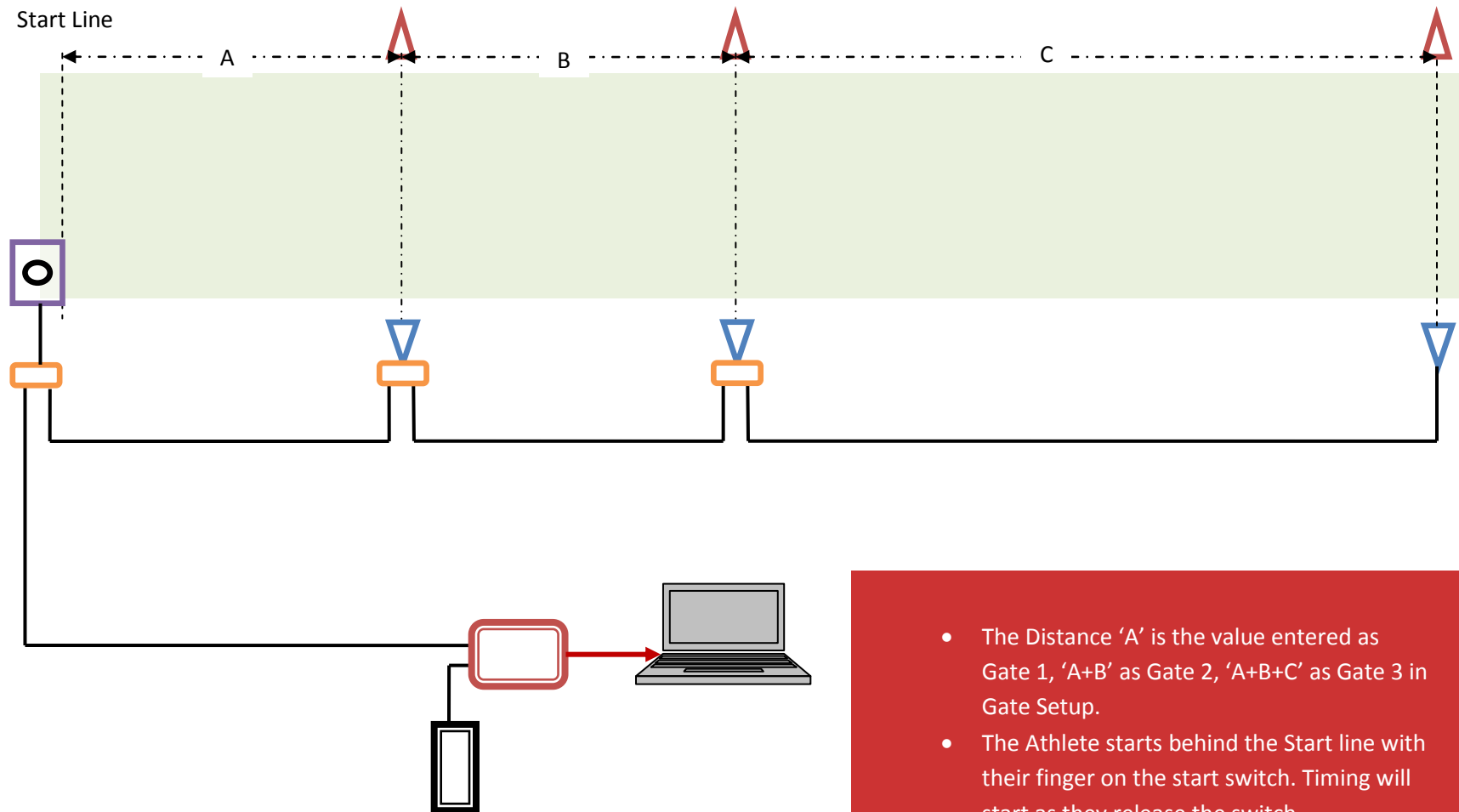
## Sprint (Gate Start)

Start Gate



- The Distance 'A' is the value entered as Gate 1, 'A+B' as Gate 2, 'A+B+C' as Gate 3 in Gate Setup.
- The Athlete starts behind the Start gate. Timing will start as they pass through the gate.

