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Screen description

Pop up screen is shown during 3 seconds. Buttons are not responsive.



After pop up screen, data screen 1 is shown. There are two data screens. You can toggle screen 1 and screen 2 by pressing buttons 1 and 2. Data screen 1 shows summary data before activity has started, or if activity is paused. Button 3 starts/stops the activity. Button 4 closes the app if activity is stopped. Otherwise, it triggers an interval.



When activity is started, data screen 1 shows data fields. Data screen 2 always show data fields (also when activity is paused). It is recommended to use data screen 2 for data fields which might be useful during a pause, such as heart rate (if available), or current time of day.



Entering main menu

Main menu can only be entered when activity is paused. Hold button 1 for three seconds to enter the main menu.



Use buttons 1 and 2 to choose the suitable option. Press button 3 to select an option. Press button 4 to go back.

The main menu comprises the following options:



Setting pool length

Select “length” in main menu. Most typical pool lengths are shown. Choose your choice and press button 3. Pressing button 4 leaves the menu without changing the pool length. If your pool length is not shown in the list, you can still configure the pool length by using Garmin Connect app in your smartphone or garmin express in your PC. See next chapter for instructions on how to achieve this.



Customizing screen

Data screens 1 and 2 can be customized:

- Number of fields shown
- Fields to be shown

Choose option “Screens” in main menu to customize your screens-



Choose the screen to be customized:



Select option "Format" to choose the number of fields to be shown:



Select the number of fields to be shown in that screen.



In order to customize a data field, browse till the suitable screen and data field in the main menu. You will find a list of available data fields which can be shown. Choose a data field. Repeat the same operation for the rest of the data fields.



Enabling autolap

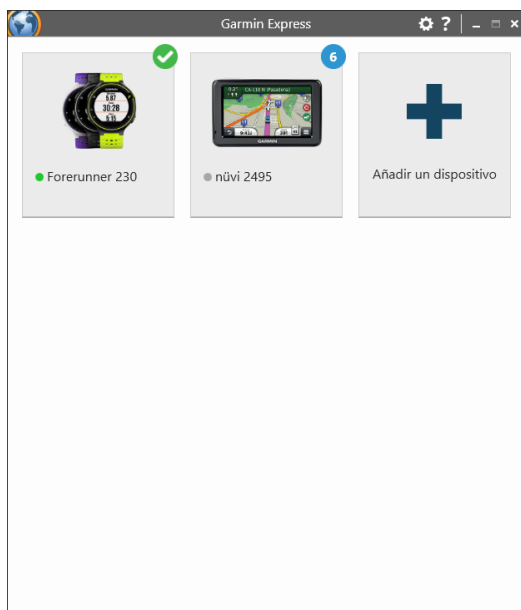
Autolap feature triggers an interval after a certain number of lengths (even if you don't enable autolap, you still can trigger intervals during an activity by pressing button 4).

To enable autolap and configure the number of lengths of every interval, enter "autolap" option in main menu and configure the suitable settings.

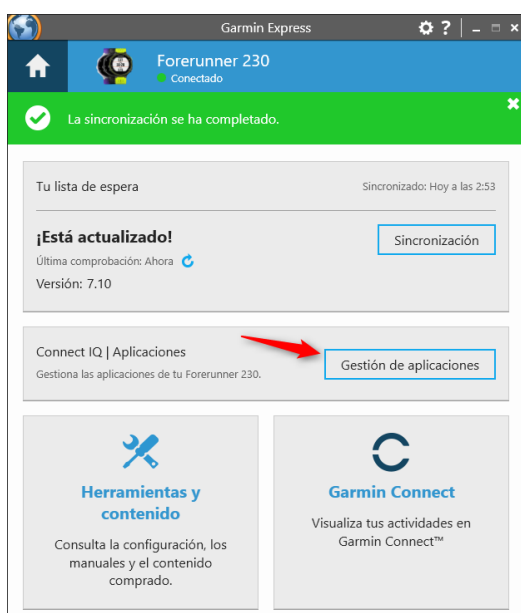


Managing settings in Garmin express

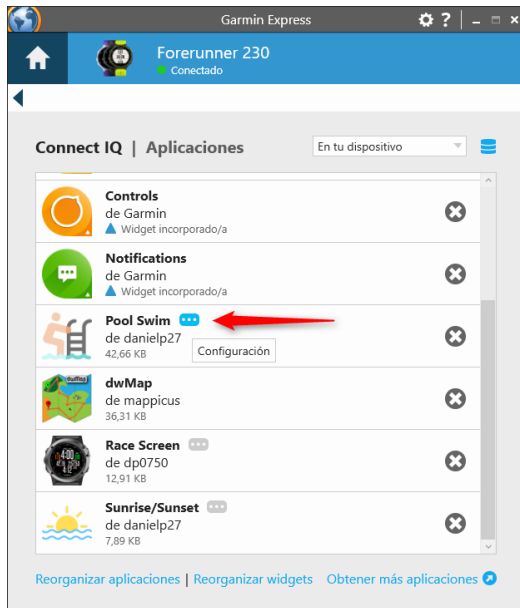
Connect your watch to your PC using the provided USB cable and open Garmin Express. Select your watch in the device list.



Choose option “manage ConnectIQ apps”



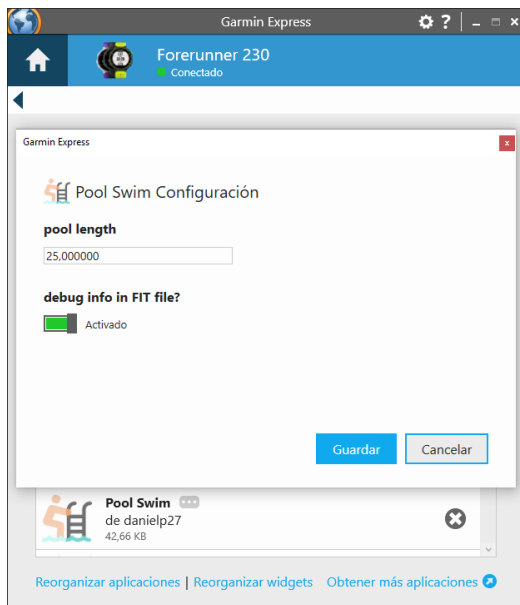
Click on the three dots close to “Pool swim” app.



User settings are shown.

