

WindKite Pro WindKite Lite



GARMIN APPLICATION



User manual

Date of last revision

october 10, 2025

Always want to stay informed ?

WindKite Pro application webpage:

<https://www.jeanmichelgruber.com/windkite-pro-eng.html>

WindKite Lite application webpage:

<https://www.jeanmichelgruber.com/windkite-lite-eng.html>

Updates news: <https://www.jeanmichelgruber.com/blog-eng.html>

YouTube channel:  **YouTube** [Surfy66 channel](#)

Twitter / X account:  [@Surfy66](#)

If you want to contact me by email, here the addresses:

rachma07@live.fr or contact@jeanmichelgruber.com

Design - Programming - Aesthetics

Jean-Michel Gruber © 2018 - 2025

Partners of the app



The **ALBF 11-66** association (Association Leucate Barcarès Funboard) has over 200 members practicing windsurfing / wingfoil / windfoil.

Its aims are :

- defend and promote windsurfing / windfoiling / wingfoiling on the beaches and lakes of Leucate and Le Barcarès.
- to organize events and activities of an essentially sporting and/or cultural nature.

The association is also committed to respecting and protecting natural sites.

www.ALBF1166.fr



With more than 20 years of experience in the world of board sports, Chinook surf shop offers you a large choice of new and used equipment, among our selected brands.

Find us on site in Leucate (11 / France) or on our website:

www.chinook-leucate.com

Our Windsurf, Kitesurf, Sup, Wingfoil, Equipment, Occasions and Promotions departments are regularly updated by a team of enthusiasts!



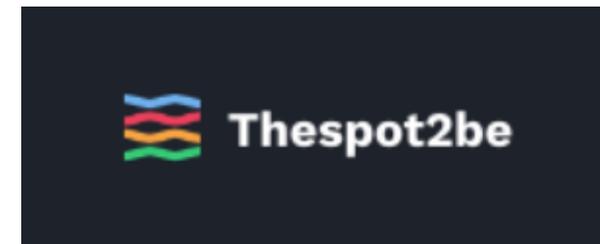
Located in Leucate, south of France, the Wesh Center Crew was created in 2010, to share our moto of windsurfing and our life style.

Open from april to october, just come enjoy this wonderfull place in the famous spot of "the Goulet", where the local wind called Tramontana blowing more than 300 days per year!

Beginers to expert, rentals and lessons, you will enjoy the best windsurfing and stand up paddle feeling with our professional team, on the last new GoyaWindsurfing 2019 stuff.

Facebook:

[Wesh Center Crew](#)



Thespot2be is the interactive spot guide for your windsurfing, kitesurfing, wingsurfing and surfing community.

<https://thespot2be.com/homegeoloc/0/0>

Thespot2be is a collaborative site, made by windsurfing, kitesurfing, wingsurfing and surfing riders for riders. Discover new spots, take advantage of personalized spot recommendations, check the weather forecast, chat with the community and share your sessions.



Brock CALLEN

Record setting kiteboarder

Brock Callen is a World Champion Sailor, Record Setting Kiteboarder, Ocean Athlete and Guide.

He is a Father of three boys and currently lives and trains on Martha's Vineyard.

In addition to his competitive and record setting feats and Brock has been influential in organizing, funding and running events such as the North American Speed Sailing Championships, Vineyard Cup Foil Regatta (A Zero Waste Event) Team Racing World Championships and the Laser 4.7 World Championships.

He actively promotes environmental sustainability and marine debris solutions through a number of projects and events around the World most notably with 11th Hour Racing, Planet Oceans and Schmidt Ocean Institute.

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CAREER HIGHLIGHTS

2022 MAXI World Champion

2x Vice MAXI World Champion

3X Les Voiles de St Barths MAXI Winner

Newport-Bermuda Ocean Race Winner

TransPac Ocean Race to Hawaii Winner

Sailing and Kite Racing Circumnavigation Record of Martha's Vineyard

Antigua to St Martin Kite Racing Record

Extreme Sailing Series 2013

2012 +2017 North American Speed Sailing Championships – 4th

2013 TP52 World Championships – 4th

2012 North American IRC Champion

2008 Antigua Race Week Winner



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Important information regarding the process of purchasing and installing the application

As the procedure is not automated, the response to your purchase always takes place, in principle, within 12 hours maximum, by sending a confirmation email.

If despite everything you have not received a response from me within this period, check that your PayPal address is correct, or that my response has not fallen in your spam box.

Thanks in advance.

Given its complexity, and the number of features offered in this app and, as well as the time required for its development and maintenance, the price of this application is set to

18 USD

from April 16, 2021 i.e., always 20 to 25 times cheaper than a North PIQ or WOO 3.0 sensor, so it makes sense to have this kind of application on our Garmin watches.

Please note that this is a one-time purchase (no subscription, no renewal of purchase , etc).

In other words, your purchase and activation code are valid ... lifetime, even if you upgrade from LOW to HIGH 124 version, or from HIGH 124 to HIGH 1024 version of the app!

In order to be able to calculate your personal activation code, please send me an additional email which will contain the following information:

your ID number, appearing in the pop-up window each time the application is started (as a valid activation was not entered in the application).

You can also find this identifier by going to the following menu:

« **Tools → Activation Code → ID Number** »

Upon receipt of your email containing this identifier number, I will reply to you by sending another email, which will therefore contain your activation code as well as some other additional information that could be useful.

Trial period / testing the application

Users without a registered license have the possibility to start a session and test the application for a maximum of 20 minutes, each day. During this period, all data and metrics are properly calculated, and will therefore be saved into the FIT file.

Arrived at the end of the 20 minutes, the application will then automatically switch to pause / stop session mode: here, you will always have the possibility to browse all the screens (to see the results on the screen), or to leave the session, either saving it or ignoring it.

The duration of 20 minutes can be combined on the same day: 1 session of 20 minutes, or 2 sessions of 10 minutes, etc.

Entering the activation code

To enter your activation code into the Wind-Kite Pro application:

- just launch the Wind-Kite Pro application installed on your watch (list of your apps + **START** key) then, enter its menu (long press on the UP key or swipe left) then go to:

Tools menu → Activation Code → Unlock Code

If the code corresponds to what it should be, a popup window informs you of the success of the operation; otherwise, you are prompted to repeat the operation (perhaps you made a mistake in entered on one of the digits of the code?).

Your identifier number is unique and corresponds only to the application which it has been calculated for, so you will not be able to transfer it to another application, or otherwise.

Despite all the care taken in this application, it could remain some hidden bugs, or possible malfunctions (who knows?). Therefore, thank you to contact me directly by email to inform me rather than posting bad comments on the site, I will then do what is necessary to fix the issue as soon as possible. Thank you in advance.

My warmest thanks to Giuseppe for all the tests he has done in the Neapolitan Sea, his valuable advice on kitesurfing as well as his wise and relevant suggestions, to Stijn for the few tests done in Spain, and to the few other riders like Jean-Philippe and Bernard. Thanks to them.

Please, feel free to enjoy !

Features offered by the application

The first and most complete application of the Garmin store for windsurfing, kitesurfing, windfoiling, kitefoiling, snowkiting, land and ice sailing.

Fifteen complete screens are available:

- **screen 1:** main screen (current, average, and max speeds, heading, wind axis + efficiency angle upwind / downwind, altitude, elapsed distance, air temperature, chronometer, as well as the count of the calculation of the 10s. and 30s. runs
- **screen 2:** the air temperature, last and best 10s. run, last and best 30s.run, average and max speeds, the heart rate and the jibes score
- **screen 3:** rather dedicated to kitesurfing, 3 arcs of jumps (the best ever, the best of the session, the last realized), as well as the corresponding values for the best of the session and the last jump made, a horizontal colored bar representing the efficiency angle upwind (0 to -90 °) or downwind (0 to 90 °), green = ideal angle, orange = average angle, red = angle too close.
- **screen 4:** compass with wind efficiency + course data (distance + time to waypoint / VMC)
- **screen 5:** virtual partner + average speeds over 500-meter runs
- **screen 6:** race + run distances
- **screen 7:** topo map representing your location + wind efficiency display (for models equipped with maps feature)
- **screen 8:** graph representing the efficiency of your speed in each angle of navigation compared to the wind
- **statistical screen 9:** the best of all scores, all sessions combined
- **statistical screen 10:** the total of some data + stats, all sessions combined
- **statistical screen 11:** your skills level
- **screen 12:** minimalist screen (wide screen), tiltable at 30° (left or right wrist)
- **end session screens (13 to 15):** display a summary of the main data obtained during the session

Jumps are actually triggered and calculated either by the accelerometer or the barometric altitude (option to select in the options menu of the app).

In the FIT file, the following data are saved:

- GPS track of the session
- **graphs:**
 - speed, in km / h or knots, if this speed is equal or higher than the chosen planing speed
 - the current VMG, in km / h or knots
 - the height of each jump of the session

- the efficiency of the upwind and downwind angle
- the efficiency score index of your speed / angles for each navigation angle
- the wind speed (scalable if weather forecasts data have been collected)
- the size of the sails / wings used during the session
- the volume / length of the boards used during the session
- the size of the fins / foils (or boards if kitesurfing or similar activity is selected) used during the session
- **as lap:**
 - the height + length + airtime for each jump, in meters or feet
 - the jibe score for each jibe done
 - the selected distance in Race mode
- **summary data:**
 - the number of jumps made during the session (HIGH 1024 version of the app)
 - the height / length / airtime for the best jump of the session
 - the best speed on 2 and 5 seconds runs
 - the best speed on 10 and 30 seconds runs
 - the best average speed and best time over 15 customizable distances, if this data exists (HIGH 1024 version of the app)
 - the best average speed on an Alpha500 challenge (if this data exists)
 - The best VMG and its TWA - True Wind Angle (HIGH 1024 version of the app)
 - the average jibe score for all the session
 - the overall score for speed efficiency in relation to navigation angles (HIGH 1024 version of the app)
 - the skill score of the session (HIGH 1024 version of the app)
 - your own feeling of the session (score ranking)

If you have a **Strava** account (linked to your Garmin account), all of the compatible FIT data will also be automatically transferred to it.

— Note

all the options set in the menu are permanently saved into the watch so, no need to configure them each time you launch the application.

Important details about the different versions of the application

There are 2 major versions of this application, one for low-RAM models (**LOW** version), and another for models with higher memory capacity (**HIGH** version).

- **LOW version** → Bravo + Titanium D2, ForeAthlete 735XTJ, Forerunner 230, 235, 630 and 735XT, Forerunner 920XT, Fenix 3 + Quatix + Tactix, Fenix 3HR, Vivoactive + Vivo HR, , Instinct 2 et 2S.

- **HIGH version** → all other watch models. This category is itself divided into 2 subgroups, one for models with 124 Kb of memory, and the other for models with 1024 Kb of memory.

The download of the application is available on the Garmin Connect site, here: <https://apps.garmin.com/en-US/apps/jmg-app-wind-kite-pro>

For the **HIGH** version, the compatible models and the main differences between these 2 versions are detailed in the table below. Once the application is installed on the watch, you can see which version is supported by your watch by going to the “**Tools → App Version**” menu.

Version HIGH 124 Ko	Version HIGH 1024 Ko
fr 245 fr 645 fr 935 fenix 5s fenix chronos fenix 5, quatix 5 fenix 6 / 6 Solar / 6 Dual Power fenix 6s / 6s Solar / 6s Dual Power vivoactive 3 vivoactive 3d venu sq	fr 245 music / 255s / 255 / 255s music / 255 music fr 265s / 265 / fr 645 / fr 645 music gamme fr 945 / fr 955 / fr 965 fenix 5 Plus / 5s Plus / 5x / 5x Plus / tactix Charlie gamme fenix 6s / 6 pro / quatix 6 gamme fenix 6x pro / tactix delta gamme fenix 7 / quatix 7 / tactix 7 / fenix 7 Pro epix 2 / epix Pro / enduro 2 / enduro 3 gamme Marq / Marq 2 gamme descent Mk1 / Mk2 / Mk3 / G2 vivoactive 3 music / 3 mlte vivoactive 4s / vivoactive 4 / 5 / 6 captain marvel / first avenger saga rey / saga darth vader approach s50 / s62 / s70 venu / venu 2s / 2 / 3 / 3s / sq / sq2 / music
Version 96 Ko	
Descent G1, Instinct 2 / 2S / 2X	

Main differences between the 2 HIGH versions	
<ul style="list-style-type: none"> - Simplified Race Mode: <ul style="list-style-type: none"> ▪ no countdown ▪ only one possible customizable distance (in addition to the alpha500) - no waypoint or course management - 3 jump calculation algorithms - no management / monitoring of the rider's performance level - no possibility to configure and access weather web services -no management of boards/fins/foils integrated to the quiver - no popup window option when triggering a jump, displaying the 3 values of the jump (height - length - duration) - no wave riding feature - no snapshot screens - no Lost My Board feature - no integrated phonebook 	<ul style="list-style-type: none"> - Full Race / Competition mode: <ul style="list-style-type: none"> ▪ management of the pre-race countdown ▪ several customizable distances can be recorded and permanently saved, with performance monitoring, management, etc - waypoints management + course tracking and management - 4 jump calculation algorithms - management / monitoring of the rider's performance level - 4 possible choices to configure and access weather web services + 8-hours forecasts - advanced and complete management of your quiver (sails/wings/boards/fins/foils) - popup window option when triggering a jump, displaying the 3 values of the jump (height - length - duration) - wave riding feature - multiple interactive snapshot screens - Lost My Board feature - built-in mini phonebook

However, apart from the main differences mentioned above, everything else is strictly identical and common to the 2 versions (calculation algorithms, metrics calculated and saved in the FIT file - graphs / summary, session and global statistics, etc.).

Clearly, if you want to make a purchase of a Garmin watch, that you do not intend to use the Race / Competition mode and that the estimate of your rider level does not matter to you, a model supporting the 124 KB version only will be enough for you.

Otherwise, or if you already have a 1024 KB compatible watch, you will de facto benefit from all the features.

However, take into consideration, in your choice, the fact that the 124 KB version has reached its maximum potential limit, which means that I will never be able to include new major or important features in the future, unlike the version 1024 KB which is far from having reached its limit!

To summarize, in order to make the most of all the current and future potential of this application, I therefore advise you, in the event of a possible purchase of a Garmin watch and, as far as possible, to acquire a model with at least 124 KB of memory, the best would be a 1024 Kb device, obviously.

..

Procedures

Entering the activation code

For all watch models, the activation code is entered directly from the application menu:

launch the app from your watch (select it in the apps list then press the **START** key), you enter the main screen of the app then, long press to the **UP** key (or swipe left on touchscreen devices) then go to "**Tools → Activation Code → Unlock Code**"

When your activation code is not already set and saved into the app, you will find, within this menu, your ID number instead.

When starting / launching the application

You will be greeted with a welcome popup screen which, depending on whether you are female or male, will match with a custom image according to the sport selected. This screen, which will be displayed during about 5 seconds, also shows you the current version number of the application, which allows you to see, at a glance, whether it is up to date or not.



Preparing and using the app

- launch the app, as any other Garmin app
- then, you have to select the type of practice (kitesurf, windsurf, etc), in the menu options
- you can **get the axis of the wind** manually or by obtaining the **weather forecasts** otherwise you will not have access to calculate the efficiency of your trajectory in relation to the wind; this is done by an operation depending your watch model:
 - touchscreen models → swipe left, then "Get Wind Axis" menu
 - all the models → long press on the **MENU** key, then "Get Wind Axis" menu
- then, enter the wind speed (in m/s, knots or km/h-mpg, option to select in the options menu), if you know it. This will allow you to get charts showing your speed over wind speed ratio, and the one of only the wind speed, in your session summary in Garmin Connect; knowing that, if the conditions were to change during the session, it is possible at any time to enter a new value corresponding better to the actual wind speed, or the one you feel. By the way, if you did not enter this wind speed value, the application will work fine, but you will not get these 2 corresponding graphs. Please note that when a wind speed is entered, a small graph on the main screen will appear to simulate this speed, by the color and amplitude of the colored arcs (**see below the Explanations on how to set wind data**)
- then, select a sail / wing in your quiver (the selection is automatic depending on the type of practice selected), or use the calculator that will give you a better idea of the size to choose according to the wind speed, if you doubt of your choice, a board and a fin / foil (**see below Quiver Management**)
- finally, you can choose and select all other desired options (units, background color, etc.), at any time
- once those "calibrations" have been done, you can start the timer by pressing the **START** key. However, make sure that the calibration of the initial altitude is done before (small green horizontal bar on the 1st screen) otherwise, the calculation of the height of the jumps will not be accurate (this procedure is automatic and is updated at regular intervals throughout the session to correct any differences due to atmospheric pressure)
- for the practice of kitesurfing (and similar activities involving the management of jumps), also remember to define an algorithm for calculating jumps, as well as the minimum threshold from which jumps will be recorded as new lap in the FIT file (**see below the Note on jump calculation algorithms**)
- scrolling between screens is achieved by simply pressing the **UP** or **DOWN** key
- you can pause the session by pressing the **START** key then "Pause" menu, and resume recording with a second press on the same key then, "Resume" menu (pause = orange dots, active = green dots, stop = red dots)
- on touchscreen models, the pause mode is executed by pressing the **START** key and then selecting Pause in the menu; to resume the session, you can slide your finger on the screen to the

right, or enter the menu again by pressing the START button and select Resume. You have the possibility, in the options menu of the application, to choose to use an automatic pause mode, which will take effect as soon as you take a break (or your speed is less than 1 m/s). This automatic mode also works in automatic restart mode of the session which, when you resume your session and your speed exceeds 1 m/s, will then automatically start, so you do not have to press the BACK button every time you stop or resume your session

- to end the session, you press the START key, a menu appears, proposing you either to reject or save the session. Then, 2 summary screens will be proposed to you, summarizing the main data of the session
- to quit the application in stop mode (when no session has been started), click on the BACK / LAP key, but not on the START key
- when not riding, the time will always be displayed; while riding, you have the choice to display either the time or the stopwatch (option to be selected in "Options → Miscellaneous")

How to use weather web services

First of all, I should point out that this functionality is only available on models with 1024 KB of useful memory for applications, that is to say, applications with mapping and / or music options (HIGH 1024 Kb version).

Weather web service offered by Garmin since the arrival of the new SDK 3.2.x

For all models compatible with this new SDK 3.2.x (remember to update your watch firmware), you automatically benefit from the integration of direct access to the weather web service available in the Garmin Connect application. You will see the corresponding "Garmin Weather" menu appear just below the "Set Manual Data" menu.

Accessing the service is very simple:

- connect your watch to your smartphone via bluetooth (synchronization is not necessary), the weather data is then automatically transferred to the watch
- disconnect your watch by disabling bluetooth on the watch (if you wish)
- launch the application on the watch and enter the "Get Wind Axis" menu, the "Garmin Weather" menu should normally appear (if this is not the case, it means that your watch is not SDK 3.2.x compatible) or, if it should, that your watch's firmware is not up to date to its latest version
- select this menu, you will see the popup displaying the weather information from the database at Garmin

In addition to the reliability of the data from this service (which remains to be verified for a defined spot), the main advantage of using this Garmin service is to be able to benefit from hourly forecasts for a few hours, without having to reconnect the watch to the smartphone!

Indeed, I introduced an automatic update in the background, every 30 minutes, of this weather data saved into the watch so, the wind axis and its speed will be automatically updated during your session, and any variations will therefore be immediately reported within the application for all calculations where these data come into play! This will make the calculations even more dynamic than before!

— Note

of course, you still have the option of always entering your own data manually, or of using one of the web services below, but in this case, this new choice will cancel the updating of Garmin data in the background.

