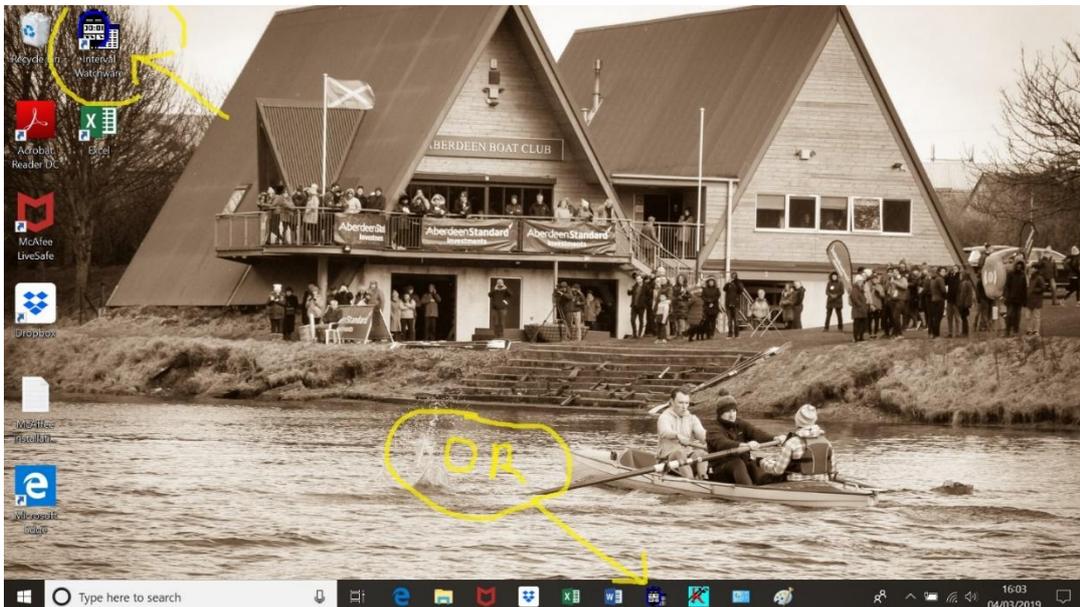
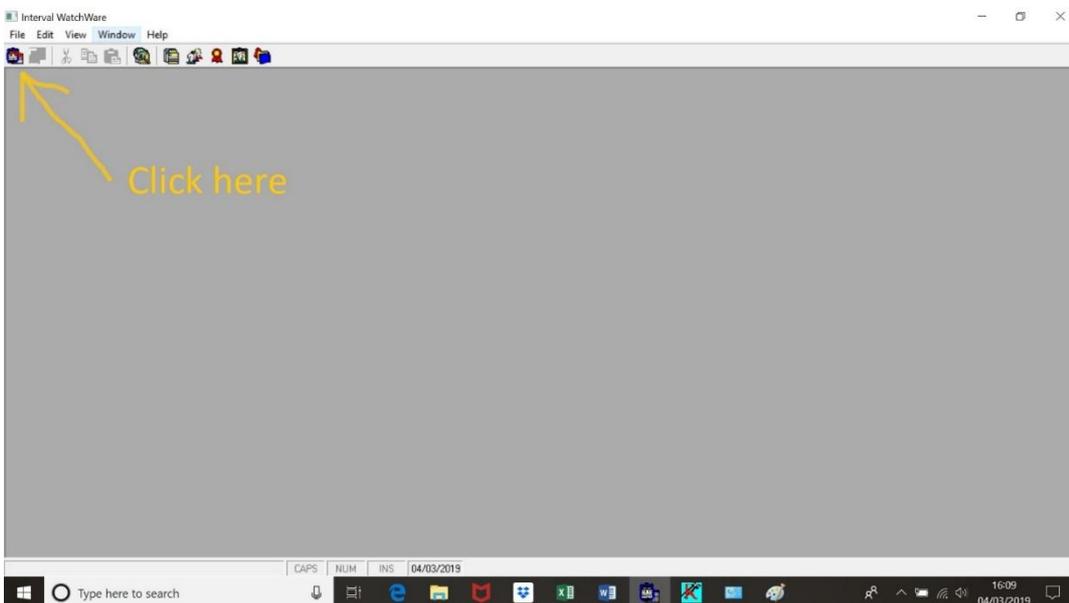