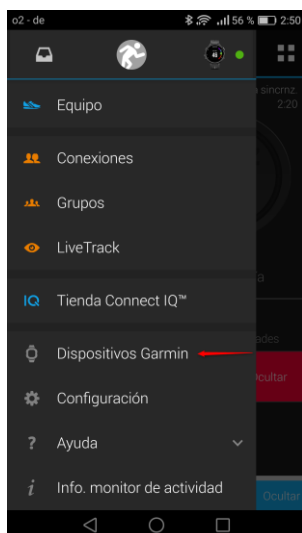
Here you can:

- Configure a custom pool length in meters
- Enable debug info in FIT file. This option will write additional data in your FIT file which can be used to provide support or improve app features. Enabling this option will increase the size of the fit file by aprox. 10 times, and might cause sync issues with some 3rd party sites. It is not recommended to enable it unless you were instructed to do it.

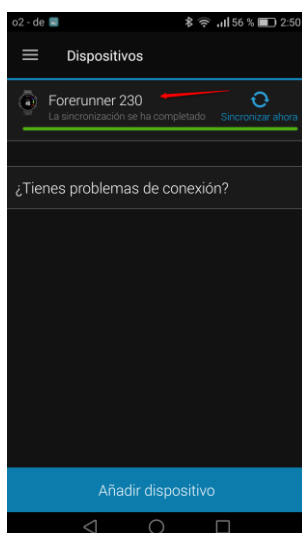


Managing settings in Garmin Connect app

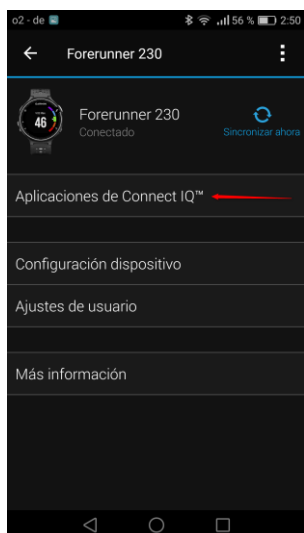
Open Garmin Connect app in your smartphone. Choose option “Garmin Devices”.



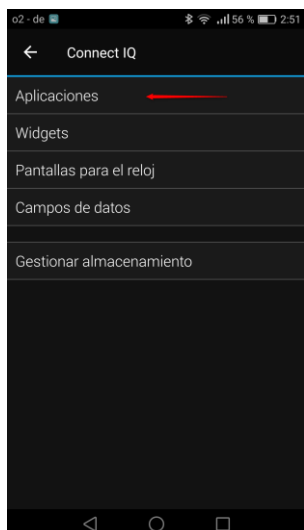
Choose the device where “Pool swim” app has been installed.



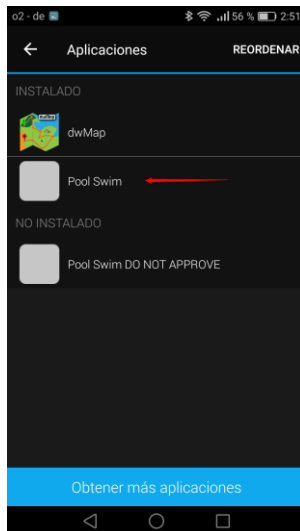
Choose option “ConnectIQ apps”.



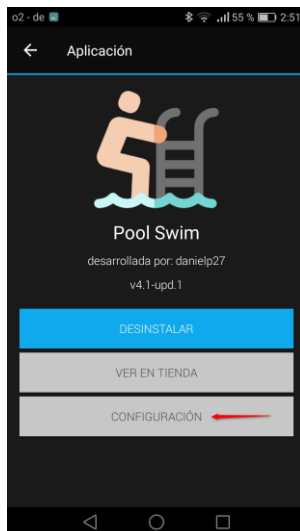
Choose option “Apps”.



Choose “Pool swim”.

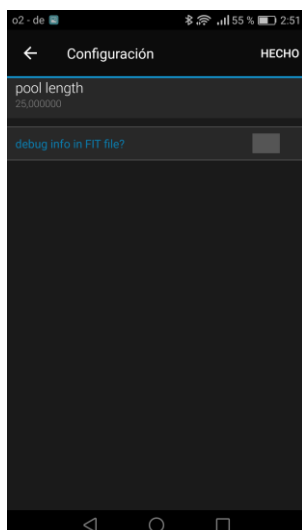


Select “Configuration”



Here you can:

- Configure a custom pool length in meters
- Enable debug info in FIT file. This option will write additional data in your FIT file which can be used to provide support or improve app features. Enabling this option will increase the size of the fit file by aprox. 10 times, and might cause sync issues with some 3rd party sites. It is not recommended to enable it unless you were instructed to do it.



Using the app

In your watch, browse “Pool swim” app.

Wait for the pop up screen to be hidden.



Once in the summary screen, do not press start until you are ready to start swimming. If you have to adjust goggles, headset, etc., do this before pressing button 3.



During the first 10 seconds of the activity, the app will calibrate the orientation of your pool swim using the built-in compass. Therefore, it is very important to start swimming as soon as button 3 is pressed. A bad calibration of the pool orientation might cause poor length detection accuracy.

During the activity, lengths are detected a few seconds after turning around, when built-in compass detects a change in swimming direction.

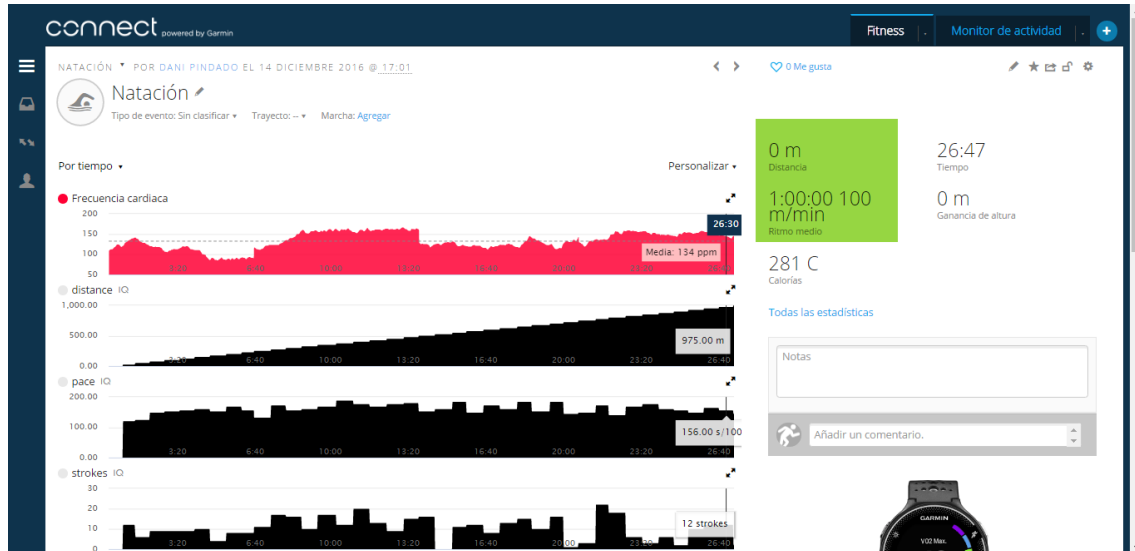
You can create intervals by pressing button 4. A summary for intervals is shown in Garmin Connect and 3rd party sites.