For the other weather web services

First, go to one of your favorite sites offered by the application:

1. **OpenWeatherMap**: click on the API tab at the top of the page, then on the orange "Subscribe" button in the "Current Weather Data" area. On the new page, click the "Get API key and Start" button, and follow the instructions. At the end of the registration process, you will receive an email containing your new API key.
2. **WeatherBit**: click on the "Pricing" tab at the top of the page, a new page opens, click on the green "Sign Up" button in the "Free" area, and follow the steps in the process. At the end of the registration process, you will receive an email containing your new API key
3. **ClimaCell**: the zone on the left offers you to create a free account (the characteristics of the account are detailed in this zone). Click on the "Start now" button in this area, this opens an account creation form. When you have entered all your information, you will receive a confirmation email and then, when you access your freshly opened account, you will be able to consult your API key generated automatically by the site.
4. **StormGlass**: the link directly brings you to the presentation page of the proposed formulas, the free version is on the left, click on the "Sign Up" button, enter the requested information. Once your account is created, you will be able to access the dashboard, which will then give you access to your API key.

Remember to keep this API key, because it can also be used in the future, in case you have to re-enter it in the application following a replacement of your watch, for example.

Your key received, you will then enter it in the application settings, in the field corresponding to the site you have selected. To do this, connect your watch with your smartphone and open Garmin Connect (or a computer with Garmin Express). Select the Wind-Kite Pro application from the list of your applications, and open the settings: four fields appear at the top of the page. Copy and paste your API key in the corresponding field and confirm your entry. There it's done, the API key is automatically transferred to the Wind-Kite Pro app. Note that yours keys are automatically saved on your watch, in the permanent settings of the application, so you will not have to re-enter them, unless you change your watch.

A tutorial video is available here about this feature: <https://youtu.be/K0ao9u7Xgyo>

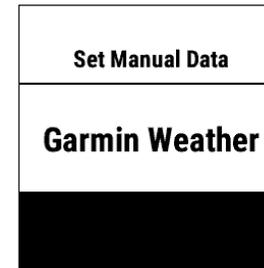
— **Note**

if the API key has been saved in the field of the settings file, but you can't see the corresponding menu in the web service menu of the application, please proceed as follow:

- activate the bluetooth mode of the watch and connect it with your smartphone then, launch the Garmin Connect application
- launch the Wind-Kite Pro app on the watch, and stay on the main screen
- on your smartphone, in Garmin Connect, go to the list of the applications installed on the watch, select the Wind-Kite Pro application and open the settings tab
- the API key(s) should appear; otherwise, re-enter it (them) and save the modifications
- at this time, the API keys must have been sent to the application on the watch

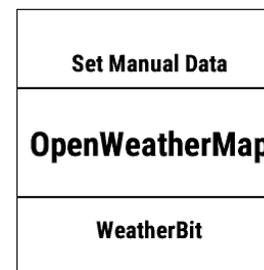
Finally, to be able to use this function, and thus recover the wind data automatically in the application:

1. put your watch in connectivity mode (bluetooth activated)
2. launch Garmin Connect on your smartphone
3. launch the Wind-Kite Pro application from your watch
4. the phone connection notification icon (top right of the main screen) should light up in blue
5. enter the main menu of the application, and select the menu "Get Wind Axis", as before in fact, so far nothing has changed
6. position yourself on the menu corresponding to the site for which you have entered the API key, and select it by pressing the START key. That's it, it's done, the wind speed + wind direction / axis data are now integrated into the application, you should see them displayed on the main screen, in the same way as if you had performed this function manually (like in the past)
7. finally, if you wish, don't forget to deactivate the bluetooth mode on the watch in order to avoid additional battery consumption



Result of the request →

(This feature is only available in the HIGH 1024 Kb version of the app AND for watch models compatible with SDK 3.2.x mini)



Result of the request →



— Note

- you still have the possibility of entering these two data (wind speed and axis) manually, as before, this is the new menu renamed "Set Manual Data"
- if no API key has been entered in one of the fields in the settings file, the menu of the corresponding service will not be displayed on the menu, in order to avoid overloading the menu with useless options
- you can obviously open an account on the 4 mentioned sites, and use one or the other within the application, because perhaps one of the 2 proposed sites will be more reliable than the other on such or such a spot, and vice versa for another spot (we know that these weather data are relatively complicated to obtain reliably).

8-hour weather forecasts

From version 3.30 of the application, it manages weather forecasts for a period of up to 8 hours.

If you use one of the following 3 weather web services (**Garmin Weather**, **OpenWeatherMap**, **StormGlass** - they are the only ones to offer this service with a free account), you will automatically obtain the weather forecast for the next upcoming 8 hours.

These forecasts are stored directly on the watch disk when they are collected, to be used then, hour by hour, during the session.

This therefore means that, during the course of your session, the weather data such as the air temperature, the wind axis, and its speed will be automatically updated, hour by hour, and in a completely transparent manner, at each change of plain hour (2 p.m. - 3 p.m. - 4 p.m. - etc); so you don't have to do anything other than retrieve the forecast before you start your session, that's it, then the app does the rest!

This new feature is very useful because the change in weather data (wind axis and speed) will have a direct influence on a large number of calculations performed by the application (efficiency of your navigation in relation to the wind axis, etc), and the resulting results, hour after hour, will be automatically reflected within the application.

Whereas previously, when you entered or retrieved weather data manually or through a weather web service, this data did not change during the session, even though the weather conditions could change during the session, that is often the case!

This adds a little more precision and reliability to all calculations performed by the application.

The forecasts stored by the application are checked every 10 minutes, in order to not have any one hour delay.

For example, if you retrieve the weather data at 2:10 pm, the next check will take place at 2:20 pm, and every 10 minutes until 3:00 pm, without any weather change since it is not yet 3:00 pm.

From 3 pm, if the weather conditions change, they will then be automatically updated for the next

hour, and so on until there are no more forecasts available in the file.

Even better: let's imagine that during the day, you ended your morning session to take a little lunch break, for example. Two hours later, you relaunch the app for your new afternoon session, so two hours have passed in between. Well, at the time of this second launch, the data will be automatically updated according to the new time.

On the other hand, if this second launch takes place beyond the 8 hours of the stored forecasts (for example, you end the first session at 10 am, and you restart the second at 7 pm), you will only retrieve the last data. known at 10 am. If you want to be up to date, you will therefore have to update this data again by reconnecting to the weather web service in order to retrieve the updated data.

Warning: if after having retrieved the weather forecasts you subsequently update the weather data manually, the forecasts file will be instantly deleted from the watch disk, then you will lose all the forecasts stored for the upcoming hours (considering that if there has been a manual modification a posteriori, this probably means that the forecasts were not reliable or stable in relation to the real conditions on the spot). So, if you want to find these forecasts, you will need to collect new data again.

— Note

- forecasts are retrieved over a maximum period of 8 hours so, if you start your session at 1 pm for example, the application will have access to forecasts until 8 pm (the eighth hour is also included)
- if you want to update the weather data after this eighth hour, you must collect the data again
- forecasts are blocked by default from 10 pm, since no rider is supposed to sail... at night. So if you start your session at 4 pm for example, you will only get the forecast for the next 6 hours
- you can see how this weather forecast feature works, and its repercussions within the app, by viewing the following video:

<https://youtu.be/dQ2KTxEUGq0>

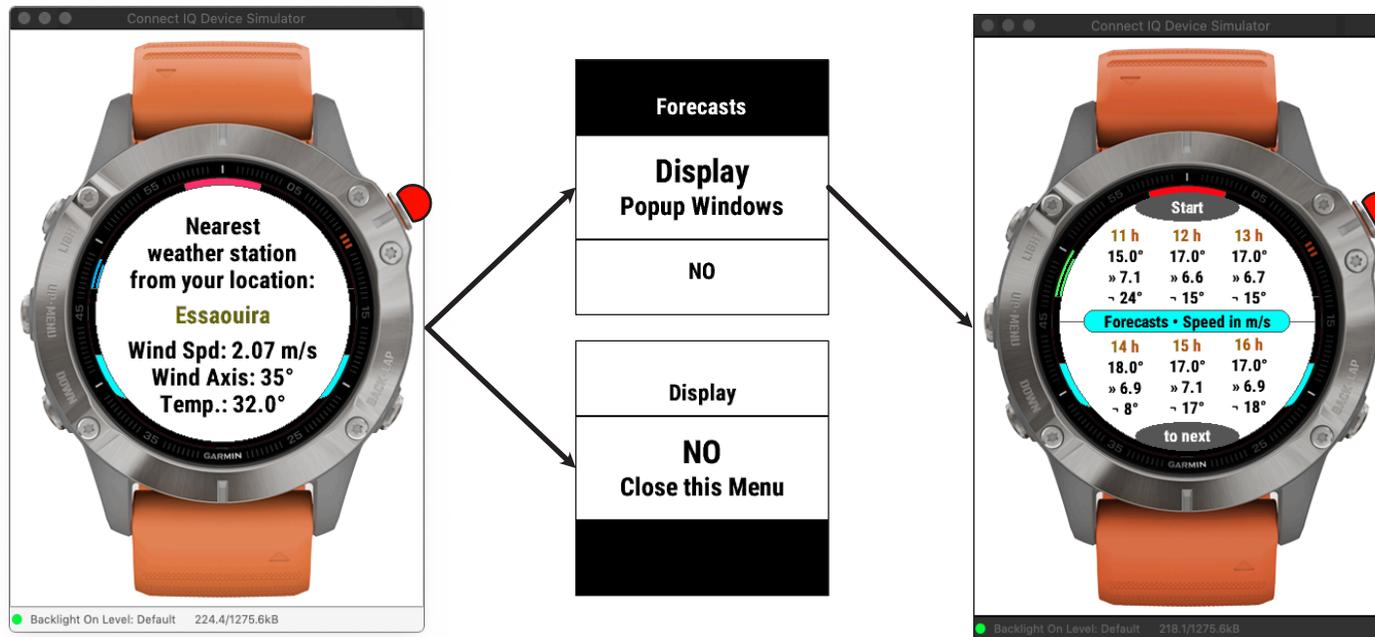
This video shows the Surfing application in action (which uses the swell data from the StormGlass site) but, it works exactly the same way in the Wind-Kite Pro application, except that instead of the swell data, here the axis and wind speed data are used instead

Displaying the weather forecasts popup window

When you have retrieved the weather data, a first popup screen will appear on the screen, which shows the current weather data for the upcoming hour.

After a few seconds, giving you time to read the displayed weather information, a menu automatically pops up on the screen which suggests whether or not to display a second popup window showing the weather forecasts for the next 6 upcoming hours. Select "Display" to display this screen, or "NO" to exit and return to one of the application screens.

Here is what it looks like:



— Note:

- you can interrupt the display of the first popup window by pressing the **START** key (this will automatically open the display of the forecast choice menu)
- the forecast window has no time delay (so you have all your time to consult it), and is closed by simply pressing the **START** button
- while these 2 windows are displayed, all the buttons (and gestures on the screen) are deactivated, except for the **START** button
- when weather forecasts are available in the application, you can display its popup screen, at any time, by going to the following menu: **Tools** → **Weather** - Display Forecast
- when you use the **StormGlass** provider, the application also retrieves the tide data of your location, for the day. See the [Viewing the next tide](#) section for more detailed explanations on this subject.

Ecran des prévisions météo (format 24h)

Weather forecasts screen (12h format)



The weather forecasts popup screen, and its variants:

- on a white background:** the hours are in 24-hour format, the air temperature is displayed in degrees Celsius (depending on the watch settings), and the wind speed is expressed in m/s (depending on your choice of the wind speed unit selected in the options). The weather data was collected at 11 am, the forecasts are therefore displayed for the next 6 hours, there are still two hours of forecasts stored, but not displayable for the moment
- on a black background:** the hours are in 12 format hours, the air temperature is displayed in degrees Fahrenheit (depending on the watch settings), and the wind speed is expressed in knots (depending on your choice of the wind speed unit selected in the options). The weather data collection was carried out at 11 am, it is 3.10 pm now, the forecasts are displayed for the next 4 hours, there are no more forecasts stored after the eighth hour stored, here at 6 pm.



Then, when you have finished viewing the weather forecast, at any time you can press the **START** button to switch to the suggested sail / wing surfaces screen based on the hourly wind speed forecast.

This screen may be subdivided into two sub-screens, depending on whether your quiver contains at least 3 sails or wings; otherwise, only the first screen showing the absolute suggested surfaces will be displayed. Switching from one sub-screen to the other takes place automatically, every 5 seconds or so, there is no need to press any key of the watch.

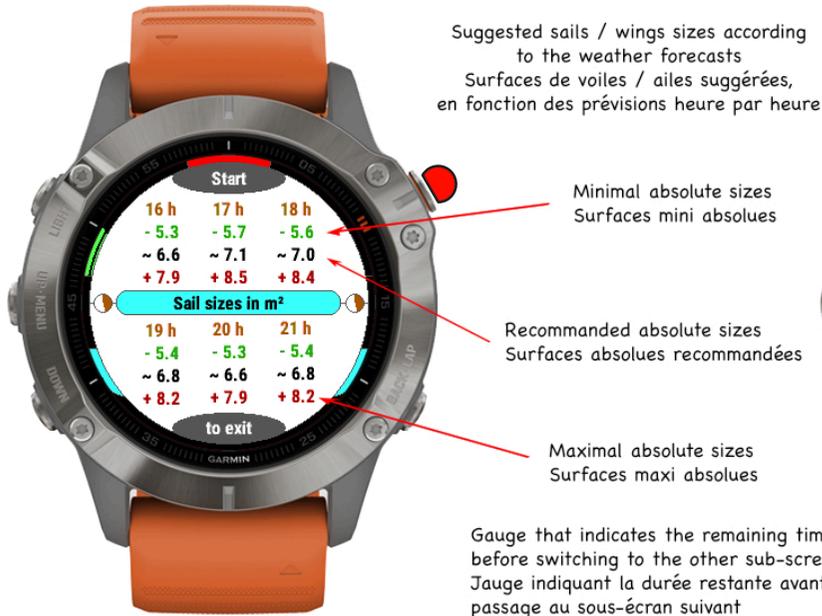
- the first sub-screen** → displays the recommended surfaces according to the hourly wind speed forecasts, these are absolute surfaces, which therefore do not take into account the content of your quiver
- the second sub-screen** → displays the recommended surfaces according to the content of your quiver, the algorithm will then suggest the surfaces which are closest to what you have in your quiver so, you just have to make your choice without having to make the connection between the suggested surface and what you own in your quiver!

— Note

- the first sub-screen** will not display surfaces below or beyond the surfaces currently available on the market (windsurfing: 2 and 13 m², kitesurfing: 2.5 and 21 m², wingsurfing: 2 and 7.5 m²)
- the second sub-screen** will not display surfaces that you do not have in the quiver. So, for example, if the absolute max size suggested for a certain hour is 8 m², but your largest sail is only 6.7 m², this size will be displayed, but not the 8 m². This sub-screen therefore only makes sense if your quiver contains a sufficient number of sails / wings surfaces.

Surfaces de voiles suggérées (format 24h)

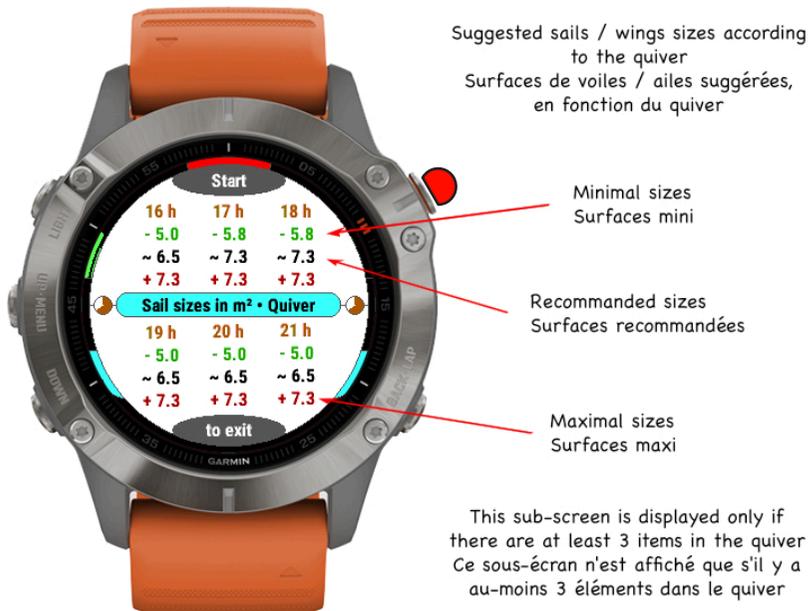
Suggested wings sizes (12h format)



Automatic cycle of approximately 5 seconds between each sub-screen

Surfaces de voiles suggérées en fonction du quiver (format 24h)

Suggested wings sizes from the quiver (12h format)



The surfaces suggestions popup screen, and its variants:

- on a white background, windsurfing:** the times are in 24-hour format. Depending on the wind speed forecast over the next 6 hours, the application suggests sail surfaces adapted to the conditions, ranging from a minimum surface (in green) to the maximum recommended surface (in red), the ideal surface being indicated in black
- on a black background, kitesurfing:** the hours are in 12-hour format, It is now 5:10 pm. Depending on the wind speed forecast over the next 4 hours, the application suggests wing surfaces suitable for the conditions, ranging from a minimum surface (in green) to the maximum recommended surface (in red), the surface ideal being indicated in white

This popup screen gives you a trend on the surfaces that should normally be used over the specified period.

The surfaces suggestions popup screen from your quiver, and its variants:

- on a white background, windsurfing:** the times are in 24-hour format. Depending on the wind speed forecast over the next 6 hours, the algorithm suggests the sail surfaces suitable for the conditions closest to those you have in your quiver, ranging from a mini surface (in green) to the maximum recommended surface (in red), the ideal surface being shown in black
- on a black background, kitesurfing:** the hours are in 12-hour format, It is now 5:10 pm. Depending on the wind speed forecast over the next 4 hours, the algorithm suggests the wing surfaces suitable for the conditions closest to those you have in your quiver, ranging from a mini surface (in green) to the maximum recommended surface (in red), the ideal surface being shown in black

This additional popup screen gives you an even more precise indication because it is based on your quiver, and allows you for example to better anticipate a possible change of sail / wing during navigation.

Visualizing the next tide

When retrieving weather data from the **StormGlass** site, the application also retrieves tide data at the location of the spot, for the day to come.

This can be useful during a long session, during which you can move away several tens of kilometers from your starting point, to know when you will have to return to avoid a too low tide for example, in the case in particular of the use of a foil, which would then force you to walk too long a distance on the sand, having to carry all your equipment.

The tide data is stored on the disk of the watch for the current day, and will therefore not be altered or deleted if you wish to retrieve the weather data via another provider, or enter it manually afterwards.

So, to benefit from this tide visualization feature, you **must first use** the StormGlass site, then you can keep its wind data if it suits you, or use another provider, or enter your data manually.

The blue display gauge is available on the wide screen, as well as on four other data screens: jump screen, compass, Virtual Partner and Run Distances (the gauge then appears in the upper semicircle, behind the heading or current speed indication, depending on the screen selected). For these four screens, you don't need to do a thing; the gauge is displayed automatically, if tide data is available, otherwise no gauge will be drawn.

For display on the wide screen, you must select the **"Next Tide"** option in the wide screen management menu (**"Wide Screen → Top Field (or Bottom Field) → Next Tide"** menu).

Here is how the visualization of the next tide looks on the different screens of the application:

- [image 1 and 2](#): on the wide screen, on a white and black background
- [image 3](#): on the jump data screen (we are heading towards low tide, the gauge fills up from right to left)
- [image 4](#): on the compass screen (we are heading towards high tide, the gauge fills up from left to right)



We're headed for a high tide, the gauge fills up from left to right
There are 5h06mn left before the deadline



We are heading towards a low tide, the gauge fills up from right to left
There are 4h58mn left before the deadline



Viewing the data of the last session (Tools menu)

Sometimes, at the end of the session, it happens that we record our session without having taken the time to consult the data / metrics, because too tired, or lack of time for example.

This new function therefore allows you to consult the data of your last session a posteriori and with your head rested, directly in the application, without having to open Garmin Connect.

Access to these 2 data screens is via the "**Tools -> View Last Session Screenshot**" menu.