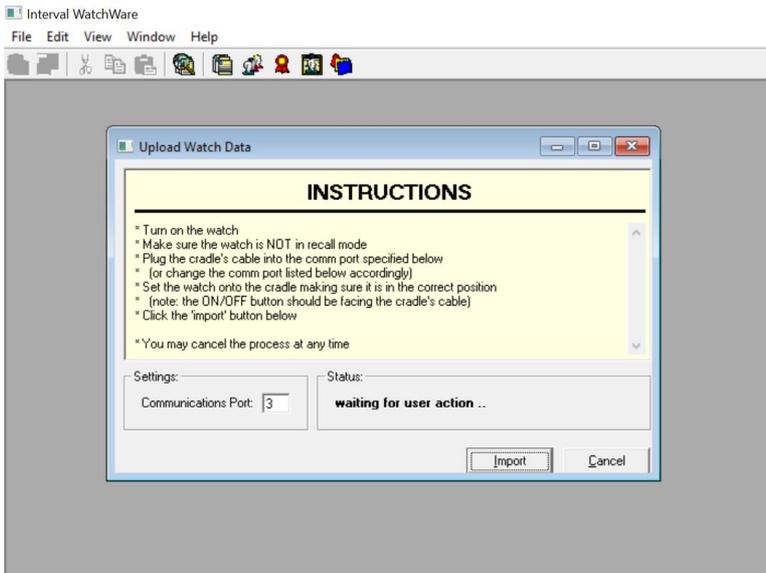
# NK Interval watchware – interfacing watches with computer - Instructions

Click on the Interval watchware program icon



Click top left icon





Make sure watch is plugged in to a USB port; watch is switched on (centre-top button if nothing showing on watch display). Place watch on cradle with buttons at cable end.

**Communication port should work on 4 but may need changed to 3**

Then click on **<Import>**

Status should quickly change to **"Connecting to watch"**

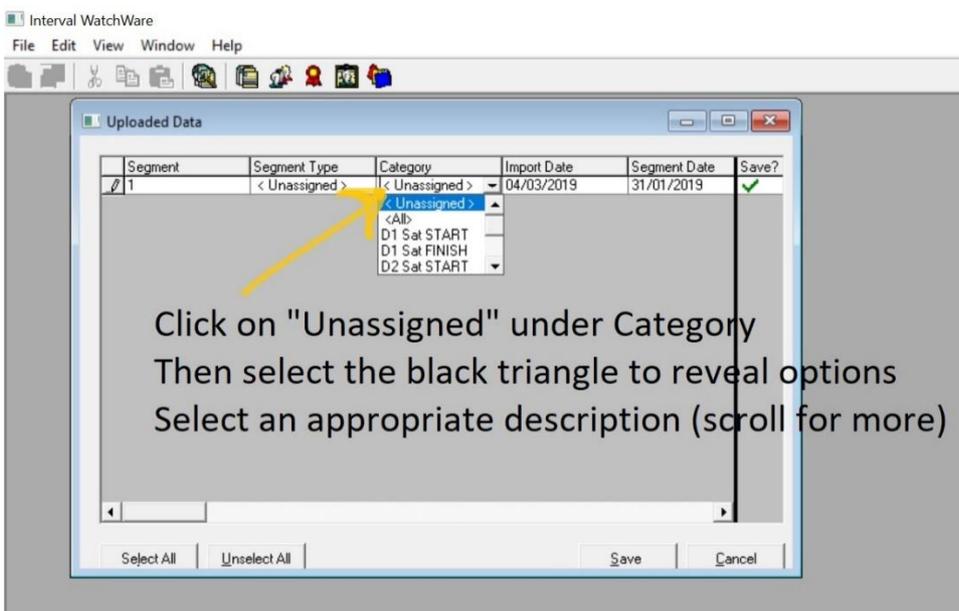
followed by (slowly!) **"Receiving data from watch"** (this stage takes a while so just be patient. Old-school serial data transfer can take up to a minute)

You should then get the screen below.