Whenever you need to make a pause longer than 10 seconds, it is recommended to pause the activity (button 3). Please note that lengths are detected by using the compass. Arm movement during a rest period might trigger a length if activity has not been paused.

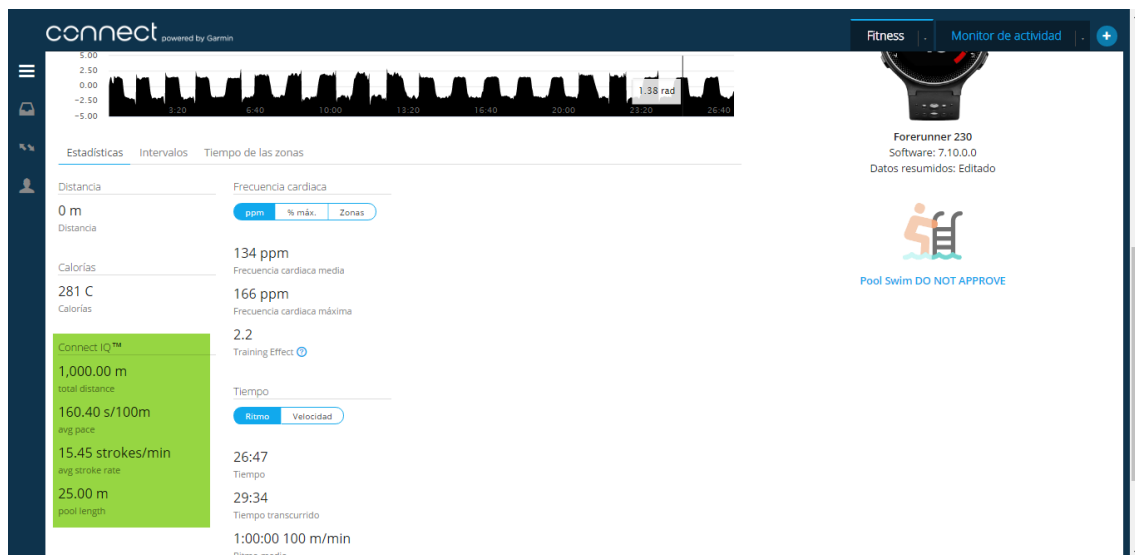


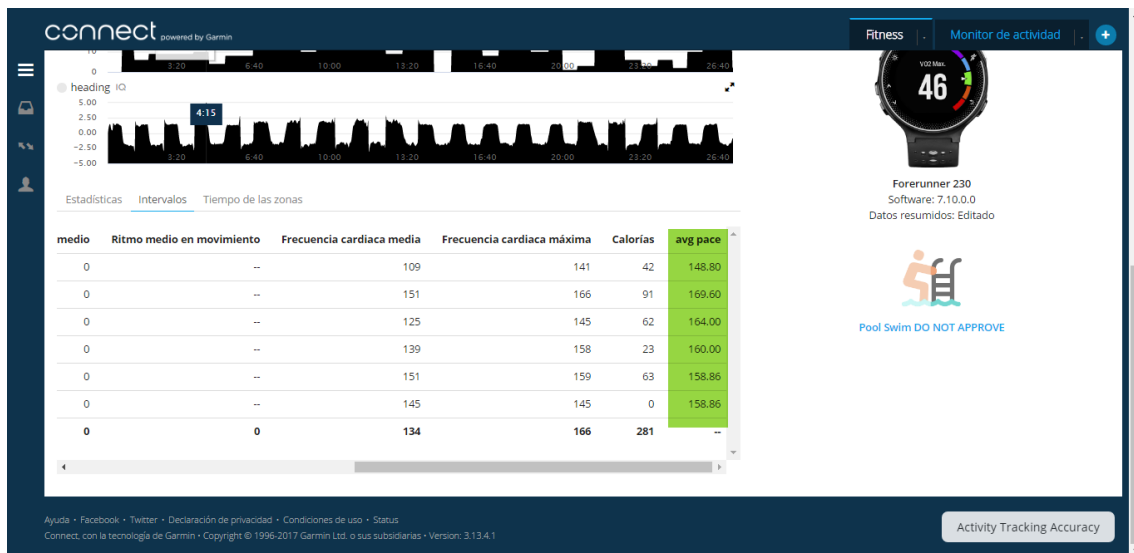
Understanding data in Garmin Connect

ConnectIQ apps are not allowed to override native fields in Garmin Connect. Therefore, the native distance fields will show distance = 0m. Same applies for speed. **Please note, that this is a Garmin decision. There is nothing that developers can do right now to override native fields from within an app.**



Still measured distance, speed and interval information are shown in Garmin Connect. You can find these data in the statistics and intervals region. You will find a ConnectIQ section where you can find the data recorded by the app.