On the right, data from the last session (if no value for a given criterion then value is zero); on the left, the average data for each criterion, all sessions combined. This allows you to compare the performance of this session with the average of each criterion.

Note that the average values are exactly the same as those presented on the global statistics screen.

— Attention:

this function is automatically deactivated as soon as you start recording a new session, in which case the menu in question is no longer visible, until the current session is recorded, and so on.

Ecrans de consultation des données de la dernière session



Menu to access last session data
Menu pour accéder aux données

Tools
View Last Session Screenshot

View Settings

Last session
Dernière session

Average data (all sessions)
Moyennes (toutes sessions)

Jibes Score and # Jumps
(alternating)
Jibes Score et Nb de Sauts
(en alternance)

2s./5s. and 10s./30s. (alternating)
2s./5s. et 10s./30s. (en alternance)

Last Session Data View Screens



Scores sub-menu of the main Tools menu

Viewing the global statistics

With this menu, you can view aggregated statistics for all of your sessions. They are split into two screens, which you can alternate by pressing the UP or DOWN keys (or sliding UP-DOWN on the touch screen).

The first screen displays general statistics, the second focuses more specifically on speed performances.

Here how it looks like on the screen:

Ecrans des statistiques globales / Global statistics screens



Menu to access global stats
Menu pour accéder aux stats globales

Scores

View Global Statistics

Reset

Average values all over the session
Valeurs moyennes sur toutes les sessions

Max values reached during a session

Valeurs max atteintes au cours d'une session



Menu to access global stats
Menu pour accéder aux stats globales

Scores

View Global Statistics

Reset

Average value all over the session
Valeur moyenne sur toutes les sessions

Average value compared to the max value
Valeur moyenne sur valeur max

Red or blue arc = avg value compared to speed of avg wind
Arc rouge ou bleu = valeur moy. sur vitesse du vent moyen

Max value reached during a session
Valeur max atteinte au cours d'une session

Avg speed
Vit. moyenne

2 + 5 s. speed
Vit. sur 2 + 5 s.

Ecran graphique circulaire des statistiques globales / Global statistics pie chart screen



Menu to access global stats
Menu pour accéder aux stats globales

Scores

View Global Statistics

Reset

Max speed
Vit. maxi

VMG

a500 speed
Vit. sur a500

10 + 30 s. speed
Vit. sur 10 + 30 s.

Red or blue arc = avg value compared to speed of avg wind
Arc rouge ou bleu = valeur moy. sur vitesse du vent moyen

Max value reached during a session
Valeur max atteinte au cours d'une session

Ecrans graphiques en barres des statistiques globales / Global statistics bar chart screens



Menu to access global stats
Menu pour accéder aux stats globales

Scores

View Global Statistics

Reset

First bar: last saved value or, current value if session is active
Première barre: dernière valeur sauvegardée ou, valeur actuelle si une session est active

Second bar: average value
Seconde barre: valeur moyenne

Third bar: max value
Troisième barre: valeur maxi

On white background
Sur fond blanc



Menu to access global stats
Menu pour accéder aux stats globales

Scores

View Global Statistics

Reset

First bar: last saved value or, current value if session is active
Première barre: dernière valeur sauvegardée ou, valeur actuelle si une session est active

Second bar: average value
Seconde barre: valeur moyenne

Third bar: max value
Troisième barre: valeur maxi

On black background
Sur fond noir

Ecrans graphiques des 8 dernières sessions / Graphical screens of the last 8 sessions



The two displays alternate automatically with a delay of about 6 seconds.
Les deux écrans alternent automatiquement avec une temporisation de 6 secondes environ

Yellow: distance / Jaune: distance
Orange: max speed / vitesse max
Blue: average speed / vitesse moyenne

Green / vert: calories
Red: HR / Rouge: FC

Violet: #jumps / nb de sauts
Orange: best jump height / hauteur du meilleur saut

Salmon: speed/angle efficiency
Green: average wind speed
Saumon: efficacité par rapport au vent
Vert: vitesse moyenne du vent

On black background
Sur fond noir



The two displays alternate automatically with a delay of about 6 seconds.
Les deux écrans alternent automatiquement avec une temporisation de 6 secondes environ

Yellow: distance / Jaune: distance
Orange: max speed / vitesse max
Blue: average speed / vitesse moyenne

Green / vert: calories
Red: HR / Rouge: FC

Violet: #jumps / nb de sauts
Orange: best jump height / hauteur du meilleur saut

Salmon: speed/angle efficiency
Green: average wind speed
Saumon: efficacité par rapport au vent
Vert: vitesse moyenne du vent

On white background
Sur fond blanc

— **Note**

the red or blue arc represents each type of average speed compared to the average wind speed calculated over all the sessions. This allows you to see if, for each type of speed, you tend to sail below (red arc) or above (blue arc) the wind speed.

Reset data/scores

You have the option to reset separately three types of data, at your own choice:

- only the best scores: your records, better performances. This data is displayed mainly on the « Hall » screen
- all values: the best scores + all the data recorded over all your sessions (« Hall », « Stat » and « Perf » screen)
- all the global statistics

Note that the reset is an irreversible function, all data will be lost after this action.

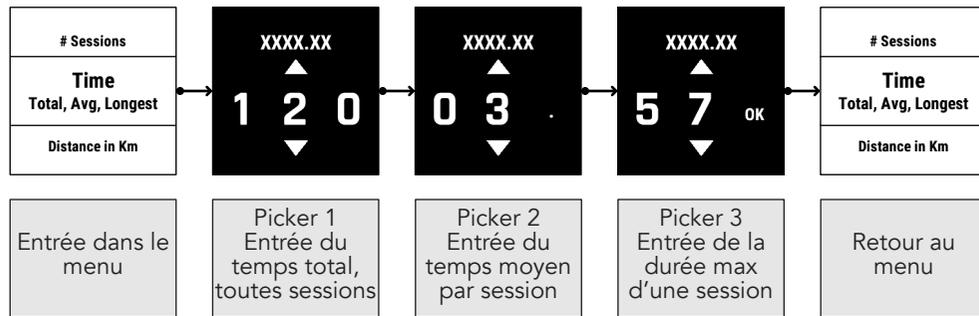
Assigning values / scores

This feature allows you to manually assign the metrics displayed on the snapshot screens of your global statistics. This can be useful in the case of a watch replacement/change, and you don't want to lose all of your metrics. Data entry follows the same order as that displayed on these 2 screens, in order to simplify entry.

Note that by this operation, some of the data appearing on the "All" and "Stat" screens will also be updated automatically, as well as the graph of the "Perf" screen, nothing else to do.

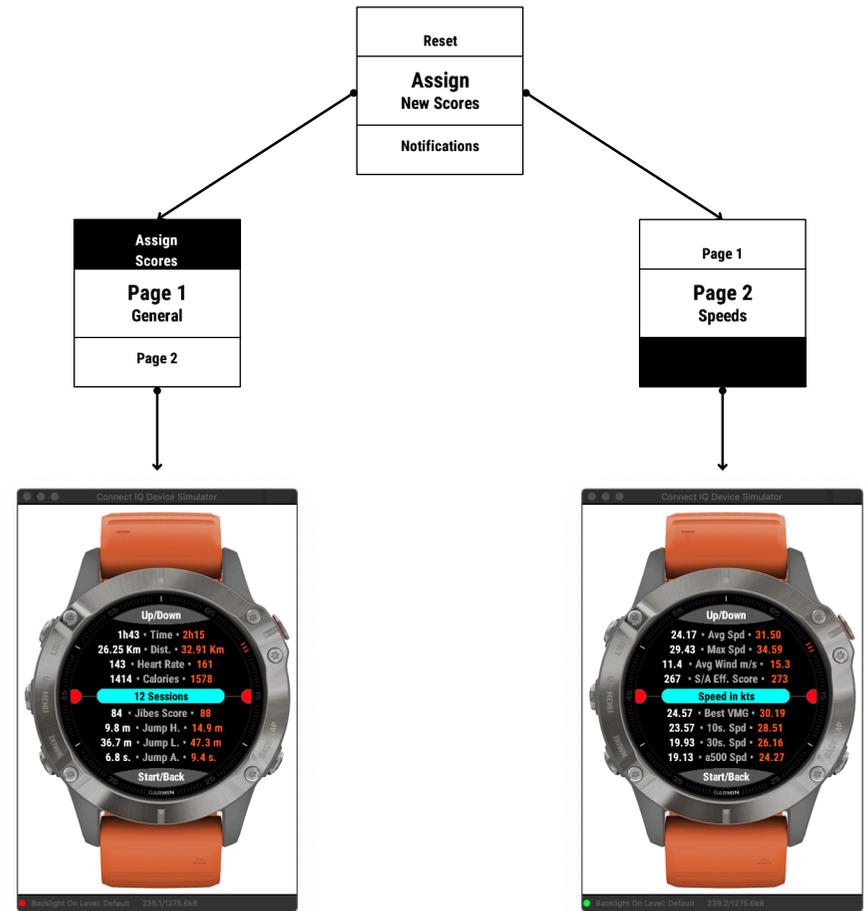
A menu entry allows all values to be entered for the same row of data. For example, for time data, the application begins by asking you to enter the total time for all sessions combined (this data is found on the "Stat" screen) then, the second picker asks you to enter the average duration of a session then, finally, a third picker the duration of your longest session. At the end of the global entry of a line, you return to the menu of the page concerned, to be able to move on to another line, and so on for all the other menus of the two entry pages.

Here is the flow for time data, for example:



— Important note

You will not be able to enter values in these different menus if you have not previously entered the value for the total number of sessions performed ("Page 1" menu, first entry), because this number conditions the calculations for all the other data. Thus, all other menus will be disabled until the value of the total number of sessions has not been validated.



Notifications

The application includes the possibility of being warned by a notification in the event of a new top score being achieved (option only available on HIGH 1024 version). This new option can be enabled or disabled in the Scores → Notifications menu, and is effective each time you reach a new top score on one of the following metrics:

- best speed on Alpha500
- best speed and / or best time on custom distances
- best jump

Touch screen specific functions

The application, when installed on a touchscreen model, offers some advanced features, such as shortcuts or direct access to certain information depending on the screen where you are. However, some rare models may not have this functionality so if these shortcuts do not work on your watch, it just means that it is not compatible, it is in no way a malfunction of the watch. 'application.

These actions are distinguished by the way the action is going to be performed on the screen:

- quick tap on the screen → action that can be performed independently of the state of the session (active or not, in pause mode or not). This action will allow a change of state while remaining on the same screen
- long press on the screen → action can only be performed when no session is active, or in pause mode. This action generally triggers a shortcut, or the display of an information screen

— Note

These advanced functions are only available on the **HIGH 1024** version of the application.

Here is the complete detail, screen by screen, of these shortcuts:

Ecran principal / Main screen

Long press: entering the wind infos menu

Appui long: entrée dans le menu de saisie des infos vent

Short tap: while session is running, swap from timer to time of the day, alternatively

Appui court: lorsqu'une session est active, permute entre l'affichage du chrono et l'heure

Long press: change the background color

Appui long: changement de la couleur de fond



Long press: entering the app settings view screen

Appui long: entrée dans l'écran de visualisation des paramètres de l'application

Long press: opens the quick menu

Appui long: ouvre le menu rapide

Ecrans Virtual Partner et Run Distances / Virtual Partner and Run Distances screens



Long press: while no session is active (or in pause mode), opens the picker of the virtual partner speed

Appui long: lorsqu'aucune session n'est active (ou en mode pause), ouvre le sélecteur de la vitesse du Virtual Partner

Long press: while no session is active (or in pause mode), entering the distances scores window

Appui long: lorsqu'aucune session n'est active (ou en mode pause), entre dans l'affichage des scores réalisés sur les distances



Ecran d'efficience au vent / Wind efficiency screen



Short tap: while session is running or not, swap from the two kinds of graphs

Appui court: lorsqu'une session est active ou non, permute entre l'affichage des 2 types de graphs



Écran statistiques Hall / Hall statistics screen



Short tap: while session is running or not, swap display infos

Appui court: lorsqu'une session est active ou non, permute entre l'affichage des informations

Long press: while no session is active (or in pause mode), entering the last session scores window

Appui long: lorsqu'aucune session n'est active (ou en mode pause), entre dans l'affichage des données de la dernière session

Écran Performances / Performances screen



Long press: while no session is active (or in pause mode), entering the scores window

Appui long: lorsqu'aucune session n'est active (ou en mode pause), entre dans l'affichage des scores

Écran Statistiques / Statistics screen



Short tap: while session is running or not, swap display infos (jumps / J. Score)

Appui court: lorsqu'une session est active ou non, permute entre l'affichage des infos sauts ou J. Score

Short tap: while session is running or not, swap display infos (overall / session)

Appui court: lorsqu'une session est active ou non, permute entre l'affichage des infos (overall / session)

Long press: while no session is active (or in pause mode), entering the scores window

Appui long: lorsqu'aucune session n'est active (ou en mode pause), entre dans l'affichage des scores

Quick access menu

On all models with a touch screen, and **compatible with the SDK 3.4.0 minimum**, the application offers a quick access menu to certain functions, thus saving you from having to browse the main menu, and its submenus, to access these functions.

You have the choice of integrating one or more functions into this quick menu, to choose from the list below (non-definitive list, which may be expanded over time):

- Wide screen (On / Off)
- Quick quiver selection
- Constellation used by the application
- Auto pause mode (on/off)
- Display current speed / VMG
- Display weather forecast
- Display the Beaufort scale
- Lost My Board ! function
- Display the phonebook
- Automatic flash activation at sunset
- Emergency alert function active / inactive

This quick menu is opened by a long press on the lower right area of the main screen, indicated in the image below by the highlight:



The action is then launched either by pressing the **START** key (after positioning the desired action in the center of the menu using the **UP / DOWN** keys, or sliding **UP / DOWN** on the screen), or by touch press the desired action, directly on the quick menu.

— **Note**

Depending on how you wear your watch, water splashes on the screen may inadvertently trigger this quick action menu. To avoid this and having to deactivate the watch's touch functionality before your session, then reactivate it at the end of your session, which can be annoying in the long run, an option allows you to activate or deactivate this menu, at your convenience. This option is located in the "**Options → Action Menu → Activate?**" menu.

Et voici à quoi ressemble ce menu rapide, avec quelques actions:



Minimalist screen (wide screen)

This screen presents most of the information you want to see displayed on a single screen, and is activated when a session has been launched and is active (therefore, out of pause mode), with an extended font. This screen takes over all the other screens of the application, this means that when it is displayed, it is no longer possible to display and consult the other screens, it is then necessary to switch to session pause mode, this allows you for example to view your performance / detailed information when you take a break.

Actually, this screen is easily readable during navigation, especially for riders with visual weakness and who can not wear their glasses in navigation.

The menu to access the configuration settings for this screen is located in "Options → Wide Screen".

- Display → whether or not to show the screen
- Time Delay → adds a short display delay when switching to pause mode, this gives the rider some time to consult the data, if he has not had the opportunity to do it while riding
- Top field / Center field / Bottom field → selection of data / metrics to display on the 3 fields offered
- Race Distance → displays or not the chrono + countdown during a race / competition. If selected, it will appear alternately in the bottom field.

Depending on the version of the application you are using, you have the possibility of configuring the 3 fields with only one (LOW and HIGH 124 versions) or several (HIGH 1024 version) of the following values, and if certain data listed below does not appear in the list of your menu, it means that your version simply does not offer them:

- **top field** : time • current speed • average speed • max speed • VMG • run distance • height of last jump • distance / time to the next waypoint • VMC • time until next tide • HR • top speed over 2, 5, 10 et 30 s. • Alpha500 • last minimum jibe speed
- **center field** : time • timer • alternate
- **bottom field** : time • current speed • average speed • max speed • VMG • run distance • height of last jump • distance / time to the next waypoint • VMC • time until next tide • HR • top speed over



2, 5, 10 et 30 s. • Alpha500 • last minimum jibe speed

All around the screen, you will find the arc of efficiency over the wind + cap followed - as on the screen compass but in a simpler way. (see image above) That said, this gauge will only appear if you have at least entered the axis of the wind (its speed is not mandatory).

On watches with UP and DOWN buttons, a simple press of these buttons allows you to switch between the different metrics / data you wish to display, or have selected in the "Options → Wide Screen" menu, **UP** button = **top** field, **DOWN** key = **lower** field. On touchscreen watches, a **long press** on any of the 3 field areas will have the same effect; a long press, rather than a simple tap, to avoid any untimely change due to friction or water splashes. See the descriptive image of this screen, at the bottom of the manual, for a visualization of these 3 zones.

Here are some examples on how this screen can be configured:



Current speed
Timer
Distance run



Average speed
Hour
Mas speed



Current speed
Hour
Height of last jump



Dist. from waypoint 1
Hour
A jump has been made



Dist. to waypoint 1
Hour
VMC / waypoint 1



Time to waypoint 1
Hour
Dist. to waypoint 1

— **Note**

when you have just jumped, the height of the jump is automatically displayed on screen for 10 seconds (the value is then circled by 2 magenta dots to better distinguish the difference from the other data). This allows you to visualize the height of your jump just after this one, serenely. If, during this period of 10 seconds, another jump is detected and its height is greater than the one displayed, the new height will then be displayed for a new period of 10 seconds otherwise, in case of a lower jump, it is always the value of the previous jump which remains displayed, until the end of the 10 seconds. Obviously, this functionality does not work anymore when the "Last Jump" data has been chosen as a permanent display.

Wide screen rotation

All the models compatible with **SDK version 4.2.1**, can rotate the minimalist screen to the left or right by 30°, depending on which wrist you wear your watch on. During navigation, when you hold the wishbone or the bar, this allows you to view the screen with the information/data facing you, rather than tilted. So you no longer have to let go of the wishbone or bar to easily read the data displayed on the screen!

This option is found in the "**Wide Screen → Orientation**" menu, and you can choose between left-wrist display, centered display or right-wrist display. If you choose anything other than centered, all the information displayed (data - gauges - etc.) is rotated by 30°, to the left or to the right, as shown in the two screenshots below.



Display for right wrist



Display for left wrist

GPS constellations (only for SDK 3.2.x compatible models)

If you find that your GPS track is not accurate enough, you can modify, directly into the application, the GPS constellation used by the application. You will have the choice between several constellations, only those which are compatible with your specific watch model, and available on it at a given moment. This option is activated by the menu "Options -> Constellation", and thus avoids you having to do it outside the application, before its launch! Simpler, and faster than ever.

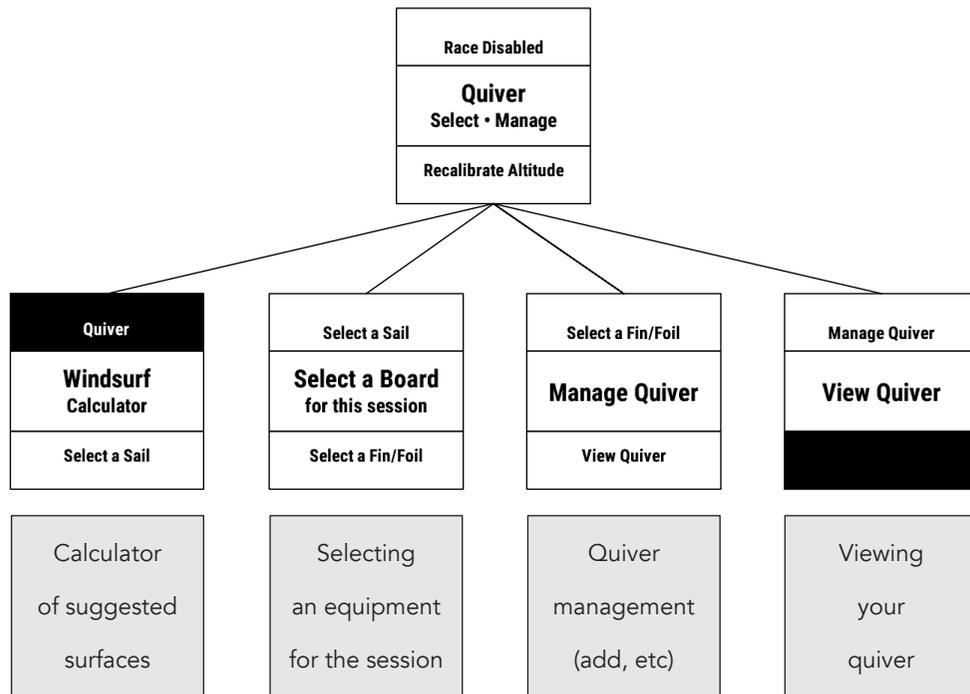
— **Note:** as Garmin updates your watch's firmware, the number and type of these constellations may vary, so check the list in the corresponding menu from time to time.