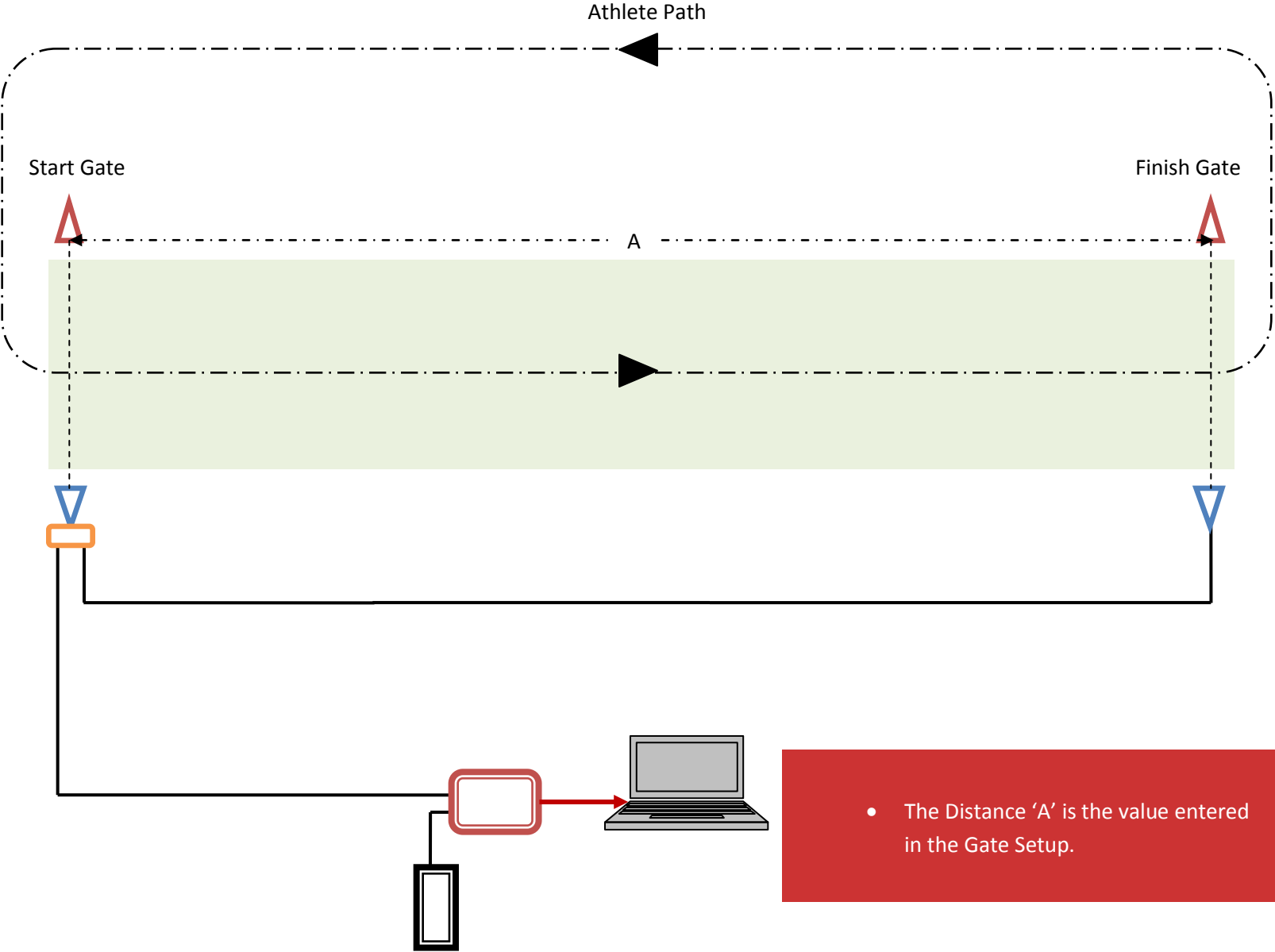
## Sprint (Switch Start)



- The Distance 'A' is the value entered as Gate 1, 'A+B' as Gate 2, 'A+B+C' as Gate 3 in Gate Setup.
- The Athlete starts behind the Start line with their finger on the start switch. Timing will start as they release the switch.