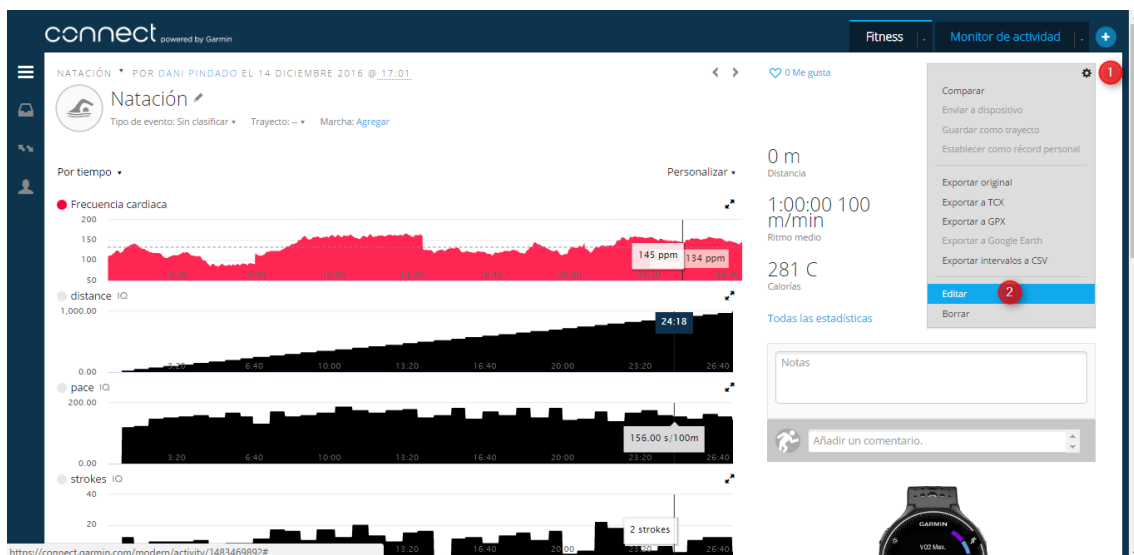


You can edit the distance shown in the native field.

You can:

- Import a gpx file from www.sportstracks.mobi (see appendix for a description of this method)
- Manually edit the distance in Garmin Connect

To manually modify the distance, edit the activity following the steps below:



connect powered by Garmin

Fitness Monitor de actividad

NATACIÓN BY DANIELP27 ON 14/12/2016 @ 17:01 (GMT+01:00) HORA CENTRAL EUROPEA

Natación

Tipo de evento: Sin clasificar Trayecto: -->

Distancia 1000 m

Tiempo 0 : 26 : 47

Temperatura 281 C

Calorías 281

Ritmo medio 100 m/min

Guardar Cancelar

Video de YouTube

Notas

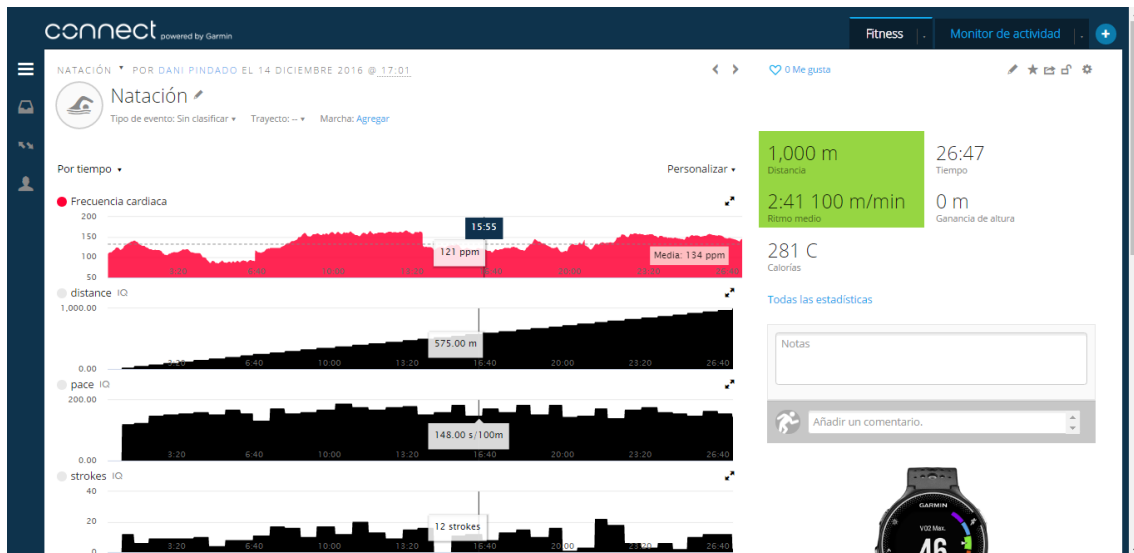
Editar

Ayuda • Facebook • Twitter • Declaración de privacidad • Condiciones de uso • Status

Connect, con la tecnología de Garmin • Copyright © 1996-2017 Garmin Ltd. o sus subsidiarias • Version: 3.13.4.1

Activity Tracking Accuracy

Once you have set the proper distance, you'll see that native pace field will be also updated.



Watching data in 3rd party sites

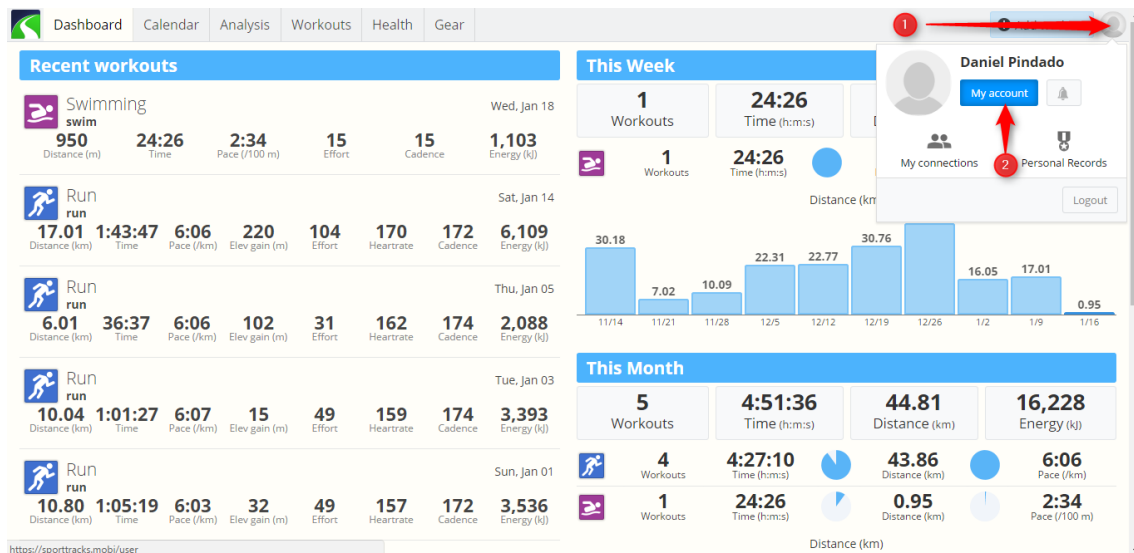
Some 3rd party sites already provide support for the FIT file generated by the app.