Quiver section

Before starting your very first session, you should first, and preferably, have informed and organized your quiver by adding the sails / wings / boards / fins / foils that you own. This is done via the "**Quiver**" menu of the main menu.

The Quiver menu is broken down into 4 parts: an elaborate calculator of recommended surfaces, a material selector to be selected / chosen before each session, a quiver management area and the overall visualization of your quiver.

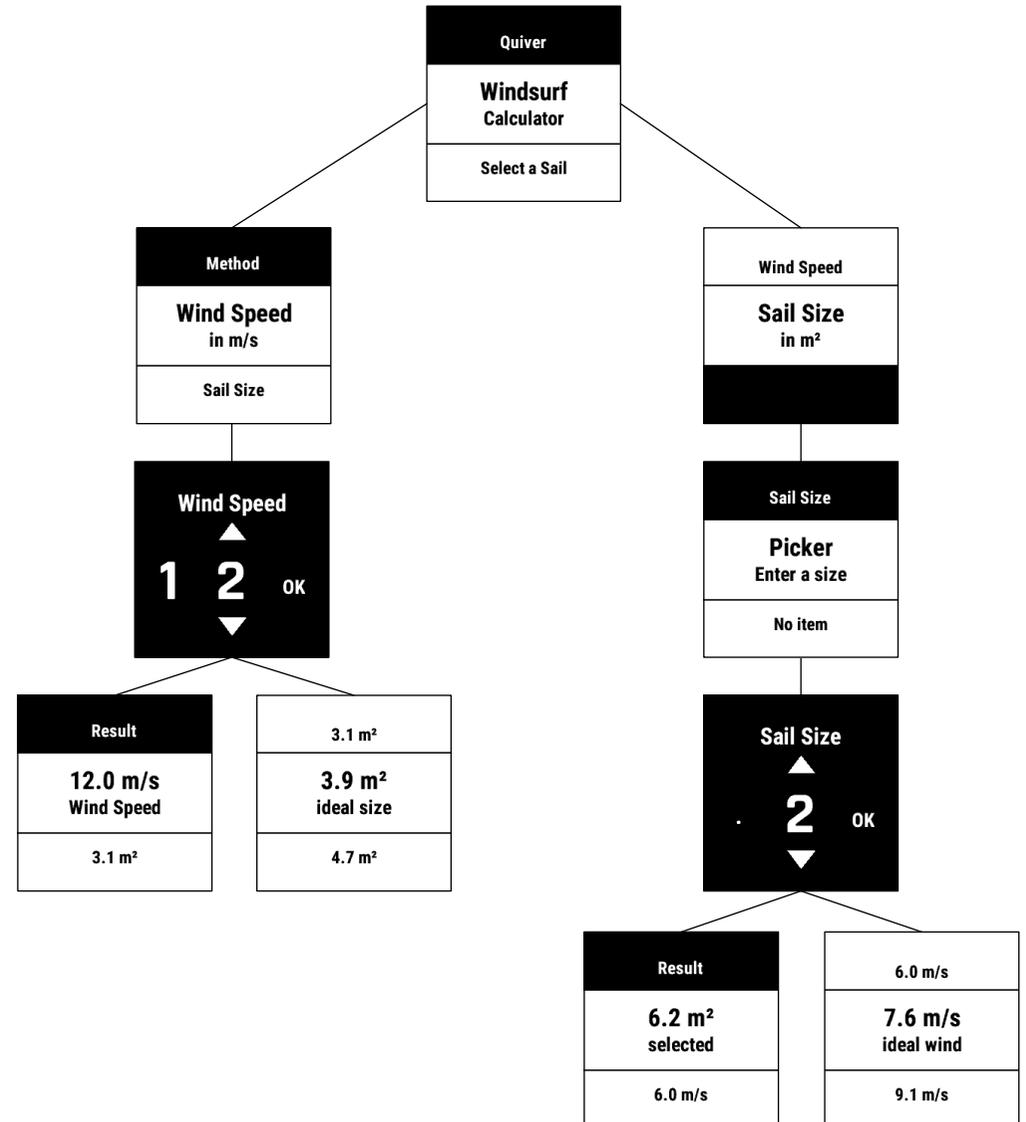
Here is the main tree structure of this menu:



Surfaces calculator

The quiver section integrates an advanced recommended surface calculator for windsurfing, kitesurfing and wingsurfing (defined automatically), and works in both directions:

1. you enter the wind speed, it offers 3 recommended sizes (a mini, an ideal and a maxi) and, if your quiver is already set, it offers one or two sails framing the ideal recommended size, up to 0.5 m²
2. or, you enter a sail size (or select one from your quiver), and the calculator tells you which wind ranges you can navigate with this sail



Suggested fin sizes calculator

This function only applies to **windsurfing**, the only activity that uses fins. For all other activities, the menu corresponding to the launch of this function will not be displayed in the "Method" menu.

When you launch the function, a new sub-menu opens, offering you either to enter a sail area, or the list of sails currently stored in your quiver.

Regardless of your input mode, the following sub-menu will then suggest 3 fin sizes suggested according to your board's program:

- Freeride / slalom board
- Wave board
- The weed fins category

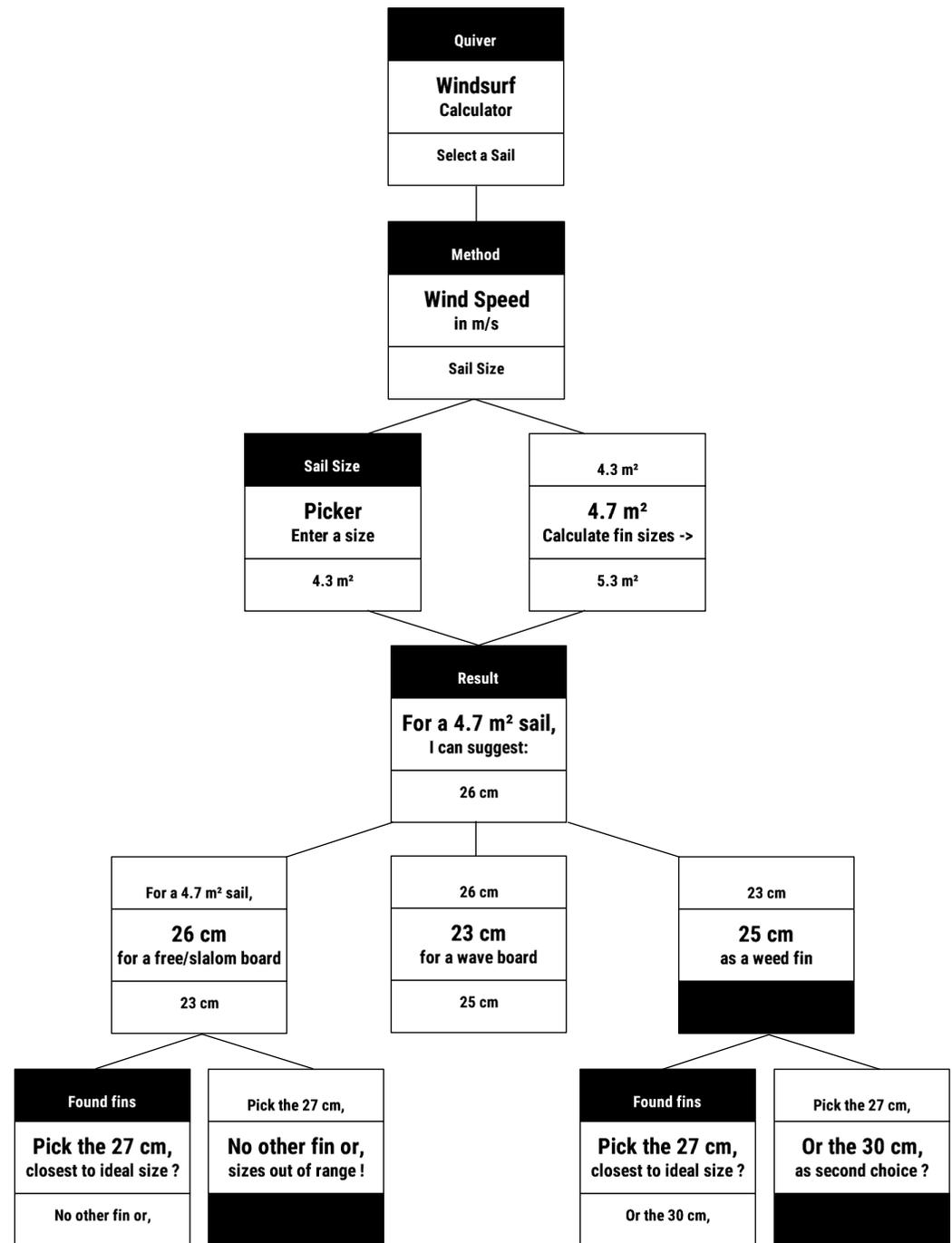
Then, by clicking on one of the calculator's three proposals, and depending on whether your quiver contains ailerons or not, you enter a final sub-menu which will propose, depending on the following two conditions:

- your quiver does not yet contain any fins: a final sub-menu with the label « **Nothing to select, no fin in your quiver!** » is displayed on the screen; clicking on this menu takes you back to the previous sub-menu
- your quiver contains fins: the last sub-menu then offers you one or two suggestions among the sizes closest to the one just selected (within a maximum of 5 cm, unless no other proposal is possible - you need a fin to be able to navigate!). By clicking on any of the suggestions, for example « **Pick the 27 cm, closest to ideal size?** », you automatically include this 27 cm fin in the material chosen for your session!

— Note

As mentioned above, you need a fin to be able to navigate, so the calculator will always propose a fin size from your quiver (if it contains one), even if this exceeds the 5 cm gap with the selection. There will be no second proposal, which will be replaced by a menu with the label « **No other fin or, sizes out of range** ».

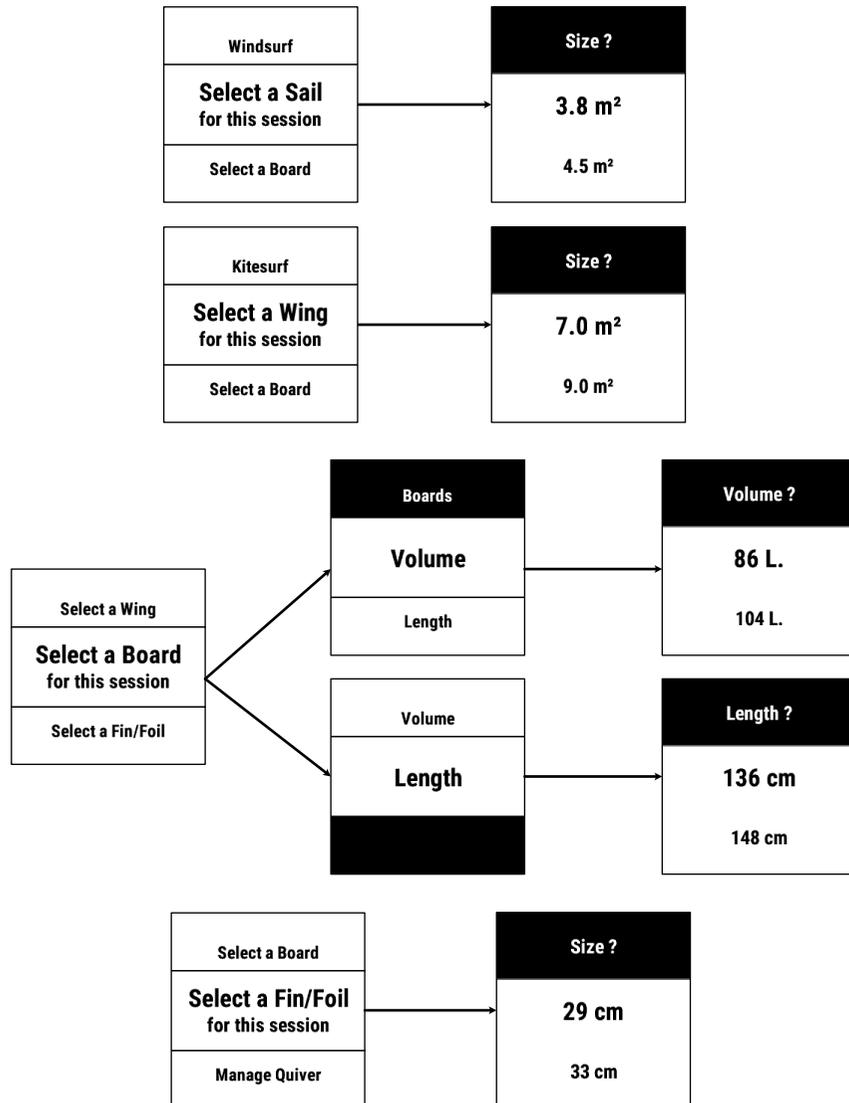
Here's what it looks like:



Selecting an equipment

The following sub-group allows you to select a piece of equipment before each session, or to change it at your convenience during the session (replacement of sail / wing, fin, etc ... following a change in weather conditions, or something else).

You will therefore be able to choose here a sail or a wing (choice determined automatically according to the selected practice), a board (in volume or in length, as desired), and a fin or foil size. These 3 pieces of equipment are recorded in the FIT file, throughout the duration of the session, in the form of a graph. This can allow you, for example, to compare the performance of one piece of equipment against another.



Quiver management

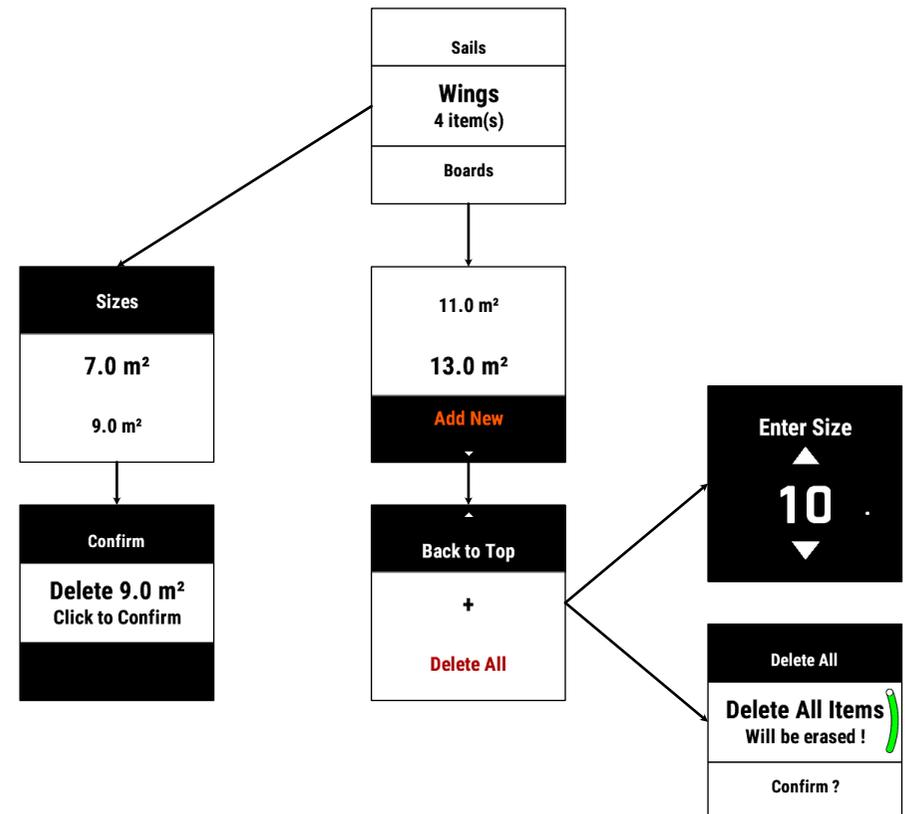
This section allows you to enrich your quiver with all the equipment you have: windsurfing boards (by volume), kitesurfing (volume and / or length), sails, wings, fins and foils.

The quiver is made up of 4 distinct groups:

- the sails, expressed in square meters
- the wings, expressed in square meters
- the boards, divided into 2 sub-groups: in volume and in length
- fins and foils, expressed in height (cm) or wing area (cm²), at your choice. For foils, it is a question here of taking into consideration the surface of the front wing

For each equipment group, you can add or delete an item, view a list of all items in a group, and delete an entire group.

Here is what it looks like, for example, for the wings group, knowing that the operation is the same for all the other groups:



Viewing your quiver

You have the possibility to have an overview of your quiver, which will then be displayed on a dual screen:

- the first screen shows the sails (at the top of the screen) and the wings (at the bottom of the screen)
- the second screen displays all your boards (at the top of the screen, classified by volume then length), and your fins and foils (at the bottom of the screen)

To switch from one screen to another, simply press the **UP** or **DOWN** keys of your watch (or swipe **UP** or **DOWN** on the touchscreen).

Here is a representation of what the quiver of a user who would practice both windsurf and wingfoil for example might give:



To exit this display, press the **START** or **BACK** button on the watch, you will return to one of the application screens.

In orange highlight color, the most used materials, by category, throughout your different sessions. Here, for example, no wing has yet been used in a session.

— Note about the quiver

- You can enter your equipment, in each of the 4 groups, without worrying about the order in which you do it. Indeed, each element of the group is reclassified automatically, in a transparent way, in an ascending order of surfaces / sizes. This facilitates a lot the finding of an item, when selecting an equipment for the session, for example.
- This ranking in ascending order of surfaces / sizes is also reproduced in the double display screen of the global quiver, for better readability.
- If you wish to individually delete the last element of a group, this deletion will be refused because, by this method, at least one element must always be present in the group. If you want to delete this last item, you will therefore have to go through the "**Delete All**" menu, which will delete the entire group.
- The 3 items of chosen equipment (sail / wing + board + fin / foil) are recorded into the FIT file, in graphic form, throughout your session. This can be very useful, for example, when you want to test different hardware and compare their respective performance with the speed graph, or the VMG graph, or any other graph calculated by the application that you think is relevant. Because thanks to these 3 equipment charts, you know exactly when during your session you changed this or that equipment, and for how long you have been sailing with it. It can also be a useful tool to help you with your choice of gear / equipment for a competition, for example. The possibilities are numerous ...
- If your quiver is correctly completed and used at each session, each use of a material, by category, is counted. The most used material, by category, is then highlighted in orange color in the overall view of the quiver. This allows you, for example, to know, ultimately, your most commonly used setup or even your ideal setup. This accounting is carried out as follows:
 - +1 when adding / changing equipment according to the accounting method below
 - +1 following stopping a session and restarting a new session, including the same day
 - the count for each type of material only becomes really effective if the following 3 criteria are all met:
 - a material has been selected in the quiver
 - a session has been launched
 - your speed has reached a minimum of 2 m/s, i.e. about 4.5 mph or 4 knots

This means that, if you select the 3 materials of your quiver but that, in view of the new dantesque weather conditions, and frozen by dread, you decide to stay on the beach sipping a small beer rather than going to fight against elements, the count will not take place, even if your setup has been stored in the application and ready to be used.