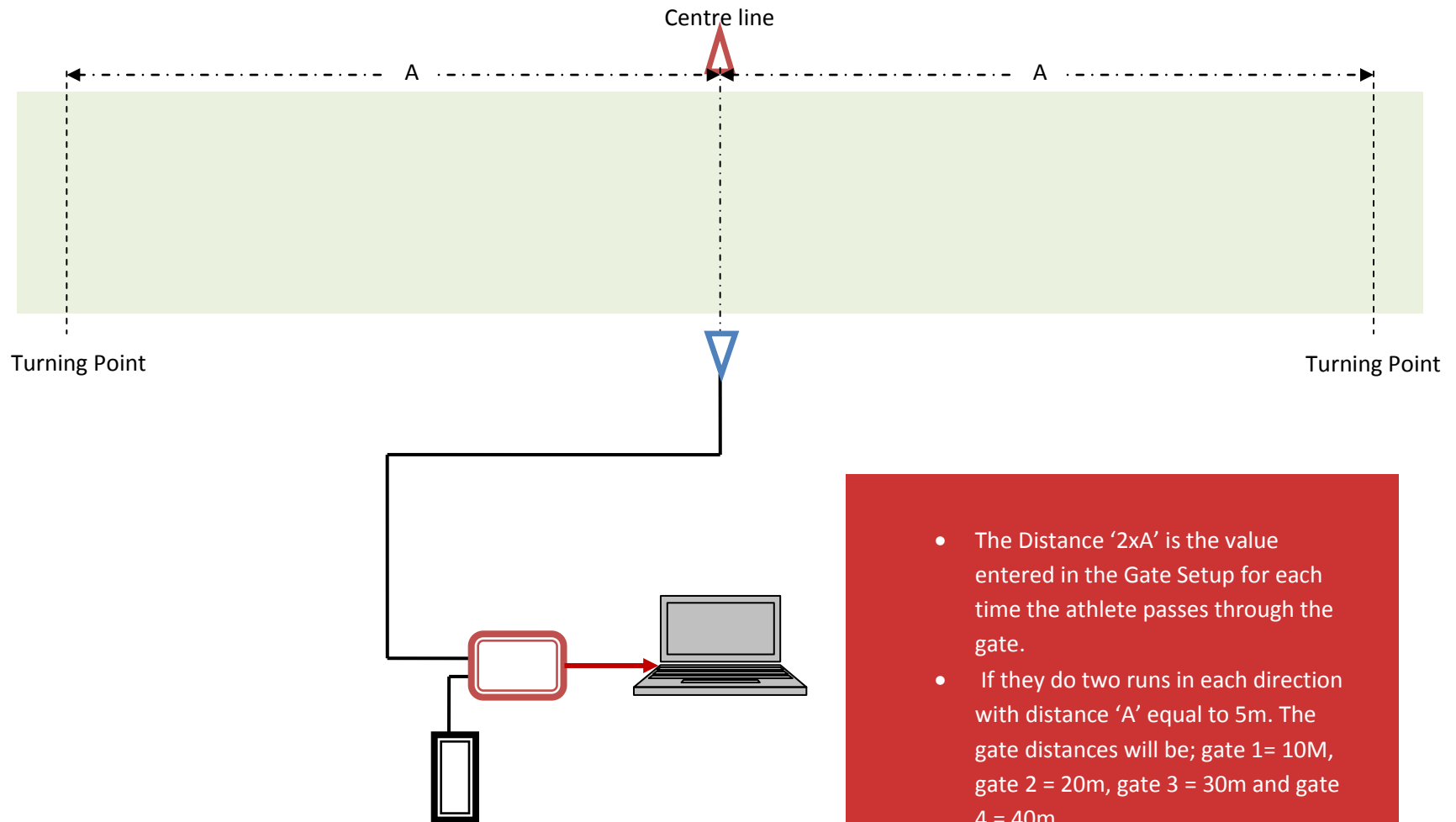


# Repeat Sprint Ability



- The Distance 'A' is the value entered in the Gate Setup.

## Shuttle Run



- The Distance ' $2xA$ ' is the value entered in the Gate Setup for each time the athlete passes through the gate.
- If they do two runs in each direction with distance ' $A$ ' equal to 5m. The gate distances will be; gate 1= 10M, gate 2 = 20m, gate 3 = 30m and gate 4 = 40m.

# Jump Testing