Click on **"Unassigned"** under **Category** ;

then click on the small black downward-facing triangle that appears at Rt end of this box to reveal category choices. Choose an appropriate one (eg D1 START)

Then click **<Save>**

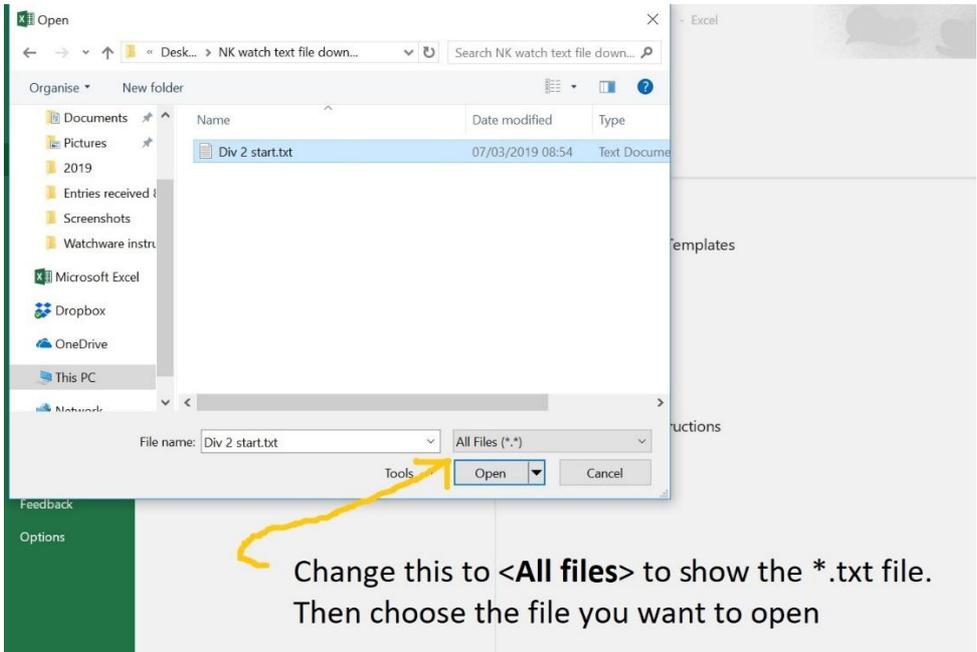




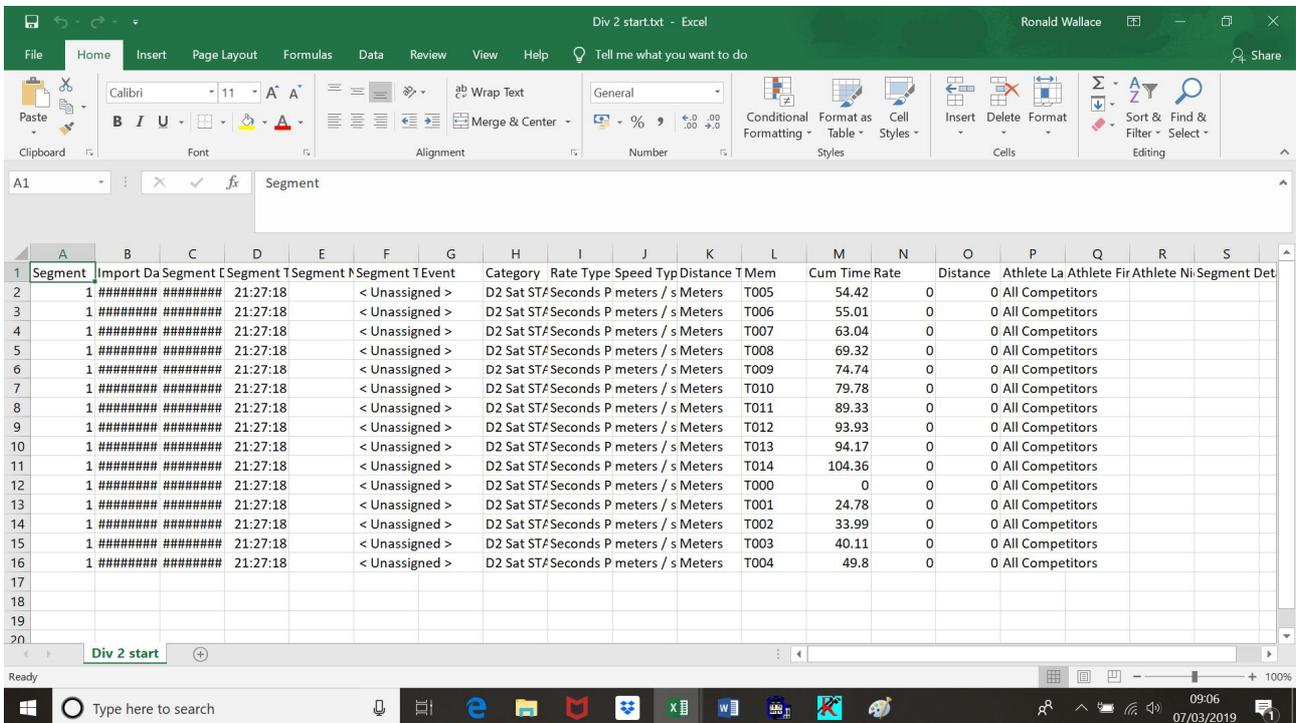
# Importing into Excel

Open a new blank Excel workbook.

Choose **<Open>** and load the text file that you have just saved (instructions below)



Hit **<Next>** twice then **<Finish>** and you should have an Excel file open similar to below