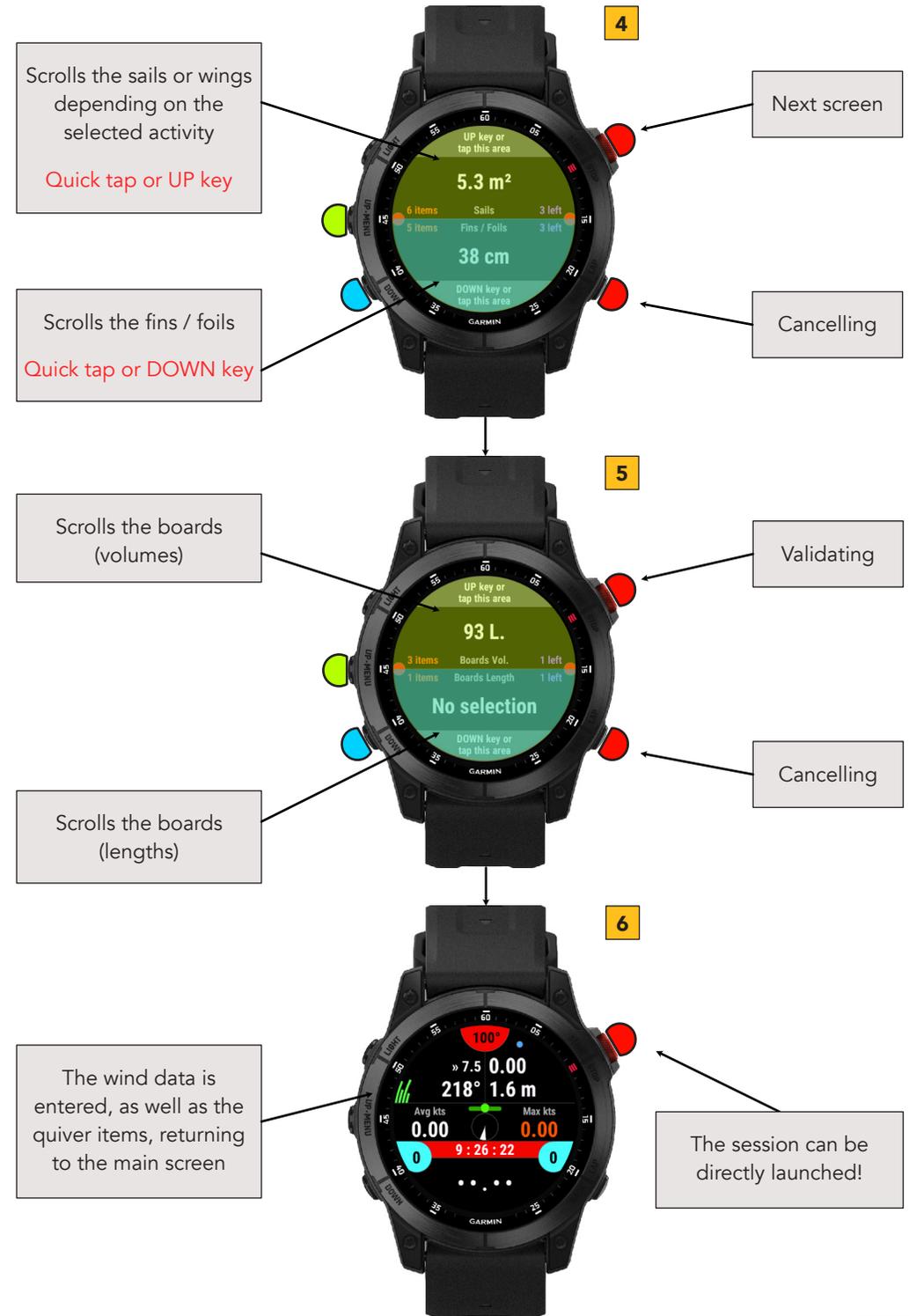
Quick selection of the quiver

The owners of the **HIGH 1024** version of the application have the option to select their session setup quickly using touch or screen shortcuts (touch screen devices), without going through the menu system. It's faster, more efficient, and more visual.

This option is offered just after entering the wind data using one of the two touch or screen shortcuts (entry of the axis and wind speed) but you still have the choice to enter or not in this quick selection of your setup.

Indeed, at the end of the wind data entry process (whether it is done manually or through a weather data provider), a menu will open then, offering you to select your setup, or to leave immediately and return to one of the screens of the application.

Here is the unfolded this process, in pictures:



Virtual Partner and Alpha 500

The application provides you with a screen on which you can view data from the Virtual Partner and the Alpha 500.

The outer gauge represents your efficiency in relation to the wind, the central gauge is your speed relative to the speed selected for the Virtual Partner. And the value displayed in the center of the screen corresponds to your current speed.

Virtual Partner

The Virtual Partner is used to measure yourself against a speed ceiling that you set at your convenience, the objective here being to reach this speed during your session (this could be an attempt to beat your own speed record, or even the world speed record...).

The central gauge, below the wind efficiency gauge, tells you whether you are below the set speed (red gauge, left side) or above it (green gauge, right side). The circle at the bottom left of the area indicates whether you have managed to reach this speed during your session; if not, it remains red.

The first speed value corresponds to the difference between your maximum speed achieved during the session and the speed set for the Virtual Partner: a negative speed value indicates the margin you have left to reach the set speed, a positive value indicates how much you have exceeded the set speed.

The best difference will remain permanently displayed on the screen, informing you of your best performance during your session, whether the application is in run or pause mode.

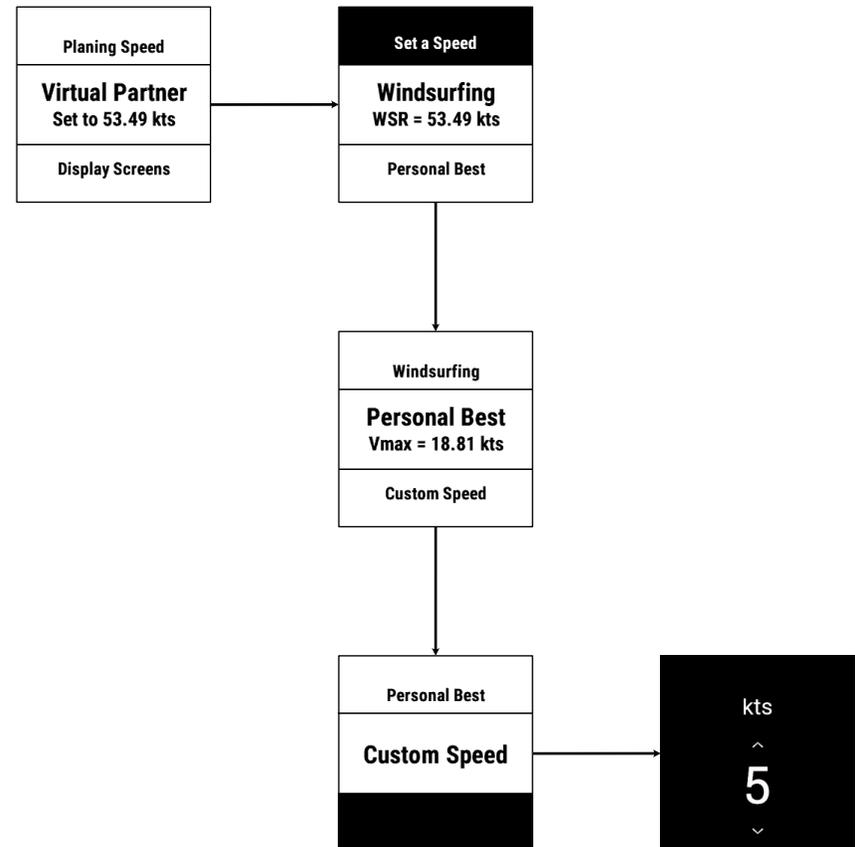
The value displayed in orange corresponds to the speed set for the Virtual Partner. This value can be adjusted in two different ways:

- either by accessing the menu "**Options → Virtual Partner**"
- or, for touchscreen models, by a long press on the bottom-left quarter of the screen

This menu allows you to select three types of values:

- the speed corresponding to the world record for the discipline selected in the application (windsurfing, kitesurfing, etc.)
- your absolute best speed
- any other speed of your choice, to be defined using a speed selector

Here is the menu in question:



Alpha 500

Alpha 500 is a measure of average speed calculated over a distance of 500 meters. This metric is used as a standard measure for setting and validating world speed records on water, such as on the Luderitz canal in Namibia.

The first Alpha 500 speed value corresponds to your best Alpha 500 achieved during the session. The value displayed in orange corresponds to your absolute record on Alpha 500, all sessions combined.

If, during the session, you beat your own personal record (orange speed), the small circle in the bottom right-hand corner of the screen will turn green; otherwise, it will remain red.

Here are two screenshots of this screen:



In this example, the speed selected for the Virtual Partner is 35 knots, your current speed is 18.3 knots, so you still have 16.72 knots left to reach your target (red gauge).

Your absolute record on Alpha 500 is 17.08 knots, and your best Alpha 500 on the session is also 17.08 knots (with the little circle colored green), which means you've just beaten your own record on Alpha 500 during this session.

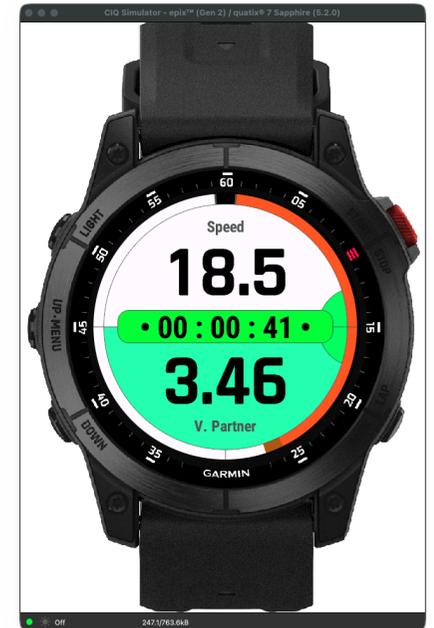


In this example, the speed selected for the Virtual Partner is 13.27 knots, your current speed is 18.4 knots, so you've exceeded the target of 5.14 knots (green gauge).

Your absolute record on Alpha 500 is 19.12 knots, and your best Alpha 500 over the session is 17.57 knots (with the little circle colored red), which means you haven't yet managed to beat your own record on Alpha 500 during this session.

In the center of the screen, the rising tide gauge display, when tide data exists after retrieval via the StormGlass provider.

And on the wide screen display, if this data has been selected from the list:



Management of Run Distances - Speed racing + competition mode

Principle

This feature allows you to run on predefined or distances therefore, to perform speed racing or participate in competitions, such as the Wind Challenge for example.

This mode offers you the possibility:

- either enter a predefined distance (you can store up to 20), and run on one of these distances
- or run on a distance not determined in advance (free), new distance which will then be stored in the same list (always in the limit of 20)
- run on a course following a precise route plotted with up to 10 waypoints
- start a countdown, going from an immediate duration (duration = 0) to 69 minutes before the start (or the line marking the beginning of the distance to run)

— Note

this mode can be enabled or disabled, as desired, in the "**Options** → **Miscellaneous** → **Race Mode**" menu. Its deactivation can be useful in winter time for example, when the rider must wear gloves, to avoid inadvertently pressing the BACK / LAP button, or quite simply if the rider does not wish to use this mode.

Operation

You start the session as usual (START button) then, at the desired moment, you press the LAP button, which will initiate calculations on the distance (chrono + best average speed); if you ride on a free distance, and to end the race, just press again the LAP button, which will stop the timer and store the new distance in the array; if you compete on a predetermined distance, the timer will automatically stop when you have reached the distance (so here, you do not need to press the LAP key) however, you still have the option to end the chrono manually by pressing the button LAP.

If you have set a countdown, at the start of the countdown by pressing the LAP button, you will see a countdown corresponding to the time you entered in the menu, and whose representation differs depending on the screen on which you are:

- «Wide Screen» is enabled → the countdown appears in a dedicated popup window with, on the right, the numerical count (minutes at the top, seconds at the bottom), and a gauge occupying the entire left half
- «Wide Screen» is disabled → the counting appears on the bottom zone, black text on blue sky background

Countdown display when «Wide Screen» is enabled



Countdown display when «Wide Screen» is disabled



When the countdown comes to the end, the normal display returns to its place on both screens.

While scrolling the countdown, there may be a lag of one second or more between the full minute of the countdown and the official flag raising. In this case, you now have the possibility to resynchronize the count with this flag raising: you just have to press the BACK / LAP key when the count is close to a full minute, and this one goes automatically set back or up on the full minute.

At any time, you have the possibility to view the history of all the scores made on each of the distances recorded and on which you have competed. To do this, you must go to the corresponding menu (**Race - Distances - Settings → Scores**), giving you access to the list, which includes:

- distance indication (in kms / miles or nautical miles)
- the sail / wing and the wing that you used on that distance
- best time and best average speed over the whole distance

Please note that:

- when you start your race over a free distance, and end the stopwatch by pressing the LAP button for the second time, the mode automatically switches from Free Distance to the distance just covered. This allows you to repeat the race over the same distance without having to return to the Race menu to select it. Thus, pressing the LAP button again will restart the calculation (chrono + speed) over this distance, and will stop automatically at the end of the distance, and so on. Easy !
- if you run several times on the same distance, only the best lap / fastest lap times are stored and saved in the array.
- for the quiver to be recorded and integrated into the performance, you must have previously selected the sail / wing surface, the board and the fin / foil used, otherwise none of these 3 data will be recorded. Do not forget to do this before each race otherwise, this data will not be associated with the result and therefore will not appear in the score screens.
- if you run a greater distance than others in the list, the best chronos + speeds will also be calculated and recorded for these distances, even in free distance mode (if the distance traveled is greater than one of the other lower distances, of course). This is done on the principle of "who can do most can least", based on the observation that if you have run a D distance, you have also traveled all the lower distances stored in the array.
- if you select a distance equal to D, and stop the timer manually by pressing the LAP button before reaching this distance, no score calculation will be performed
- once you have started the countdown timer, you can stop it at any time by pressing the **START** button. To restart it, press the **BACK / LAP** key again
- once you have started the timer integrating countdown, you have the possibility to resynchronize it by pressing the **BACK / LAP** button again, giving you the opportunity to readjust the situation according to the race conditions.
- the corrected altitude value on the main screen will then be replaced by the ratio between your

current speed and the max speed reached since the beginning of the chrono / race

Signification of the submenu of the Race menu

- **Set or Select a race distance** → allows you to create new distances, select / delete distances, or delete all distances
- **Countdown** → allows you to set the duration of the countdown, from 0 mn (immediate) to 20 mn
- **Waypoints / Course** → allows you to record up to 10 GPS points then, to create a course composed of at least 2 GPS points, up to 10
- **Scores** → visualization of the results for each of the distances for which a scoring calculation could be carried out

Signification of the submenu of the Set or Select a race distance menu

- **Free distance** → activated, you will compete on an indeterminate distance so, a **free** distance; deactivated, you will compete on a distance that you have previously selected in your list, or a **free** distance if no distance is available.
- **Race on Course** → this option allows you to follow the course you have drawn in the Waypoints / Course menu. The compass screen (5th screen) is then transformed by the display, at the top, of the distance separating you from the next GPS point to reach, at the bottom, the VMC (Velocity Made on Course) and the purple arc, which shows you the time remaining to reach this GPS point
- **Loop Course** → when this option is selected, you can run on the course in loop mode. When you reach the last GPS point on the route, you automatically return to point 1, and so on (Wp.1 → Wp.2 → Wp.3 → Wp.1 → Wp.2 → Wp.3 → Wp.1 → etc). This can be very useful when you train on a course of 2 or 3 buoys several times, for example
- **Array Size** → allows you to set the size of the array containing all the distances you want to store in it. This size is adjustable according to your needs, from 4 to 20 distances maximum. If your array already contains 9 distances, for example, and you want to reduce the size of your array to 8 or 4 (whereas it was therefore previously 12 elements), you will have to manually delete 1 or 5 existing distances (or delete all the existing distances) otherwise, the reduction in size of your table will be blocked, in order to avoid the unfortunate loss of distances (and their performance) that you would have liked to keep.

• **Race Distances** → this last sub-menu allows you to create new distances (within the limit of the fixed size of your table), to select one distance for the race, to delete one distance individually, and to erase all of the distances stored in the table.

Option for the wide screen: I have also added a option in the menu of the minimalist screen, allowing you to display the chrono (in large characters) alternately with one of the 7 data offered to be displaying on this screen.

Visualization / appearance of the dedicated screen



In this example, the distance selected is 1.8 km (or 1 nautical mile), red gauge = you are **behind** your best time of 03'12\".

The distance table (purple gauge) is 3/4 full.



Here, the selected distance is 1.0 km (or 0.54 nautical mile), green gauge = you're **ahead** of your best time of 1'47\".

The distance table (purple gauge) is 1/4 full.

— Additional notes

1. if you select free mode but there are no more places available in your distance table, pressing the LAP button (to start a new race on this free distance) will generate the display of a window popup telling you that your table is full, and that it is therefore impossible to launch calculations on this new free distance. To do this, you must either increase the size of your table (within the limit of 20) or delete one or more distances already stored.
2. if you add a new distance in the distance table, it will not be automatically selected as the new race mode distance. To do this, you must explicitly re-select it from the list by pressing the **START** key then confirm your choice in the following confirmation menu. In other words, adding a new distance has no effect on the already existing selection in the Distance menu (Free mode or distance mode).
3. if the distance table is empty, then **Free** mode will always be activated by default.
4. likewise, if you delete all the distances from the distance table, the **Free** mode is then automatically selected and activated by default. Also, the size of the distances table is automatically brought back to its minimum size of 4 elements.
5. if you delete a distance from the table, and the current selected mode is not the **Free** mode, the distance located just below in the list will be automatically chosen.
6. you can not add a distance whose value already exists in the array, in order to avoid useless duplicates.
7. if the race mode is enabled (course on GPS waypoints), but you choose another distance in race mode than the one of the current course, this is the distance from the Race mode that will be displayed on the Virtual Partner screen, and not the total distance corresponding to the course.

Visualization of scores for each stored distance



Advertising popup window in the case of full array



These 2 screens are identical, only the background color differs.

4 distances have been created out of a total of 8 storable distances (page 1/2)

In the center, in orange color, the distance (in km or nautical mile)

On the left, the best time achieved over this distance

On the right, the best speed reached over this distance

The line below indicates the setup used on this performance

(sail / wing - board - fin / foil)

The last distance has been created in the table, but no run has yet been performed on it
(chrono = --, speed = -- and No quiver defined)

If a run is performed over a distance without a equipment having been defined for this run, the indication "No quiver defined" would appear instead of the material

Generalities

This menu gives you access to the recording of GPS points / coordinates (up to 10) in order to create a precise route on which you will be able to compete.

- 1. first step:** record GPS points. Enter the " **Manage Waypoints** " menu, where you can do this either by manually entering the LAT-LON coordinates of each point (in degrees of angle), or by automatically retrieving them (if you are precisely at the GPS point you want to recover). A sub-menu also gives you the possibility of being able to delete one or more points, it suffices to select them from the list then, to validate the entry by positioning yourself on the " **Done** " menu. You can thus create as many GPS points as you want, but always within the limit of 10 points maximum (this limit may be likely to be readjusted upwards in the future)
- 2. second step:** create a course composed of 2 points minimum, up to 10 maximum (for the moment). Enter the "Manage Course" menu, then create your course using the "Plot" menu. Choose all the points, in ascending order of your input by pressing the START key, and validate your route by selecting the "Done" menu. The "Edit" menu allows you to delete one or more points from the route or even to completely empty it if you select all the points. Note that you cannot run on a course if it does not include a minimum of 2 points. The "Info" menu allows you to consult the number of points making up the route, the total distance of the route according to the arrangement of the points and, for users of a watch with the map option, the route of the route on the map (with option move / zoom / etc). The menu " **Add and Use as New Race Dist.** " allows you to add the course to the Race distances table, the Race on Course mode is then automatically selected
- 3. third step:** all you have to do is return to the " **Set or Select a Race Distance** " menu to optionally choose the Loop Course mode, and choose the equipment of your quiver so that it is integrated into your performance on the course; finally, exit the menu to return to one of the application screens

The " **Loop Course** " menu, meanwhile, allows you to loop endlessly on the same course. For example, you want to train on a course consisting of 2 buoys 4 km apart, and you want to perform several runs over this marked distance: by activating LOOP mode, it's possible!