www.sportstracks.mobi

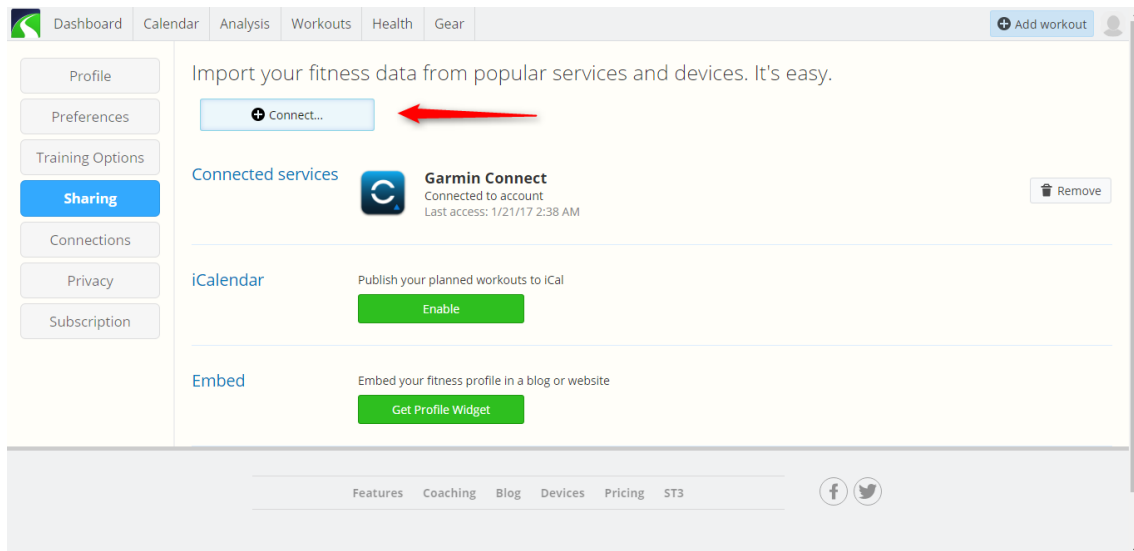
Sportstracks provides support for FIT2 format.

Autosync can be configured so that every activity gets automatically synced into the site.

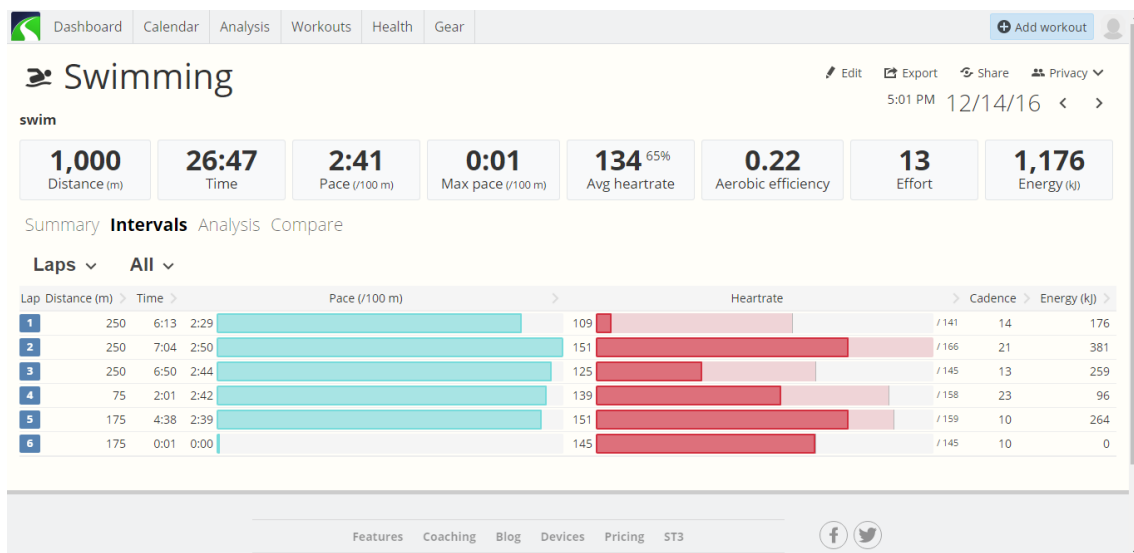
To pair your sportstracks account with your Garmin account, go to your sportstracks profile and select “my account”:



Press “Connect” to pair your sportstracks account with your Garmin Connect account.



Once done, every new activity will be automatically synced with your sportstracks account, without any additional operation, showing correct data.



www.trainingpeaks.com

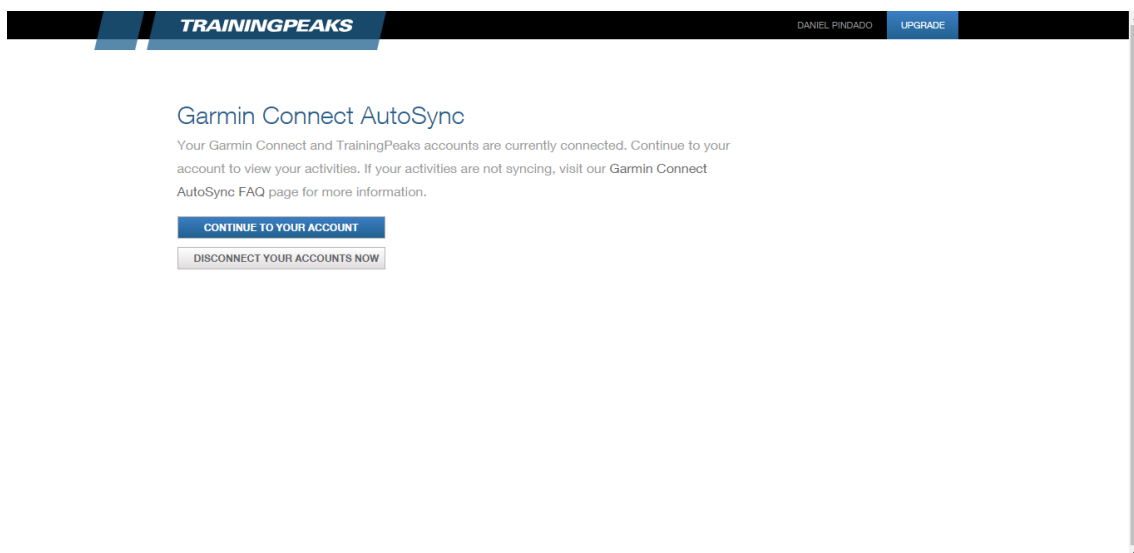
Trainingpeaks provides support for FIT2 format.