## Adding crew numbers;

(1) Select Mem and Cum Time columns; then copy; then past below to work on them

Add a 'Crew No' column and match Mem slots to crew numbers. Insert a new row for any DNS or DNF crews.

Crew No	Mem	Cum Time
1	T000	0
2	T001	24.78
4	T002	33.99
5	T003	40.11
3	T004	49.8
6	T005	54.42
7	T006	55.01
8	T007	63.04
9	T008	69.32
10	T009	74.74
12	T010	79.78
11	T011	89.33
13	T012	93.93
14	T013	94.17
15	T014	104.36

eady



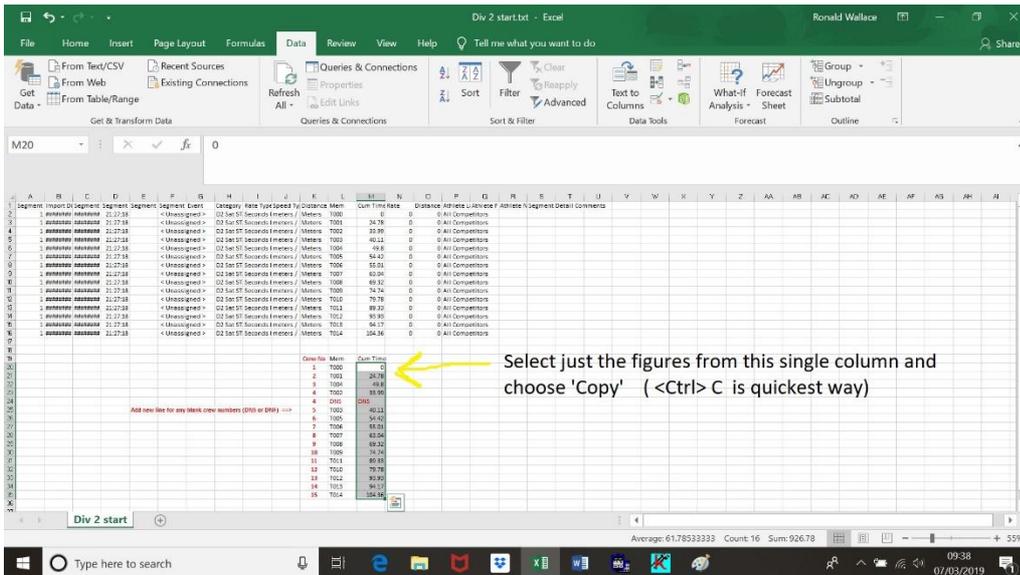
## Sort on crew numbers;