Result / display: when you start the session by pressing the START key (or if it is already started and you return to one of the application screens), the fifth screen (or the wide screen) will direct you automatically towards the first GPS point of the course then, when you arrive within a radius of 15 meters around this point (or this buoy), the following point will be displayed, and so on until the end of the course. If LOOP mode is activated, the course will automatically resume at the first GPS point, and so on in a loop

Compass screen

The compass screen (5th screen) offers you the display of different data in this course tracking mode:

- **at the top** → the distance separating you from the next GPS point, therefore, the distance remaining to travel to this one (in the selected unit) and, just above, the point index (first = Wp.1 , second = Wp.2, etc)
- **at the bottom** → VMC (Velocity Made on Course). The VMC (not to be confused with the VMG!) Corresponds to the speed at which you navigate to the next GPS point, according to your angle of navigation compared to this one. This data is very useful in regatta to be able to optimize the angle of approach towards the next buoy (and more relevant than the VMG which, it, considers only the axis of the wind, regardless of the course to follow to reach the buoy) . The icing on the apple pie, to know if your VMC is optimal or not, the bottom area is colored according to the value of this speed (a calculator works constantly to know that it is the optimal VMC to reach). So if you reach the ideal VMC, the zone becomes green, if your VMC is lower by 1m / s less than the optimal VMC, the zone becomes orange, and if your VMC is beyond, the zone passes to red. So, at a glance, you know immediately if you are following the best course towards the GPS point, or not!
- **in the center of the screen, two gauges occupy the upper and lower semicircles** → the gauge in the upper semicircle tells you whether your current speed is below the wind speed (red) or above it (green); the gauge in the lower semicircle tells you whether your current speed is below your average speed (red), or above it (green)
- **the arc of efficiency over the wind axis** does not change, it always corresponds to the efficiency of your navigation heading with respect to the wind axis
- **the dark blue cursor** indicates the heading / direction to follow to reach the next GPS point (in the figure below, to the south-east heading). This means that if the white cursor (or black on a white background), which therefore corresponds to the heading you are currently following, is aligned with this blue cursor, you are heading straight towards the GPS point in question

In the " **Essential Wide** " menu, you can choose 3 new data to display, corresponding to the addition of this new Route functionality: the distance to the next GPS point (" **Dist. To Wpt** "), the remaining time to reach the next waypoint (" **Time to Wpt** "), and the VMC . Note that if at least one of these 2 data is selected, but that no route has been created and selected, the display will give nothing, and will be replaced by this kind of display: " • • • • "



Representation in the Essential Wide screen

At the top, the remaining distance to Wpt. 1, here, 13.3 kms

Below, your current VMC, equal to 6.72 knots, is similar to your best VMC of the session.

Representation in the Compass screen

Above, the remaining distance to Wpt.1, here 0.57 kms or miles.

Below, your current VMC, equal to -18.2 knots, indicates a VMC well below your best VMC of the session.

— Note about VMC

- your VMC will be equal to your current speed if the angle formed between your heading and the one to reach the next GPS point is equal to zero
- your VMC will become negative (yes, yes!) if you move away from the course to follow to reach the GPS point, therefore, beyond -90 or + 90 ° angle. Indeed, if you follow an opposite heading of more than 90 ° compared to the one you would have to follow, your VMC will become negative because you move away from this point instead of getting closer to it, from where this negative VMC. So the reference angle is -90 or 90 °, where your VMC will be equal to ... zero!
- the more your VMC increases, the shorter the time it will take you to reach the point, and vice versa. So, logically, it is when your VMC is optimal (green colored zone) that you will arrive most quickly at the GPS point, and that you will therefore have the best chance of arriving first!

— Note about courses management

- if you wish to add a course as a new Race distance ("Add and Use" menu), this will only be possible if the size of the table has not reached its maximum limit of 20 entries
- if you want to add a course as a new Race distance, but the current size of your distance table is not sufficient, it is automatically increased by 4 (the array size changes from 4 to 8, or from 8 to 12, etc)
- if your course does not include at least 2 waypoints, it cannot be added as a new Race distance because, 1 single GPS point means in fact a zero distance.
- if you delete a current route (by deleting all the waypoints that make it up), to create a new one for example, the associated distance in the Race distances table will not be deleted, so you will have to do it manually, if you want, via the menu "Set or Select a Race Distance → Distances"
- **beware:** there is no duplicate check - yet - (adding a course with exactly the same distance) so, if you add a course whose distance already exists in the Race distances table, it will be in double in the table, or even in triplicate or more. Please check whether the route you want to add already exists or not. There will probably be, in a later version of the application, a check for this kind of duplicate

Jump management

All activities can manage jumps, with the exception of sand yachting. You access the jump management settings via the "**Options → Jumps - Settings**" menu, which lets you choose the calculation algorithm, the trigger threshold, and whether or not to display the pop-up window each time a jump is triggered.

Depending on the watch models, the application offers up to 4 different algorithms for calculating jumps:

HIGH 124 and HIGH 1024 versions (view table)	
Baro + Accel.	algorithm common to all models
Accel. Algo.1	algorithm rather suitable for fitness type models
Accel. Algo.2	algorithm optimized for outdoor models
Accel. Algo.3	new kind of algorithm, in final version

Version HIGH 1024 (view table)	
The HIGH 1024 version has two additional features compared to other versions of the application:	
- automatic configuration of jump parameters	
- the ability to optimize calculations performed by all jump management algorithms	

Anyway, and regardless of the structure of each algorithm, it is up to you to test each of these algorithms to see which one most closely matches your model because, each watch model is different and therefore will not behave like the others, even for 2 identical models which, moreover, makes it even more complicated on Garmin watches when it comes to developing an algorithm supposed to be generic!

The option allowing you to define a minimum threshold corresponds to the minimum altitude from which each jump will be recorded as a new lap (in Garmin Connect) therefore, all jumps below this limit will be well counted and recorded by the application in the FIT file, but will not be materialized as a lap. This option is found in the "**Options → Miscellaneous → Save as Lap → Jumps**" menu.

Please note: you can only select this option, as such, if jump recovery is enabled, which means that Eco mode for this function must be deactivated, otherwise the jibe score will be recorded as a lap, each time a jibe is performed.

To avoid the display of a multitude of points as laps on the map of your session, be sure to set this threshold high enough to retain only the most significant jumps of your session, and not all the jumps, otherwise, the map will be oversaturated by points and illegible.

Also keep in mind the consideration of the height of the waves! If you are sailing in a swell of at least 3 meters and your threshold is set to 3 meters, this means that all your detected jumps (even those of 50 cm or less) will be counted as a lap! Which leads to a lot of points on the map (several hundred), even the risk that it will have difficulty to load into Connect.

So, in principle, the threshold should be fixed, at a minimum, as follows: **your size + estimated height of the swell**

Or, if you only want to take into consideration jumps greater than a defined height: **your height + ou - difference = defined height.**

Automatic configuration of jump settings

Since version 4.34, and only for models supporting the HIGH 1024 version of the application, the application offers a simpler and faster automatic configuration of settings. This auto-configuration is launched via the "**Options → Jumps - Settings → Launch Auto Config**" menu, which will open a selection window, while automatically managing certain parameters, without you having to go looking for them in the other menus:

- Eco Mode disabled (therefore, jumps enabled)
- jumps recorded as laps
- pop-up window enabled

These three options can still be accessed independently a posteriori, if the auto configuration doesn't suit you in one or more of its choices.

When the configuration window is displayed, all you have to do is choose the appropriate algorithm for your model (the algorithms recommended for your watch are displayed in green, and those that are not suitable at all are simply not proposed), on the upper half of the window, and the trigger threshold on the lower part of the screen. Values can be modified either by pressing the **UP/MENU** button (or screen tap on the upper zone) to scroll through the algorithms, or by pressing the **DOWN** button (or screen tap on the lower zone) to modify the threshold value (each press adds 10 cm to your height, up to a maximum of 6 meters).

To validate your settings and exit the window, press the **START** or **BACK/LAP** button. Your settings are then saved permanently on the watch. During the next session, you can launch this configuration again, where all you have to do is set the minimum trigger threshold.

— Note

Thanks to this automatic configuration, you can now be sure that all the parameters required for correct jump recovery are correctly set. So, if during your session you don't recover any jumps, or only a few, this means that the problem is either due to a poor choice of algorithm and/or a poorly positioned threshold, or a malfunction of the watch (problem with the accelerometer, for example), but under no circumstances a malfunction of the application.

This is the automatic configuration window:



The **UP/MENU** button (or screen tap in the upper area) scrolls through the different algorithms.

The **DOWN** button increments the threshold value by 10 cm, starting from your height (set by default), up to a maximum of 6 meters. The value then returns to its initial value corresponding to your height. If you wish to set a threshold value higher than 6 meters, you'll need to go back to the "**Options → Jumps - Settings → Jump Threshold**" menu.

Press **START** or **BACK/LAP** to confirm.

Optimization of jump calculation algorithms

Following the automatic jump settings screen, a new window appears, offering you the option of optimizing or not the calculations performed by the jump management algorithms. This window can also be accessed individually, via the menu «**Options → Jumps Settings → Algo. Optimization**».

This feature allows you to maximize or minimize the algorithm for calculating the height of each jump, using an optimization factor ranging from **0.50** to **1.50**, in increments of **0.05**. A factor of **1** corresponds to no modification of the algorithms.

Although highly reliable and precise, the algorithms implemented in the application may not behave identically and universally on all models: for the same watch model, one will tend to slightly overestimate the jump height, another will perform very accurate calculations, while another will tend to always underestimate the height.

This is where this new feature comes in:

- if the chosen algorithm already works very well as it is (which will correspond to the vast majority of users), keep a factor equal to **1**, which applies no modification to the algorithms
- if the chosen algorithm tends to over-estimate the height a little, then apply a minimization factor, ranging from **0.95** to **0.50** (to be tested during your sessions, to find the right value for your watch)
- if the chosen algorithm tends to underestimate the height a little, then apply a maximization factor, ranging from **1.05** to **1.50** (to be tested during your sessions, to find the right value for your watch).

— Notes

- this optimization function applies to all algorithms proposed by the application
- optimization is applied during height calculation (when the algorithm is executed), not on the final result

Voici à quoi ressemble cet écran d'optimisation en situation d'ajustement:



In this example, the algorithm is optimized upwards by a factor of **1.25**, i.e. maximized.

Here, on the other hand, we apply a downward optimization factor of **0.90**, i.e. a minimization of the algorithm.

Adjustment is made either by pressing the **UP/MENU** or **DOWN** keys, or by tapping the screen on the upper or lower half (touch-screen watches).

Final validation, and exit from this screen, is achieved by pressing either the **START** key or the **BACK/LAP** key on the watch.

Popup window when a jump is triggered

An option in the Jumps menu, accessible via **Options** → **Jumps** → **Popup Window**, also lets you display a popup window each time a new jump is triggered, but only if its height is greater than or equal to the trigger threshold you've set. This window, which appears for the duration of the jump, and up to 7 seconds afterwards, displays the jump's 3 values: height - airtime - length. So, if you jump below the fixed threshold, this pop-up window will not appear.

Here's how it looks like on screen:



H. = jump height, in the selected unit (meters or feet)

L. = jump length, in the selected unit (meters or feet)

A. = airtime in seconds

— Notes

- If the jump currently displayed is the best jump made since the start of your session, the 2 dividing lines will be in red color, otherwise they will remain gray
- this popup window will appear on any of the screens currently displayed during navigation, including the Wide Screen

Explanation of the wind efficiency function (principle and operation)

The wind efficiency function shows you the angle between your navigation heading and the wind axis (if it has been set in the application otherwise, you'll get no data on screen), depending on the sport selected (windsurf, kitesurf, etc.) .

This allows you to better visualize the navigation course to follow in order to optimize / maximize your speed.

The result of this functionality is summarized in the 2 screens presented below, the first displaying in real time the efficiency angle, your bearing and the gauge of your current speed over the wind speed (if it has been filled in in the application), the second, always in real time, the maximum speeds reached in each angle zone over the overall max speed of the session, ranging from -0° to -180° (right hand) and from 0° to 180° (left hand), in 20° increments.

Note that, on the first screen, the function will also tell you the same information when the session is stopped or in pause mode. In this case, and as you are no longer in navigation therefore, no more navigation course, it is the orientation of the watch on an axis $0^{\circ} \rightarrow 360^{\circ}$ which intervenes, and you will then see the cursor of the course and the angle between this heading over the wind axis moving. This allows you to anticipate, before going on the water, the best trajectories, by looking in advance at the heading(s) which give an angle located in the green zone !

Also please note that this behavior of wind efficiency works the same way into the wide screen Essential wide.



In this example, the wind axis is set to 90° (east), materialized by a dark blue cursor, always oriented to the north of the watch regardless of the value of this axis.

Your heading is indicated by the white cursor: when you're sailing north-north-west, for example (heading 340°), you form an angle of 110° with the wind axis (left hand), so the gauge turns green and covers 110° of angle - you're on course! As your heading gets closer to the wind's axis, the gauge changes from orange to red (upwind), then back to right-hand (tack change), until you reach a heading that generates a green angle, e.g. a heading of 200° (SW); and so on.



This screen shows you the efficiency score of your speed in each angle zone (ratio between your speed in each zone compared to your average speed per zone combined with the wind speed - if this data exists). The value displayed in the center of the screen is a global combination of all scores by angle area. The median score is at a value of 100, which means optimal overall speed efficiency.

In this example, the most efficient angles (those where your speed is most efficient) are between $-80-120^{\circ}$ right hand and $100-120^{\circ}$ left hand; the angles between $-140 / + - 180 / + 140^{\circ}$ correspond to the passage of the jibe, which explains a lower speed.

See also the explanatory image below for further details on this screen ([seventh screen](#))

Polar of the VMGs by zone of angles and best VMG

In sailing, VMG (Velocity Made Good) is the speed corresponding to the optimization between the speed of the boat, which varies according to the axis of the wind, and the distance to be covered. This is therefore the best heading / speed compromise, and is calculated based on your sailing angle to the wind (TWA - True Wind Angle).

This seventh screen therefore offers you the polar of the VMGs that you have reached in each zone of angles of 20°, compared to the best VMG calculated over the session. The value of this optimal VMG appears in the center of the screen, and its angle is represented by the corresponding right orange segment. See the detailed image here ([seventh screen](#))

This polar graph can be displayed alternately with the one of the speed efficiencies in each zone of angles (approximately every 7 seconds), or permanently. This option can be selected in the menu "**Options** → **display Screens** → **Wind Efficiency**" then choose one of the following options:

- **Speed / Angles:** displays only the speed efficiency graph
- **VMG:** displays only the polar of VMGs
- **Alternate:** displays the 2 graphics alternately, in cycles of about 7 seconds

— Note

this screen will obviously not display any data if you do not recover the wind axis (action that you can perform at any time during the session).



This screen represents the polar of the VMGs by group of angles of 20°, as well as the best VMG reached (21.4 knots, or mph) on an angle of approximately 135°, symbolized by the corresponding tiny orange line

The 4 sectors in each group of angles each represent 25% of the best VMG thus, for example, the value of the VMG reached in the zone of angles going from 80 to 100° is around 9 knots, and that of the zone -100 to -120° is equal to 75% of 21.4 knots, i.e. about 16 knots

Current speed / wind speed and average speed ratio gauges



The oscillating gauge on the upper half-circle indicates the ratio of your current speed to the wind speed. If the gauge is on the left (red), your current speed is lower than the wind speed; if it is on the right, your current speed is higher than the wind speed.

Note: if no wind speed has been entered or retrieved in the application, this gauge will not appear.

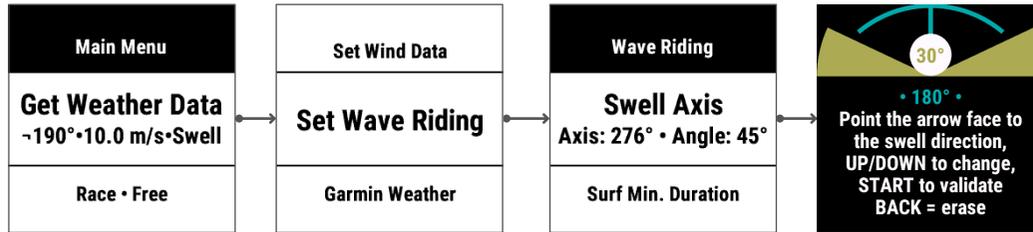
The oscillating gauge on the lower half-circle indicates the ratio of your current speed to the average speed since the start of your session. If the gauge is on the left (red), your current speed is below your average speed; if it's on the right, your current speed is above your average.

If both gauges are centered (black or white cursor in the center of the semicircle), your current speed is equal to that of the wind and/or your average.

Riding on a wave spot (Wave Riding)

Users of the **HIGH 1024** version of the app have a feature to manage wave riding sessions.

For this function to be activated and effective during the session, the swell orientation axis must be retrieved using the « **Get Weather Data** → **Wave Riding** → **Set Swell Axis** » menu.



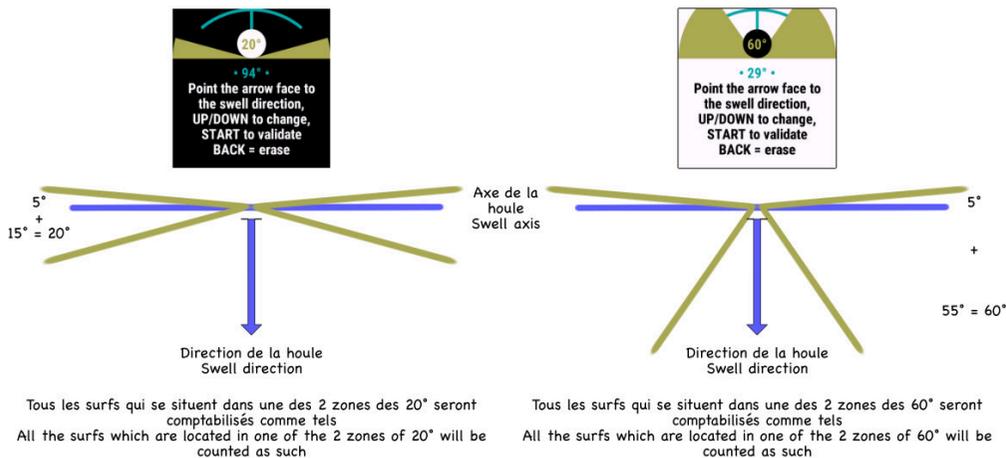
Stand facing the swell and point the north/top of your watch toward the swell, watch horizontal (same as for manual wind axis retrieval). The wave's course is shown in the center of the screen, in green, with a 180° difference from the course facing you. This is normal: if you're facing the swell, and you're facing north, for example, which is a heading of 0°, the screen will show a heading of 180°, the direction in which the waves are breaking, opposite your view.

Then, using the **UP** and **DOWN** keys (or slide **UP / DOWN** on the screen), you can define an angle, ranging from 20° to 90°, starting from 5° behind the perpendicular to the wave, so 5° + 15° = 20° or 5° + 45° = 50°, for example. This angle, which you must define according to the conditions of the spot on which you are going to surf, will make it possible to determine and record in the form of a lap all the surfs that are included in this angle zone, whether in right wave surfing or left wave surfing.

