

**International Sports Timing**  
**PRODUCT SPECIFICATIONS**  
**WORKWARE Workout Management Software**

**Introduction**

International Sports Timing's WORKWARE *for Windows* Workout Management Software offers the ability to create libraries of sets and workouts that can be printed or run on separate lines of a scoreboard. WORKWARE software runs in Windows 2000, XP or Vista (XP or Vista Pro is recommended for networking). A Computer Timing Interface connects to the computer via a USB port and to a scoreboard. Connection to the scoreboard can also be accomplished through a short-haul modem connected to a serial port. Extensive Help files mean assistance is just a click away. Like all software products from IST, WORKWARE is covered by a five year warranty. WORKWARE displays on IST's SWIMWARE Scoreboards with solid state electronics, providing a low maintenance, durable, and attractive display. For more information on the display, see the scoreboard specification.

I. Library Functions

A. Set Functions

1. Create a category name for organizing sets
2. Create a unique set name
3. Create sets with a SET REPEAT, the option to count UP or DOWN
  - a. Sets can have an unlimited number of intervals.
  - b. PAUSE or REST intervals can be inserted anywhere in the set
4. COPY, EDIT, PRINT or DELETE individual sets

B. Workout Functions

1. Create a unique workout name
2. Select sets to include into the workout.
3. COPY, EDIT, PRINT or DELETE individual workouts
4. Calculate finish time for workout based on projected start time and time between sets.

C. Library Functions

1. Select multiple sets in the library
  - a. Delete
  - b. Print
  - c. Change Category
2. Select multiple workouts in the library
  - a. Delete
  - b. Print
3. Print the entire set or workout library

D. Export/Import

1. Export all or selected sets
2. Export all or selected workouts and their associated sets
3. Import sets or workouts
  - a. Overwrite existing sets or workouts

- b. Add to existing sets or workouts.
- II. Scoreboard Functions (see below for scoreboard specifications and requirements)
  - A. EZ Mode
    - 1. Select a single set to run on each available line of the scoreboard.
    - 2. Start or stop each line individually.
    - 3. "Hold" each lane individually, restarts where it stopped.
  - B. Setup Scoreboard
    - 1. Assign workouts to individuals lines of the scoreboard
    - 2. Clear all workouts from the lanes
  - C. Run Scoreboard
    - 1. Run assigned workouts on each line of the scoreboard
    - 2. Ability to start and stop all lines together or each individually
    - 3. Select whether to pause between sets. Operator restarts after pause.
    - 4. Ability to edit sets on the screen
      - a. Can select which set or interval to go to
      - b. Can edit the time for the interval if necessary. Changes are not made to the set in the library
  - D. Message Board Functions (Requires IST Alphanumeric Scoreboard)
    - 1. Create a message – up to 1000 characters for the scrolling line, 16 or 32 characters for each fixed lane depending on scoreboard.
    - 2. Copy, Edit or Delete messages from the message library.
- III. Interface Specifications
  - A. The Computer Interface interfaces the computer to the scoreboard.
    - 1. Dimensions: 8.0" wide BY 2.5" high BY 6.25" deep
    - 2. Inputs: computer, deck cable, scoreboard, backup start and power
    - 3. Indicator lamps: power and data transmission
- IV. Hardware Requirements
  - A. Computer Requirements
    - 1. IBM-compatible computer with Pentium processor
    - 2. Windows 2000, XP or Vista (XP or Vista Pro is recommended for networking).
    - 3. 6 MB of RAM minimum, 32 MB recommended
    - 4. 9MB hard disk space available
    - 5. VGA or Super VGA monitor
    - 6. CD and/or floppy drive
    - 7. Mouse.
    - 8. One available USB Port for the Computer Timing Interface.
  - B. Printer Requirements
    - 1. Any printer that is compatible with the Windows version in use. *Note that some ink-jet printer ink will run if it gets wet..*
  - C. Scoreboard Requirements
    - 1. IST Alphanumeric or BOARDWARE scoreboards are recommended
    - 2. IST Numeric and other numeric LED or other manufacturers' numeric scoreboards can be used
    - 3. Full matrix (graphic) scoreboards are not supported.

D. Power Requirements

1. All SWIMWARE timing devices, scoreboards and all computers running WORKWARE software must be connected to GFI (Ground Fault Interrupt) 110V 5 amp (min.) outlets.

D. Recommended Equipment

1. We strongly recommend that the WORKWARE computer, its printer and the Computer Interface be connected to power through an uninterruptable power supply (UPS). This protects against accidental loss of data during a power failure.