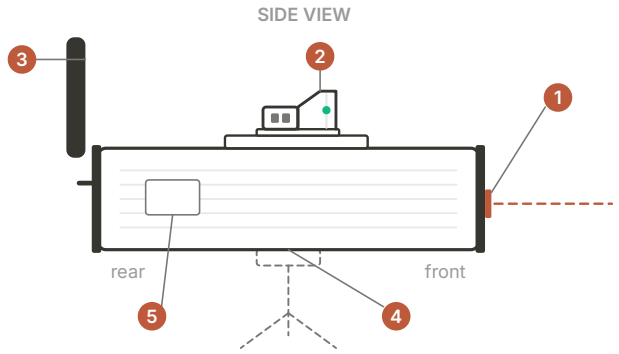
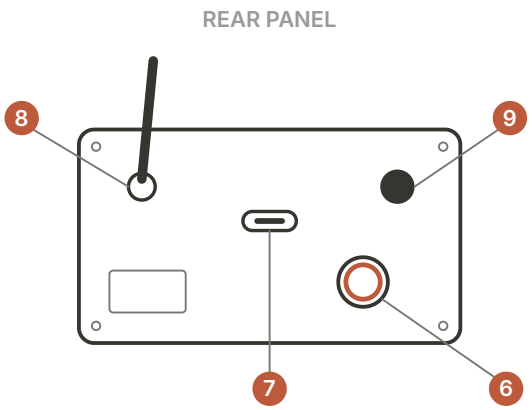
NovaSpeed Laser: Quick Start

The NovaSpeed unit stands on a tripod behind the start. It measures the distance to the athlete's back 1,000 times a second while they run away from it, and the app turns that into times, splits and a speed curve.





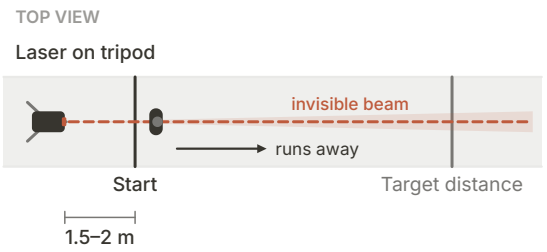
1. **Laser window.** The beam is infrared and invisible.
2. **Green dot sight.** Shows where the beam points.
3. **Antenna.** Bluetooth and WiFi.
4. **Tripod thread.** Standard 1/4"-20.
5. **Labels.** Class 1 laser product.
6. **Power button.** Press in to switch on; the ring lights up.
7. **USB-C port.** Charging, and the cable to a laptop.
8. **Antenna connector.**
9. **Second antenna hole.** Covered, not used.

1. Charge it and fit the antenna

- Charge the unit fully over USB-C, from a laptop or a 5 V USB-C charger. While the cable is plugged in, the unit stays on.
- Screw the antenna onto its connector (8), finger-tight, and fold it up.

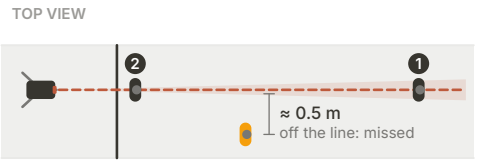
2. Put it behind the start

- Screw the geared head onto your tripod and the unit onto the head.
- Stand the tripod 1.5 to 2 m behind the start, in line with the lane.
- Set the unit at hip height, about 0.8 to 1.0 m, and level it.



3. Aim it with the sight

- Look through the sight. If the green dot is off, touch the sight or hold its Down button for 3 s. Up and Down set the brightness.
- The athlete stands at the far end of the run, back to you. Turn the head's knobs until the dot sits on the middle of their back.
- Walk them back to the start and check the dot is still on them. If it is off to the side, move the whole tripod sideways and aim again.



1. Aim at an athlete at the far end first.
2. Then check the dot at the start.

The athlete has to run along the beam. Half a metre to the side and it misses them. If the dot is on them but the distance shows the background, line the sight up again (see the manual).

4. Connect the app

- **Phone or tablet:** get the free NovaSpeed app from the App Store or Google Play, switch the unit on and tap **Connect laser** on Home. Allow Bluetooth, and pick your unit by name if more than one is nearby.
- **Laptop:** open app.getnovaspeed.com in Chrome or Edge, plug in the USB-C cable, choose **USB** on Home and pick the unit's port.

Ask the athlete to walk slowly down the lane. The live distance should rise smoothly with them.

5. Record

1. Tap **New session**, pick a test and choose your athletes.
2. Select who runs next. The athlete stands still in the beam at the start for a moment, then runs.
3. Recording starts by itself, and stops by itself at the target distance.
4. Check the result and tap **Save run**. If the next athlete starts first, the app saves the waiting run for you.

6. Finish

Tap **End session**. Open it under **Sessions** for every run, a PDF report or the numbers. Runs upload when you are online. Switch the unit off and charge it; the sight sleeps by itself.

Good to know

- **The unit remembers.** While switched on, it keeps the last 50 minutes of readings. Forgot to record a run? Open **Results** on the live screen and tap **Find a missed run**. Switching the unit off clears this memory.
- **Safety.** One Class 1 infrared laser, safe to point down the lane at a running athlete. The green dot only shows in the sight's glass. Never open the unit; stop using it if it is cracked.
- **Weather.** The unit is not waterproof. Keep it out of rain, and out of a hot car.

Setup guide: **Settings → Setup guide** in the app. Full manual and help: **support@getnovaspeed.com**

NovaSpeed Laser, model NS-L100 · Athlete Mindset Inc., Austin, Texas · Revision October 2026