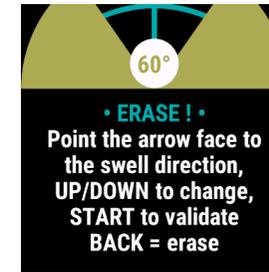
Here is an illustration of how it works:

Exemple pour une zone de 20° / Example for a 20° area

Exemple pour une zone de 60° / Example for a 60° area

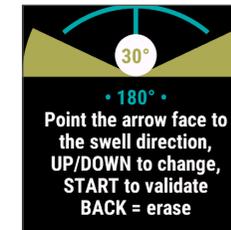


You can turn the feature off at any time. To do this, when you're on the swell heading selection screen, press the **BACK / LAP** key (or slide **RIGHT** on the touch screen) to replace the heading value with the label « • ERASE ! • » then, confirm your entry. This will automatically cancel the wave riding function. Pressing the **BACK** key again (or swiping **RIGHT** again) will cancel the deletion.

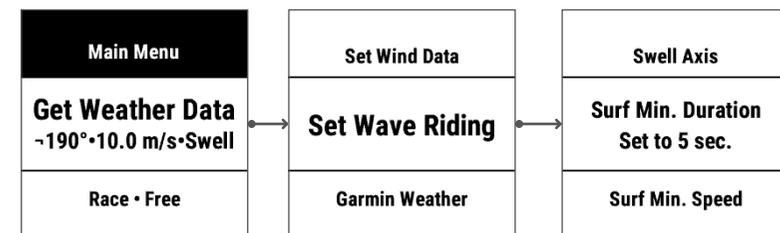


Finally, to validate your entry, press the **START** button on the watch to save and store this information (swell axis and surf zones) or, cancel the function (if **ERASE** was selected).

If a swell orientation axis has been selected, it will appear in the "**Get Weather Data**" menu; otherwise, the "Swell" label will be shown:



Then, you have the possibility to choose the minimum duration and speed from which a surfing will be counted as such, duration and speed that you have to determine according to the conditions of the spot on which you are going to surf, or according to your preferences. The minimum duration can be set from 1 to 9 seconds maximum. If you choose for example a duration of 5 seconds, all the runs which are located in the angle you have chosen, and whose duration is equal or superior to 5 seconds will be counted as laps, otherwise they will not be counted. By default, the minimum duration is set to 5 seconds.



As for the minimum speed, it's up to you to set it as you like, depending on the conditions on the spot:



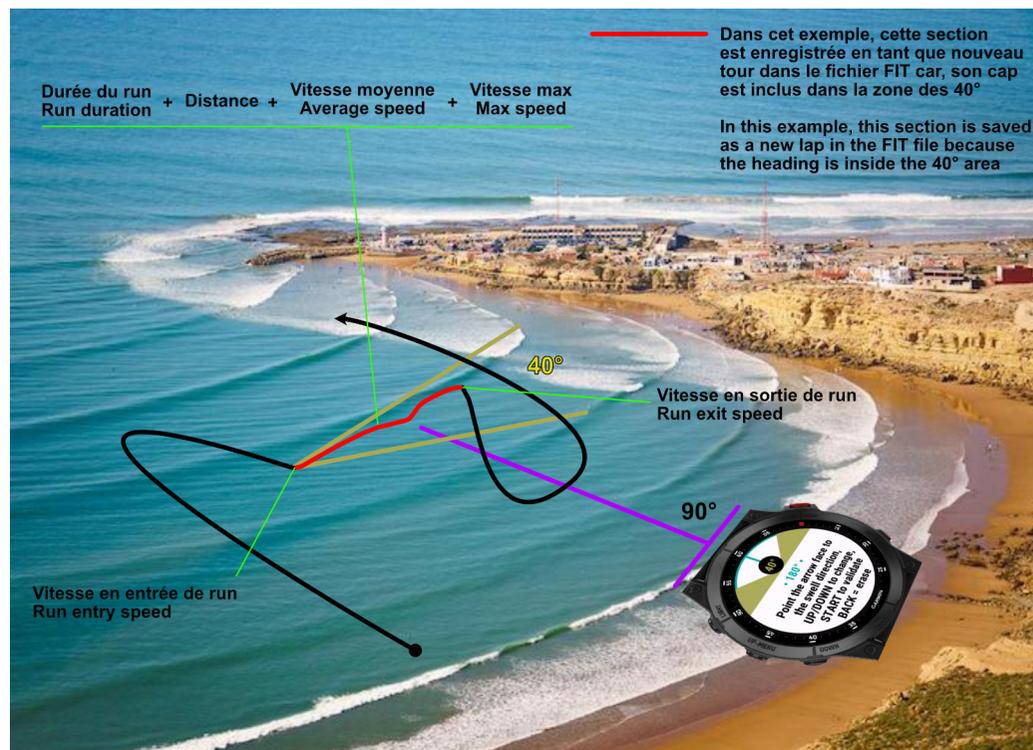
When all these parameters are entered and saved, you can start your session by pressing the START button on the watch. During your session, all the runs corresponding to a wave riding will be retrieved and stored as laps in the FIT file of your session.

The calculated data for each run is stored in a single field, for each recorded lap, named **Wave Ride**, at the end of the table. These data are as follows, and written in this order:

distance - entry speed - average speed - exit speed - max speed

For riders who do not wish to use this feature, it will have no additional impact on the resources used by the application during the session, therefore, no impact on battery life.

Here's how it works, visually:



— Notes

- the recorded swell heading, as well as the chosen angle zone, minimum duration and speed, remain stored for the day, even if you start a new session. So, if you change spot during the day, and the swell orientation and/or speed is different from the previous spot, you'll need to retrieve the swell heading for the new spot, and adjust the other values accordingly, if necessary. Then, the following day, all these data will be reset to their default values
- for windsurfing - windfoil - wingsurfing/foil type activities, when the wave riding function is activated, the recording of standard runs as laps, with the jibe score data, is deactivated to avoid overloading the number of laps recorded in the table which, in fact, would probably become unreadable. On the other hand, the calculation of the average jibe score over the entire duration of the session always remains active, and will therefore be visible in the summary area of the FIT file. For other types of activities (kitesurfing, etc.), jumps are always recorded as laps in this mode, so beware of the potentially large number of records in the table!
- for snow kiting and land sailing activities, the wave riding function is not managed, even if a swell axis has been entered..., inadvertently

Mapping screen (compatible models)

For users who own a model with the mapping feature, you have the option of displaying or not the map of your GPS location. This option is found in the menu "Options → Display Screens → Mapping".

You also have three other sub-options allowing you to display or not, overlaid on the map, the representation of your efficiency in relation to the wind axis (the color codes are identical to those already used in the others application screens, red - orange - green), the frame area for displaying your speed with a choice of either the current speed or the VMG.

— note

when you are on the map screen, management is carried out in the same way as in other Garmin applications:

- in preview mode, you exit the map by pressing the UP or DOWN key, then you return to the previous - next screen, depending the order in which your screens are displayed
- in edit mode (entered by pressing the START key), you exit this mode by pressing the BACK / LAP key, then you return to the preview mode

The representation of the wind efficiency in the map screen offers:

- the wind axis, represented by the purple arc, and always oriented towards the north of the watch
- your course, displayed in the central circle
- the difference between your heading and the wind axis is represented by the colored arc, depending on whether you navigate left hand (the wind arrives on your left side therefore, on the left of the screen) or right hand (the wind arrives on your right side therefore, on the right of the screen). The closer you sail (to the meadow for example), the narrower the angle will change from green to orange, then red, and the more you navigate in the wind (to the drop for example), the more the angle will open to pass from red to orange, then green. So, for example, an arc centered on the purple axis of the wind will appear red because you are sailing face to the wind therefore, very bad angle hence zero speed and not efficient. A green angle therefore indicates that it is an optimal angle to be able to reach an optimal speed
- your current speed, converted into the unit chosen in the options
- a small orange (pause session) or green (session in progress) indicator next to the speed

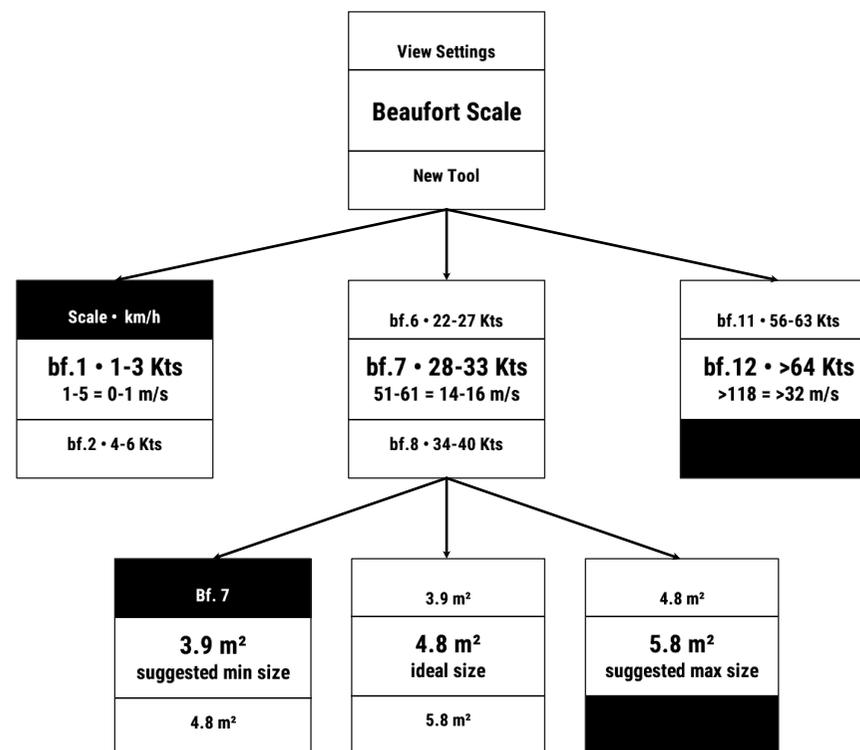


Beaufort Scale

A special menu allows you to view the Beaufort scale, in all speed units (km / h, knots, and m / s).

This allows you to always have, within the application itself, a small memorandum of all these values, which we do not always know by heart ...

The Beaufort scale is accessible via the **Tools menu → Beaufort Scale**, and this is how it looks like:



Then, if you click on one of the wind ranges present in the list, a sub-menu opens to offer you the 3 sizes of sail / kite corresponding to this range (depending on your practice - windsurf, kitesurf or wingsurf, and your weight). It actually works like the area calculator in the Quiver menu, but for all the wind ranges.

Note here that the calculator suggests the absolute surfaces, and not those corresponding to the surfaces of your quiver, even if it is completed (unlike after obtaining the weather forecast).

Built-in mini phonebook

The application offers you the possibility to save up to three useful telephone numbers. This feature is only available on the HIGH 1024 version of the app.

Imagine the scenario where you are sailing at sea and, because of the winds and currents, you drift during your session (or following a technical problem), inexorably, to the point of finding yourself several hundred or even several kilometers from your departure point. Finally, having arrived safe and sound on the shore, far from all civilization, you would like to call a friend to come and pick you up because walking several kilometers with your quiver on your back won't do it, for sure! But unfortunately, as is often the case, you are always riding without your smartphone, it's a matter of principle, even ethics!

However, luck smiles on you because, right next to it is a café-beach (yes, in this remote corner, there is at least one café-beach, that's normal...), phew, you will be able to call to your best friend, if he/she is available, and not trying to carve out 40-knot runs on his favorite spot...

You're going to give it a try anyway, nothing left to lose anyway, rush to the beach café, throw yourself on the first phone you see, open the "**Tools → Phonebook**" menu of the application, and choose a number from the list that you have previously stored and voila, you're done because, unlike your boyfriend's number, you don't know your friend's number by heart!

The format for entering a number is free, but limited to 20 characters, such as the name of the associated person.

List of characters available for the name: **ABCDEFGHIJKLMN OPQRSTUVWXYZ**

List of characters available for the number: **-/.0123456789**

The choice of characters is made by successive presses on the UP or DOWN keys (or tap on the screen at the location indicated by the up and down arrows, on the touch screen) then, validation by pressing START. To validate and confirm your entry (name + number), position your last selection on the "**Ok**" label and confirm by pressing the START key.

This is what the phonebook looks like, when populated:



— note

To delete or reset a name + number, all you have to do is select the "**Ok**" label as the first entry character, and validate your entry by pressing START, for the name, and for the number.

This will replace the old name + number with the labels "Name" and "Phone Number", as shown below:



Eco mode

This mode allows you to activate or deactivate certain features of the application. Its main purpose is to:

- disable features that you do not need, or that you consider unnecessary for your practice. For example, a windsurfer on flat water will probably have no need for jump management, so he can deactivate this mode without altering his user experience of the application. Inversely, a kitesurfer will activate jump detection with no doubt, but may be less interested in managing jibes, which he can then deactivate
- deactivate one or more of the features offered leads to a reduction in the use of processor resources, therefore, lower energy consumption and therefore, consequently, an increase in battery life. Thus, owners of a fitness-type watch model (whose battery life is reduced compared to an outdoor model) will see a definite advantage in using this eco mode because, by deactivating certain functions of the application, this will increase the autonomy of their battery and therefore, the duration of use of the application over the same session. The gain obtained has not been measured (for lack of a fitness model) but this should be substantial and increasing according to the number of functions deactivated

Here is the list of features you can enable or disable:

1. max speeds on runs of 2, 5, 10 and 30 seconds (detection, calculations, recording in FIT file)
2. alpha500 (**only HIGH 1024 version**): no calculation or saving in FIT file
3. race Distances mode: if this option is disabled, the Race menu is disabled and all race distances calculations will never be performed
4. jumps: if this option is disabled, no jump detection will be triggered and thus no calculation or recording in the FIT file
5. wind efficiency: if this option is disabled, all wind efficiency calculations are canceled, wind data entry is suppressed and blocked, and all resulting calculations are disabled, as well as relative displays on all screens concerned
6. the jibes + jibe score: if this option is disabled, the jibes will never be detected and therefore, no calculation or recording in the FIT file, no calculation of the jibe score
7. altitude self-calibration: if this option is disabled, automatic altitude calibration is performed every 5 minutes (in the background); if the option is activated, the self-calibration is performed every 10 minutes (always in the background)

— Note

Disabling a feature integrating statistical calculation management will have a direct impact on the corresponding statistics (for example, if you disable jibe detection, the jibe score will no longer be calculated and will therefore no longer be included in the average calculation of your jibe score, so your average jibe score will no longer reflect the actual score as it could or should be if you hadn't disabled this feature).

List of features that impact your stats:

1. max speeds on 2, 5, 10 and 30 second runs
2. alpha500
3. wind efficiency
4. jibes + jibe score

This consideration will therefore be taken into account if you attach a certain importance to your statistical data, it will then be up to you to choose your options carefully to find the best compromise, for you, between autonomy management and statistical results to be obtained.

Low battery indicator

During the session, when the battery level reaches 5% or less, the background color of all the screens of the application changes to garnet red, telling you that you only have a few minutes of battery life left, depending your device model...



Lost My Board feature

This feature is only available on the **HIGH 1024** version of the application, and can be used for several purposes:

- find your kitesurf board / wingfoil wing / other equipment lost in the water
- mark a danger zone on the spot (outcropping rock, shoal, sandbank, etc.)
- mark the position of a rider in difficulty, to easily find his position and help him, or alert the emergency services by precisely indicating his last known GPS position, the heading / direction to follow and the distance to find him

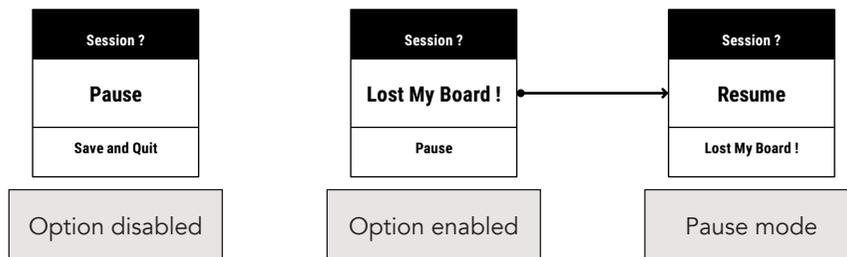
In the rest of the text concerning this function, the term "**Lost My board**" will be replaced by the acronym LMB whenever this is useful.

You have the choice to activate or not this function, in the menu "**Options** → **Miscellaneous** → **Lost My board**". If enabled, a new "**Lost My board**" menu entry will appear when you press the START key during a session. If you press the START button again on this menu, a new "**Save LMB**" menu is offered, by pressing START again, your precise GPS position is then saved, and you return to the screen that was previously displayed.

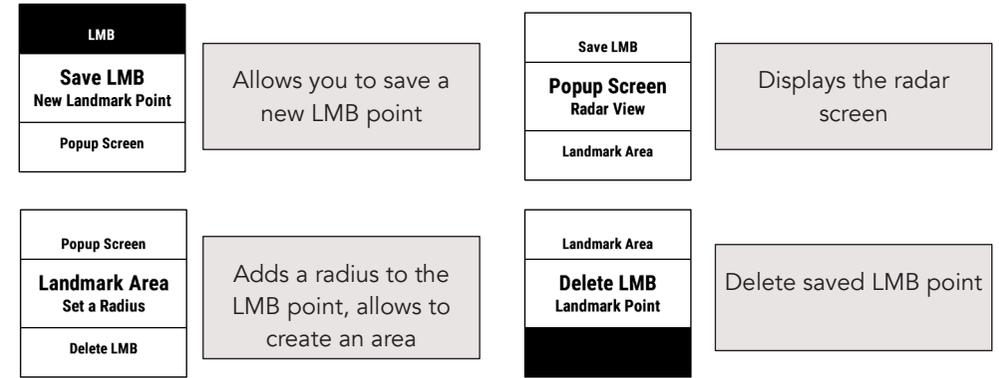
To sum up, to save an LMB position, all you have to do is press the START button on your watch 3 times, and even if you are not looking at the screen, you know that the GPS point will be saved (a sound alert and/or a vibration will confirm that to you), provided that the quality of the GPS signal is sufficient, of course.

When the application is in pause mode, and you press the START button again, the entry is located just below the **Resume** menu. Let's take an example of a possible situation in this case:

you pass by a rider in difficulty but you have nothing with you to help him, you then press the START button 3x to locate / save his position, and return full helm to the shore, you put the application in pause mode (since you are no longer riding) and you run to alert the emergency services. You press START, you select the LMB menu (just below the Resume menu), and you display the radar on the screen, which offers you the direction in which the rider is, the distance which separates you from him, and its precise GPS location (LAT-LON coordinates). The emergency services have everything they need to intervene with maximum efficiency.



When an LMB position has been recorded, the LMB menu offers 4 sub-menus:



Principle of operation

During navigation, you press the START button 3x on the watch, this will automatically record the GPS position of the LMB point, and return to the screen previously displayed. The process then runs in the background, without disturbing your navigation. Then, depending on the desired mode (avoiding a danger zone or searching for a lost person / object), you have the choice of whether or not to display the dedicated radar screen:

- **Danger zone avoidance mode:** the function runs in the background, without you having to worry about it. As soon as you head straight towards the danger zone, the watch will start beeping and/or vibrating, depending on the distance separating you from the zone, and the speed at which you are navigating. The higher your speed, the greater the approach distance will be, to give you enough time to react and change course. If no radius has been entered, the point is widened by default by a radius of 3°, to let you with a comfortable margin (a simple point would not be enough to be avoided). If you enter a radius (in meters or feet), the point is enlarged by this radius, which allows you to materialize a much larger area, such as a sandbar or a shoal for example. [See detailed explanatory images below](#)
- **Search / rescue mode:** you will probably choose to display the radar screen, which allows you to head towards the LMB point by aligning the 2 moving cursors: the first cursor indicates the course of the LMB point, the second cursor the course of orientation of the watch. When these 2 cursors are aligned (therefore rotating you and/or the watch 360°), head straight ahead, this is the direction to follow (the 2 cursors indicate the true heading either, heading north, or heading southwest, etc), the displayed distance (in meters or feet) is the one that separates you from the LMB point. When you enter a radius of 2 meters around this point, the screen changes by rotating a colored radar, you are on the LMB point! In emergency alert mode (you are far from the LMB point), the central circle displays the distance separating you from the point, the latitude at the top, and the longitude at the bottom. By showing this screen to the emergency services, it can make their job easier in many cases. When the radar screen is displayed, a simple press on the START or BACK/LAP keys (swipe right on the touch screen) closes it.