Autosync can be configured so that every activity gets automatically synced into the site.

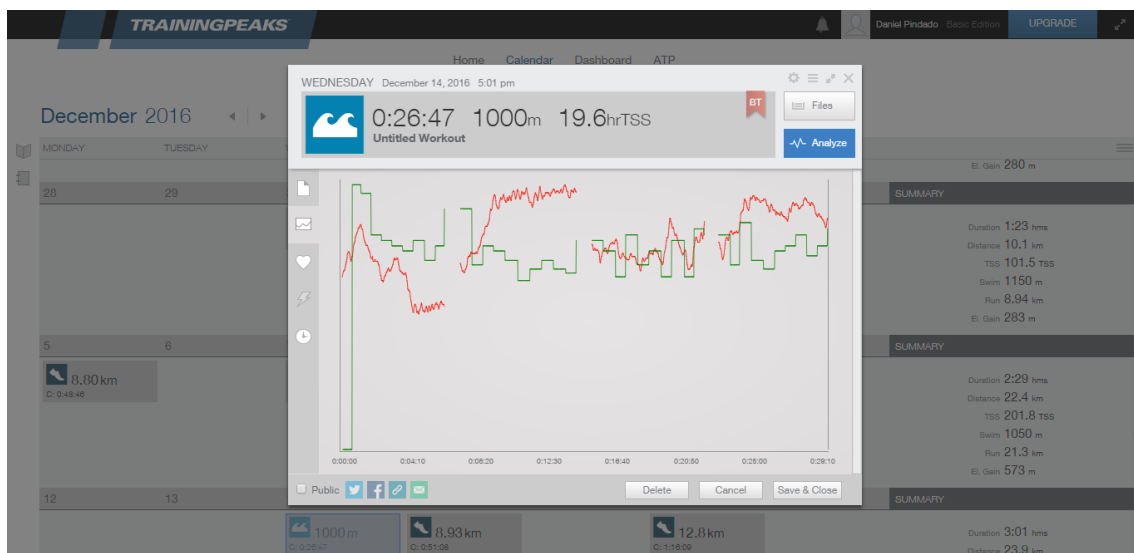
To pair your trainingpeaks account with your Garmin account, go to:

<http://home.trainingpeaks.com/garminconnect>

and follow the instructions in screen.



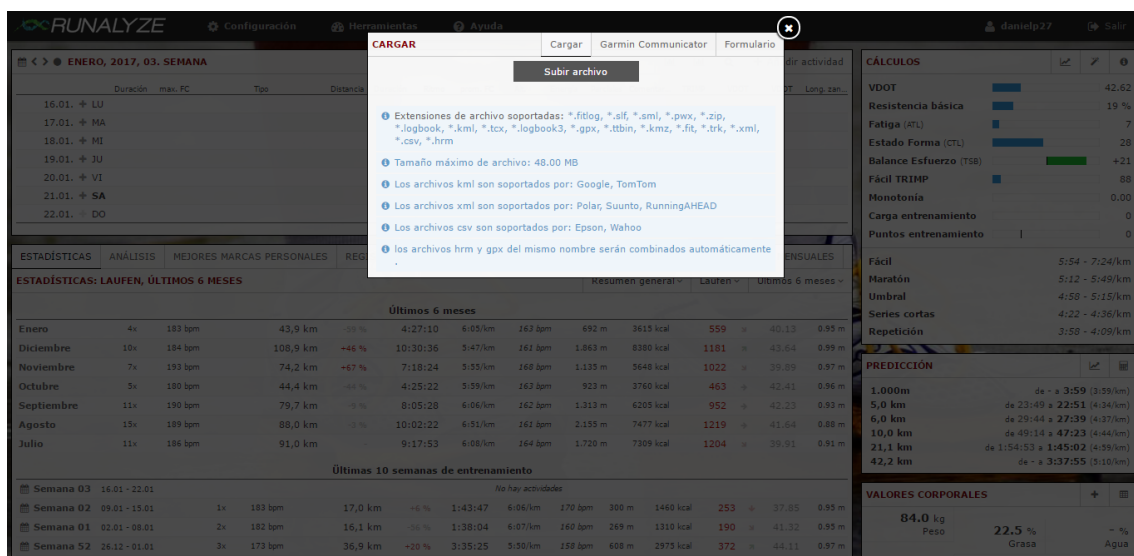
Once done, every new activity will be automatically synced with your trainingpeaks account, without any additional operation, showing correct data.



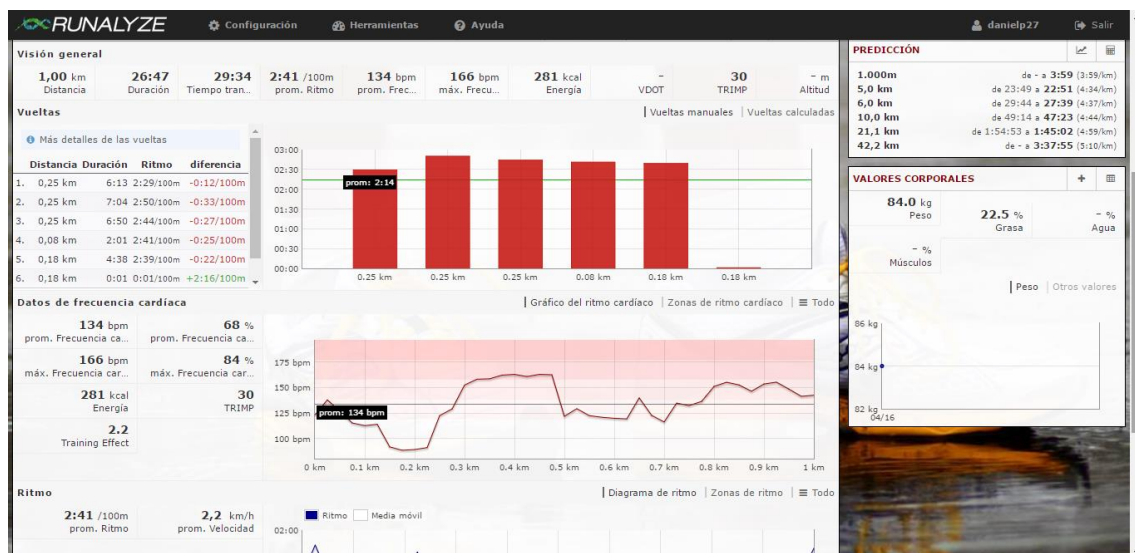
www.runalyze.com

runalyze provides support for FIT2 format.