Select this block  
Go to <Data> and sort on 'Crew No' to produce a table like this.

Save this file for reference (not really needed but good backup in case of any disputes)

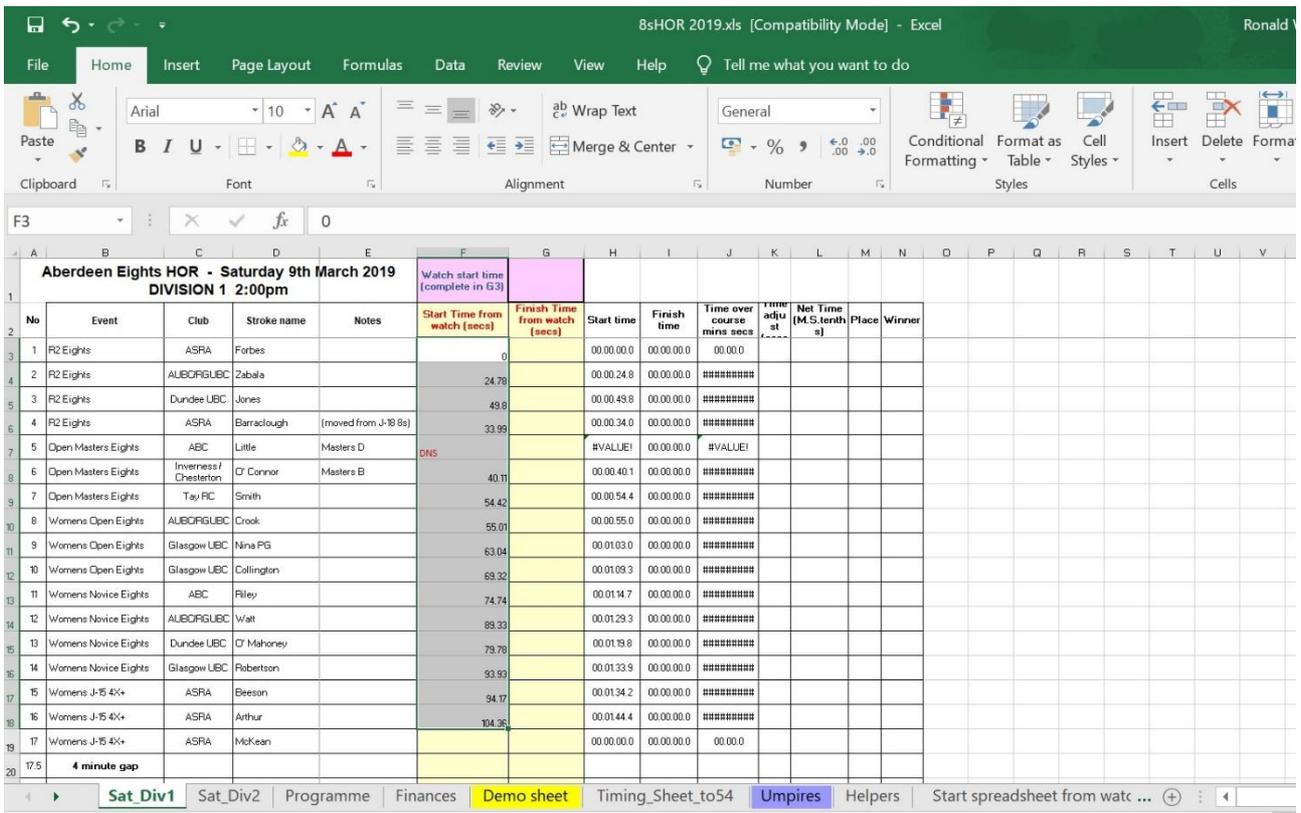
Crew No	Mem	Cum Time
1	T000	0
2	T001	24.78
3	T004	49.8
4	T002	33.99
5	T003	40.11
6	T005	54.42
7	T006	55.01
8	T007	63.04
9	T008	69.32
10	T009	74.74
11	T011	89.33
12	T010	79.78
13	T012	93.93
14	T013	94.17
15	T014	104.36

## Copying time data to clipboard;



## Pasting time data into HOR spreadsheet.

Open HOR spreadsheet and paste the above data into the appropriate (yellow) column



## Adding watch start time

Paste the actual time of day that the watches were started into cell G3.

You can copy this time from the previous (\*.txt) spreadsheet where is listed under 'Segment time'.

The data under 'Start time' will now change to show actual time of day.

No	Event	Club	Stroke name	Notes	Start Time from watch (secs)	Finish Time from watch (secs)	Start time	Finish time	Time over course mins secs	Time over course mins secs	Net Time (M.S. tenths)	Place	Winner
1	R2 Eights	ASRA	Forbes		0		21:27:18.0	21:27:18.0	00:00.0				
2	R2 Eights	AUBORFUBEC	Zabala		24.78		21:27:42.8	21:27:18.0	00:00.0				
3	R2 Eights	Dundee UBC	Jones		49.8		21:28:07.8	21:27:18.0	00:00.0				
4	R2 Eights	ASRA	Barraclough	(moved from J-18 8s)	33.99		21:27:52.0	21:27:18.0	00:00.0				
5	Open Masters Eights	ABC	Little	Masters D	-0.5		#VALUE!	21:27:18.0	#VALUE!				
6	Open Masters Eights	Inverness/Cherterton	O'Connor	Masters B	40.11		21:27:58.1	21:27:18.0	00:00.0				
7	Open Masters Eights	Tau RC	Smith		54.42		21:28:12.4	21:27:18.0	00:00.0				
8	Womens Open Eights	AUBORFUBEC	Croak		55.01		21:28:13.0	21:27:18.0	00:00.0				
9	Womens Open Eights	Glasgow UBC	Nina PG		63.04		21:28:21.0	21:27:18.0	00:00.0				
10	Womens Open Eights	Glasgow UBC	Collington		69.32		21:28:27.3	21:27:18.0	00:00.0				
11	Womens Novice Eights	ABC	Riley		74.74		21:28:32.7	21:27:18.0	00:00.0				
12	Womens Novice Eights	AUBORFUBEC	Wat		89.33		21:28:47.3	21:27:18.0	00:00.0				
13	Womens Novice Eights	Dundee UBC	O'Mahoney		79.78		21:28:37.8	21:27:18.0	00:00.0				
14	Womens Novice Eights	Glasgow UBC	Robertson		93.93		21:28:51.9	21:27:18.0	00:00.0				
15	Womens J-15 4+	ASRA	Bleason		94.17		21:28:52.2	21:27:18.0	00:00.0				
16	Womens J-15 4+	ASRA	Arthur		104.36		21:29:02.4	21:27:18.0	00:00.0				
17	Womens J-15 4+	ASRA	McKean				21:27:18.0	21:27:18.0	00:00.0				
17.5	4 minute gap												

## Finally

- Perform a similar process for the finish time data and you should have a complete spreadsheet.
- You can now hide columns F and G (select them; right click; choose Hide)
- Add any time penalties as seconds (eg 15) or Masters handicaps as negative figures (eg -43)
- Then select appropriate columns and sort on Net time.
- Mark winners. Print results. Treat yourself to a pint!

Produced by Ron Wallace 7/3/19