As of now there is no autosync feature. Fit files need to be manually imported: “add activity”
=> “Upload” => “Upload file”



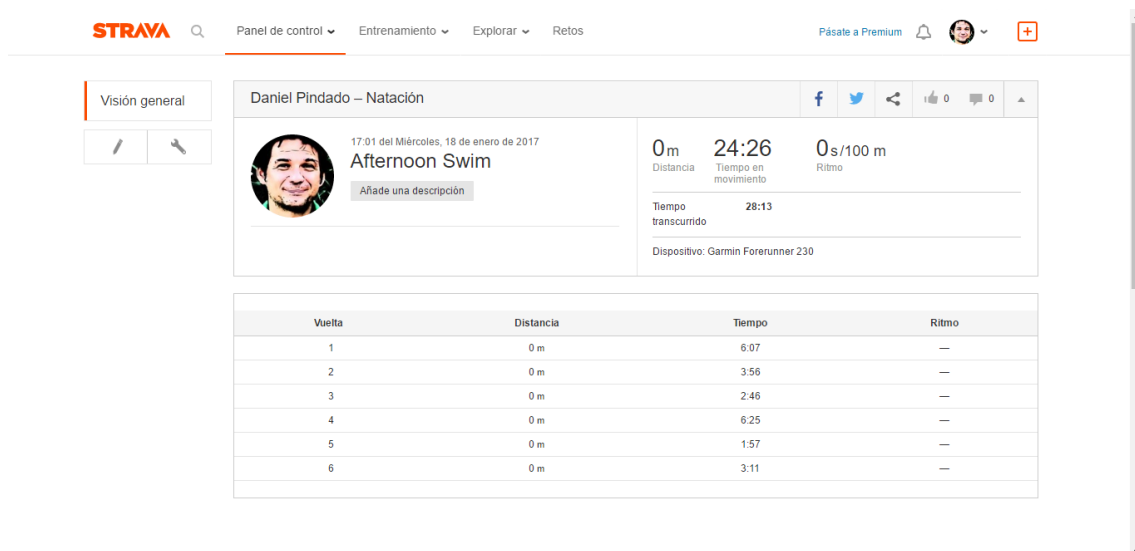
After uploading, all activity data will be shown in your runalyze account.



www.strava.com

Strava does not provide support for FIT2 format. Only activity and interval duration will be shown, but no distance or speed. As a workaround, you can import a gpx file from www.sportstracks.mobi (see appendix for a description of this method).

I have created a new feature idea post in strava forum to ask for support for FIT2 format. You can vote this idea here: <http://bit.ly/2gxJYKX>



Appendix

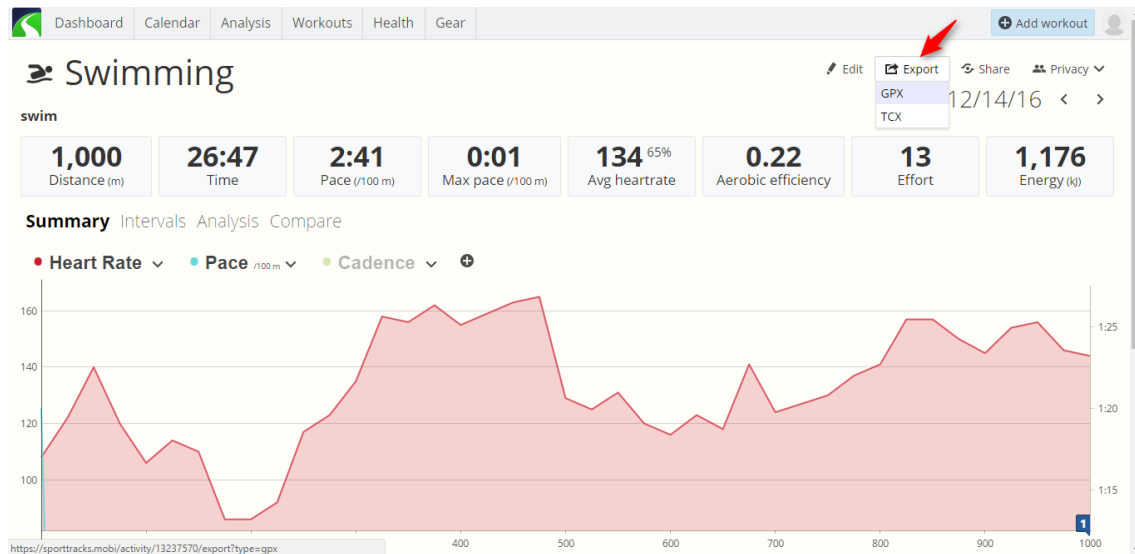
Replacing native fields in Garmin connect (gpx method)

You need to have a sportstracks account for this, which is already synced with your Garmin account.

In www.sportstracks.mobi, browse the activity.

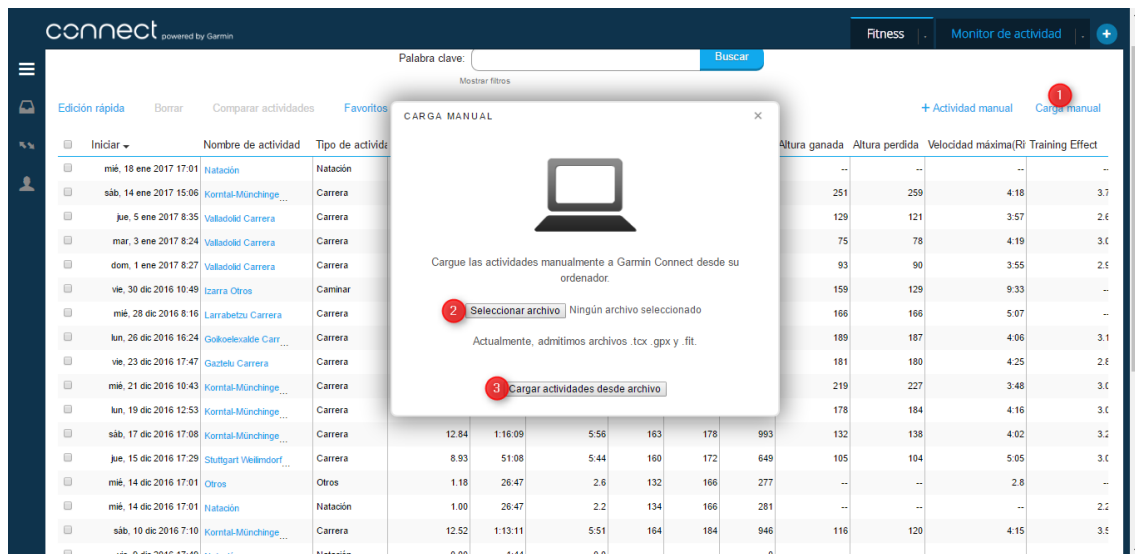
Select “export” and “gpx”.

A gpx file containing the activity will be downloaded.



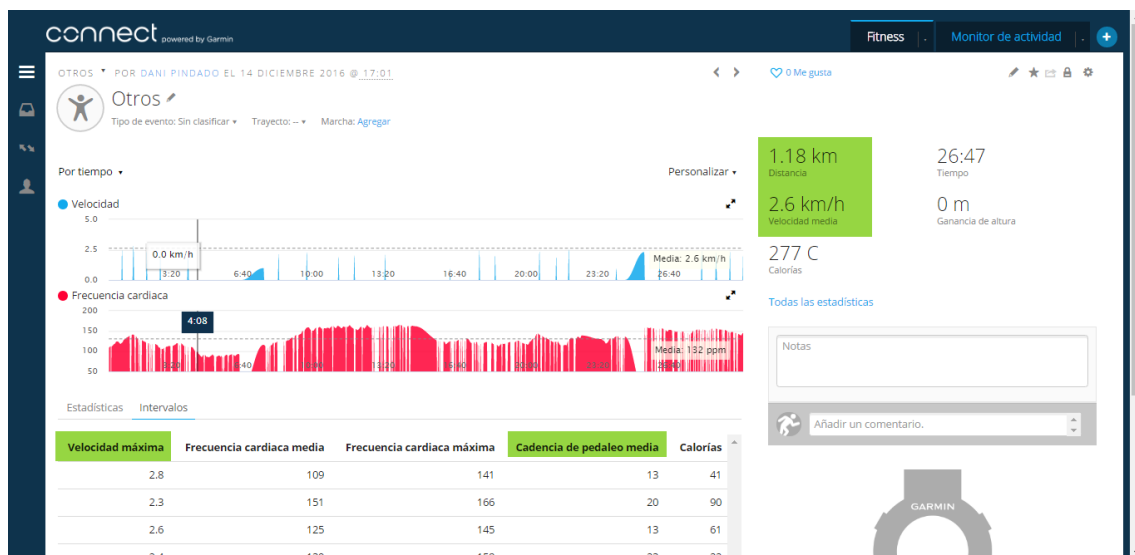
Upload the gpx file generated in previous step into Garmin Connect.

In order to do this, go to “my activities”, “manual upload”. Select the file and upload it.



The activity will be uploaded to Garmin Connect.

This time, native fields show the correct information, because sportstracks overrode the native fields with the ConnectIQ fields in the gpx file. The ConnectIQ fields are not available anymore.



Add activity with data to strava (gpx method)

You need to have a sportstracks account for this, which is already synced with your Garmin account.

In www.sportstracks.mobi, browse the activity.

Select “export” and “gpx”.

A gpx file containing the activity will be downloaded.



Upload the gpx file generated in previous step into strava.

In order to do this, go to “my activities”, “manual upload”. Select the file and upload it.

Mis actividades

Palabras clave Buscar Todos los tipos de actividad 554 actividades

Tipo	Fecha	Título	Tiempo	Distancia	Altitud	Suffer Score
Natación	mié., 18/1/2017	Afternoon Swim	28:13	0 m	- m	Editar Eliminar Compartir
Natación	mié., 18/1/2017	Natación de tarde	24:26	950 m	- m	Editar Eliminar Compartir
Carrera	sáb., 14/1/2017	Afternoon Run	1:43:34	17.0 km	229 m	Editar Eliminar Compartir
Carrera	jue., 5/1/2017	Morning Run	36:37	6.0 km	114 m	Editar Eliminar Compartir
Carrera	mar., 3/1/2017	Morning Run	1:00:48	10.0 km	57 m	Editar Eliminar Compartir
Carrera	dom., 1/1/2017	Morning Run	1:05:16	10.8 km	65 m	Editar Eliminar Compartir

<https://www.strava.com/upload>

The activity will be uploaded to Garmin Connect.

Using this procedure, speed and distance is properly shown, because sportstracks overrode the native fields with the ConnectIQ fields in the gpx file.

Daniel Pindado - Natación

17:01 del Miércoles, 14 de diciembre de 2016

natacion de tarde

[Añade una descripción](#)

1.000m Distancia 29:35 Tiempo en movimiento 2:57/100 m Ritmo

Tiempo transcurrido 29:35

Vuelta	Distancia	Tiempo	Ritmo	RC
1	250 m	6:12	2:28 /100 m	109 ppm
2	250 m	7:03	2:49 /100 m	151 ppm
3	250 m	6:48	2:43 /100 m	125 ppm
4	75 m	2:00	2:40 /100 m	131 ppm
5	175 m	4:37	2:38 /100 m	151 ppm

App logs

In case your "pool swim" app crashes, there exist useful debug information in the app logs which can be sent to me.

In order to access the logs, plug your watch to your PC using the USB cable.

Logs can be found in this folder: (drive letter, "F:", might be different depending on the available drives in your PC):

F:\garmin\apps\logs

CIQ_LOG.TXT file might contain useful information which can be sent for me.

File AA18ECC9.txt does not exist. But if you create an empty file with that name in the same folder, next time that the app runs, the app might use the file to write additional debug information which can be very valuable in order to fix the issue.