— Notes

1. When an LMB point has been recorded, it remains permanently on the watch (as well as its radius, if there is one). This saves you from repeating the same operation each time you navigate to the same spot. In this case, if you wish to load an LMB point that has already been saved, launch the session by pressing the START key, press the START key twice, and choose the "Reload LMB - Saved Landmark" menu, the point (and its possible radius) are loaded into the application and the process is then automatically launched in the background
2. As long as no LMB point deletion has been performed, the point will remain saved on the watch. To permanently delete it, you must therefore go to the "Lost My Board → Delete LMB" menu. Disabling the option in the "Options → Miscellaneous" menu also removes this point.
3. For users who are worried about the resources used by such a function: whether it is enabled or disabled by default in the "Options → Miscellaneous → Lost My Board" menu, and if no LMB point is saved, it will have absolutely no impact on the processor resources used, therefore, no consequence on a possible over-consumption of the battery. On the other hand, if an LMB point is recorded, this creates an additional function running in the background, so this will have an inevitable impact on the resources used and on battery consumption. However, this module having been optimized as well as possible, the impact should be minimal or even derisory, and even more if the radar screen is not displayed!
4. In danger zone avoidance mode, when approaching the LMB zone, the alert distance will always be proportional to your speed with, as a reference, 60 km/h for 200 meters (if your speed is 60 km/h, you have 200 meters to react and change your course). So, the faster you navigate, the more the alert distance will increase, and vice versa. The distance taken into account here is that which separates you from the perimeter of the zone, and not from its central point.
5. In search mode, the function has its own limitations due to weather conditions. Indeed, it does not take into account the possible drift due to currents and wind therefore, the recorded LMB position probably risks no longer corresponding to the real position of the object / rider as time goes by. Although it is possible, developing such calculations would be far too costly in terms of resources used due to their complexity, and the additional amount of weather data to be acquired in order to be able to perform these calculations (strength and orientation of the current, etc.). Nevertheless, apart from this limitation, to be taken into consideration, the function will always give the precise indication of the area to be reached, and of the starting point of the search area, it is always better than having nothing...

Detailed explanatory images

Mode évitement d'une zone de danger

Aucun rayon = point élargi à 3°

No radius = point enlarged to 3°

L'angle entre le périmètre de la zone et le rider reste toujours le même, indépendamment de la distance
Angle = Angle

The angle between the perimeter of the area and the rider always remains the same, regardless of distance
Angle = Angle

Danger zone avoidance mode

Rayon = 20 mètres, ou 50, ou 100

Radius = 65 feet, or 164, or 328

L'angle entre le périmètre de la zone et le rider varie en fonction de la distance
Angle < Angle

The angle between the perimeter of the area and the rider varies with distance
Angle < Angle

Mode recherche et secours

Vous y êtes !
You are spot on!

Cap à suivre: Nord
Course to follow: North

1

2

3

Distance = 118 (m or ft)

LAT = 38.8707
LON = -95.1504

Tournez (vous et/ou la montre) jusqu'à ce que les 2 curseurs soient alignés puis, dirigez-vous tout droit devant vous

Search and rescue mode

Cap à suivre: Sud-Ouest
Course to follow: South-West

Vous y êtes !
You are spot on!

1

2

3

Distance = 96 (m or ft)

LAT = 38.8602
LON = -95.1947

Turn (you and/or the watch) until the 2 cursors are aligned then, head straight ahead

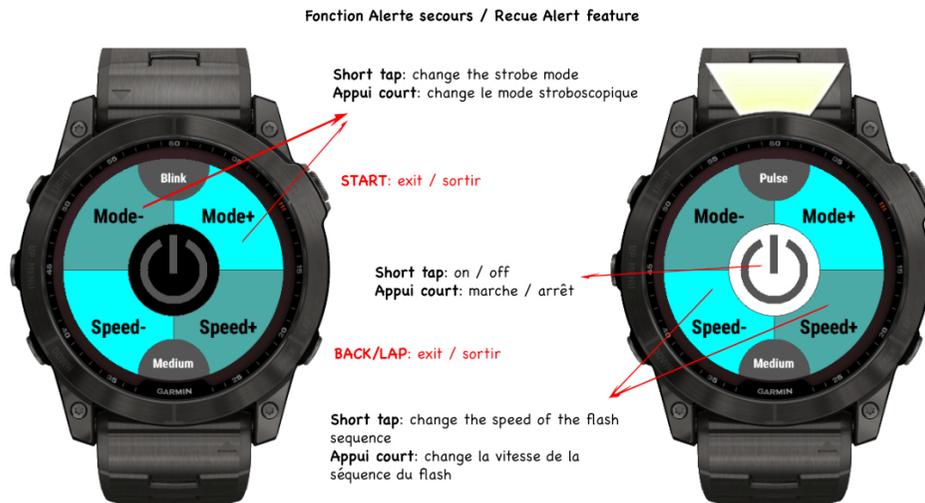
Rescue Alert feature

On models equipped with the integrated LED device on the front of the watch, an emergency alert function is offered by the application. This function can be useful if you find yourself in a dangerous situation, offshore, and you need to signal your presence by sending a light signal towards the shore, or a boat.

This option is launched via the “**Tools → Rescue Alert**” menu. You can also integrate it into the quick access menu of the main menu, for even faster access (“**Options → Action Menu → Rescue Alert**” menu).

By activating this menu entry, a new screen will appear, offering you the possibility to choose the strobe mode you wish to emit, as well as its execution speed. Finally, the large central button allows you to turn the flash on (white) or off (black).

To exit this screen, simply press the **START** or **BACK/LAP** buttons on the watch, which will also end the flashlight sequence.



— Note

- the intensity of the flash is preset to its maximum, to be visible as far as possible
- the intensity of the flash cannot therefore be modified

Sunset Flash function

For all models with built-in flash, it is possible to activate the automatic launch of the strobe flash at sunset. This can be useful, for example, when sailing a little late, if you want to be more visible on the water before finishing your session.

This option can be found in the «**Tools → Sunset Flash**» menu. Simply activate it to start the process, which will switch on automatically at sunset time.

When the flash is active, simply deactivate the option to stop it.

On models with the quick menu shortcut on the main screen, it is also possible to access this option via this quick menu, if you have added the «**Sunset Flash**» item to the list of quick actions, from the «**Options → Action Menu**» menu.



Max. heart rate alarm function

Windsurfing, kitesurfing and related activities (wingsurfing, etc.) can sometimes be very physical and demanding, requiring sustained effort, which can have a significant impact on heart activity.

This is why the application offers a function that alerts you if your heart rate exceeds a certain threshold, which you determine before your session.

This can be particularly useful for riders who have had a cardiac accident, but who nevertheless wish to continue practicing their favorite sport, while keeping control of their heart rate and thus avoiding any incidents during their session. If your heart rate goes over the limit, it's up to you to take the appropriate action, such as taking a break or taking your foot off the gas!

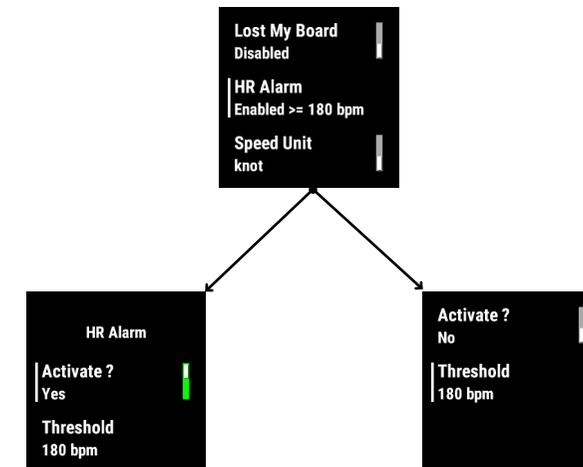
This option is located and activated via the “**Options → Miscellaneous → HR Alarm**” menu. You can also integrate it into the main menu's quick access menu, for even quicker access (“**Options → Action Menu → HR Alarm**” menu).

You can choose whether or not to activate the alarm, and then simply set the heart rate threshold not to be exceeded. If, during a session, your heart rate reaches or exceeds this threshold, a significant audible alarm, combined with vibrations, will alert you. This alarm will continue to sound for as long as your heart rate remains above the set threshold, but you can also interrupt it, either by a simple **TAP** on the watch screen (touchscreen compatible), or by pressing the **BACK/LAP** button on the watch.

— Note

- if you don't manually interrupt the alarm, it will stop by itself when your heart rate drops below the set threshold
- when your heart rate falls below the threshold, the alarm is automatically reset, and will reactivate if it is exceeded again
- this option is permanently saved in the settings file stored on the watch, so you don't need to activate it before each session - once is enough, unless you wish to modify one of its parameters
- depending on the specific features of your model, the alarm may emit only an audible alert, or vibrations, or both simultaneously

Options → Miscellaneous → HR Alarm menu



On **HIGH 1024** models, activation of the FC alarm function is indicated by the FC line turning red on the second data screen.



Visualization of parameters as screenshot view

A dedicated menu of the main **Tools** menu allows you to view, in a summary form, all of your parameters saved into the application. This summary is displayed on the screen, on 4 different screens grouping the parameters by category: global parameters, activity parameters, Race / Course mode parameters, and the choice of whether or not to display the different screens of the application.

This synthetic visualization avoids you having to browse through the numerous menus and submenus of the application, to find out an option or a specific set up parameter.

To switch from one screen to another, just press the UP or DOWN buttons (slide UP or DOWN on the touch screen); to exit this viewing mode, press the START or BACK / LAP button indifferently (slide to the RIGHT on the touch screen).

Here are these 6 screens, and the menu to access them:

Tools
View Settings Screenshot
Beaufort Scale



Summary of global parameters



Units set and used, and application infos



Summary of parameters related to the activity



Summary of the parameters related to the management of Race mode



Summary of the displayed, or not, screens

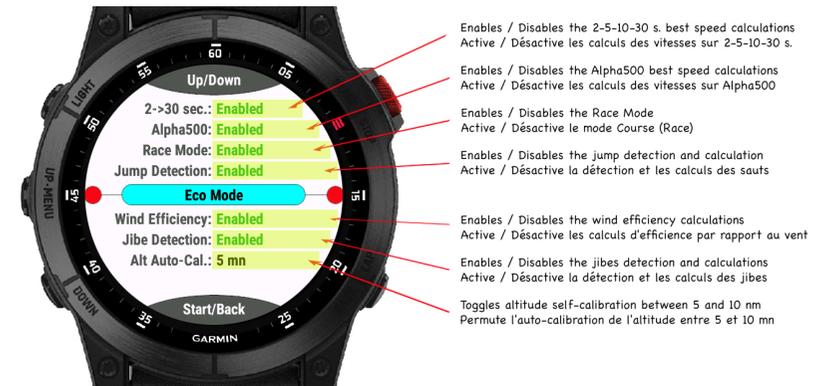
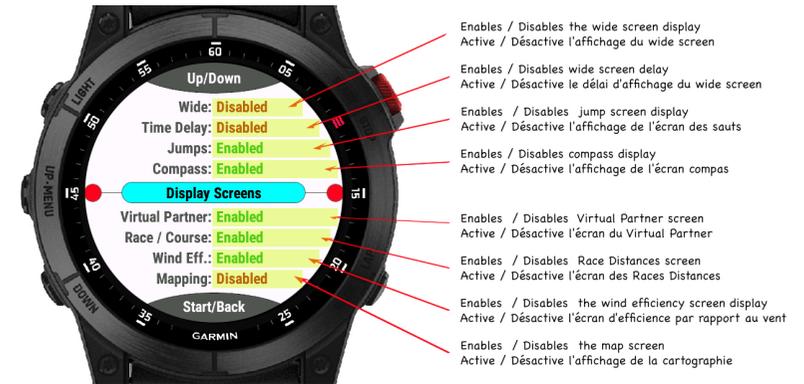
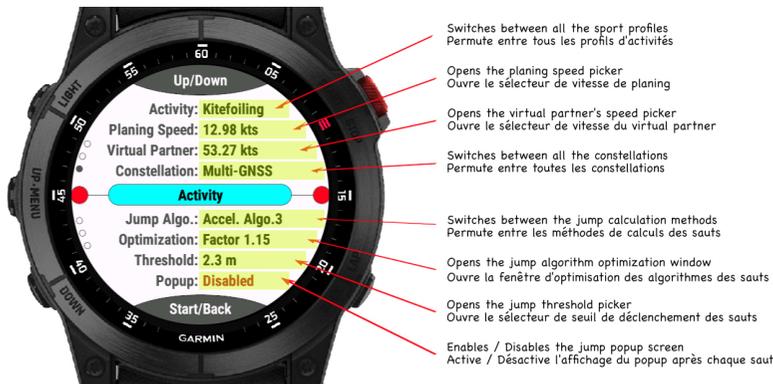
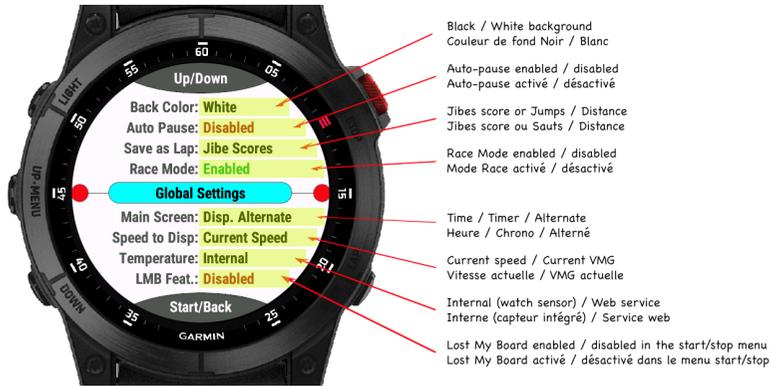


List enabled/disabled features of the Eco mode

Interactivity of snapshot screens

For all models with a compatible touch screen, these parameter screens are interactive, by simple repeated taps on the relevant area of the screen. This allows you to change options quickly, on the fly, without having to enter the application menu, so it's faster, and more visual!

Indeed, when you long press on the upper left area of the main screen (see here), you directly access these settings screens so, a long press + taps screens instead of several navigations and back and forth in the menu...



Performances screen

This screen shows you your performance over the current session, and over all your sessions, alternately. It is drawn in the form of a colored "daisy", each "petal" representing one of the twelve criteria listed below, and each sector is defined by its own color, taken from the snapshot screens of the scores, for consistency purposes .

The twelve criteria taken into account are divided into six sectors, clockwise from the top:

- Sector 1: best speeds over 2 and 5 seconds
- Sector 2: best speeds over 10 and 30 seconds
- Sector 3: best speed on Alpha500 and wind efficiency score
- Sector 4: average speed and maximum speed
- Sector 5: best jump height and jibes score
- Sector 6: total distance and total time

The display works cyclically, approximately every 7 seconds, showing both your performance for the current session (golden yellow arcs) and your overall performance (orange colored arcs), only in pause mode. If the session is in progress, only your performance for the session will be displayed.

Note that if there is no active session, the screen will only show your overall performance. It is then necessary to pause the app to obtain the alternate display.

This Performances screen is similar to the snapshot screens of the scores, accessible via the menu "Tools -> Scores -> View Global Statistics" menu because it includes certain data, but easier to access and with more synthetic visualization.

— How to read the graph?

Reading the chart depends on the type of data visualization:

- Performance on the current session: each criterion represents the current value of the session compared to the maximum value, all sessions combined, on this criterion
- Overall performance: each criterion represents the average value of this criterion (calculated over all sessions) compared to the maximum value, all sessions combined, on this criterion

The longer the line, the closer your current or average value is to its max value, and vice versa. And if the line ball touches the outer circle, that means you're at 100%!

if you delete the best scores and / or all scores, you will lose all your performances data.

Examples:

- Alpha500 criterion: value = 31.12 knots **for the session**, absolute max value (all sessions) = 36.44 knots , the line then represents the ratio $31.12 / 36.44 * 100$
- Best jump height criterion: average value = 9.88 meters **over all sessions**, absolute max value = 14.44 meters, the line then represents the ratio $9.88 / 14.44 * 100$

— Notes

1. if the application has never been launched before (this is the first session), each row of the 12 criteria will be at its maximum (100%) because there is no previous max data stored so the current value equals the max value
2. if the application has never been launched before (this is the first session), the graph representing your overall performance will be empty (no previous data stored); you must have completed at least one session for this graph to appear
3. if one of the 12 criteria cannot be calculated (because disabled by the Eco mode for example), the corresponding line will not be drawn

Here's what this performance screen looks like:



Your performances for the current session
(on black background color)



Your global performances (on white
background color)

How to end your session?

When you end your session by pressing the START key then selecting the "Save and Quit" menu, an additional menu is offered to you to choose the general feeling of your session.

Select one of the feelings offered, by pressing the UP or DOWN keys (or sliding up or down on the touch screen) then press the START key again to validate your choice.

The application will then offer you the last 3 summary screens and statistics concerning your session. To exit these screens one by one, you can press either the START or BACK / LIGHT button until you have completely exited the application (START button or swiped to the right on the touch screen).



The three summary and statistics screens are as follows:



First exit screen

General informations about your session

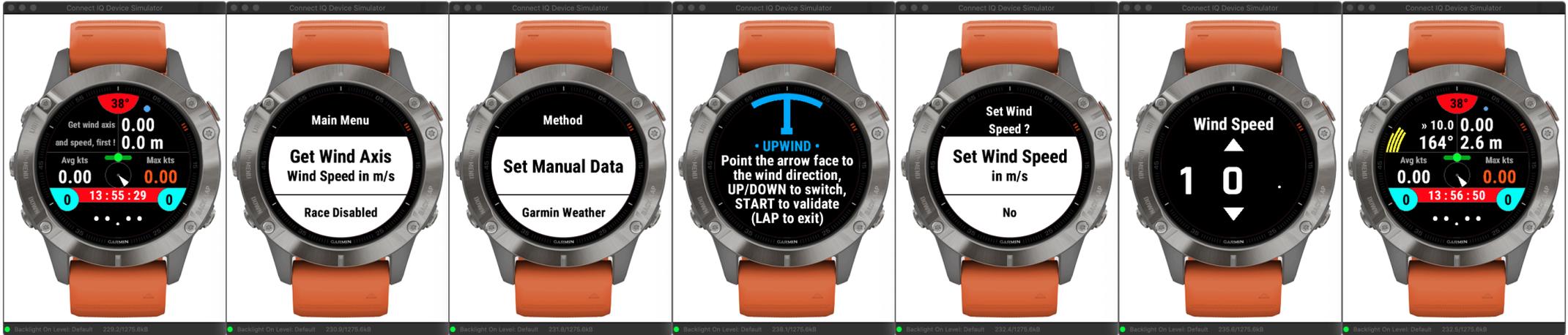
Second exit screen

Scores obtained in different areas compared to your best scores, all sessions combined

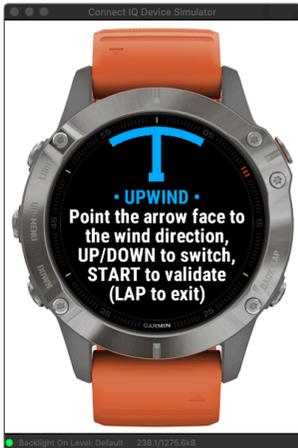
Third exit screen

Your overall score of speeds reached in relation to navigation angles, and your skills score obtained during the session

Explanations on how to set wind data



Main screen before obtaining wind data	Menu for retrieving and entering wind data	Obtaining data manually	Point the blue arrow face to the wind (UPWIND) or down to the wind (DOWNWIND), watch flat	Enter the wind speed, in the selected unit	Entry on 3 digits then, validate by pressing the START key	Main screen after obtaining wind data
--	--	-------------------------	---	--	--	---------------------------------------



Difference between recovering the axis upwind or downwind

- Facing the wind (**UPWIND** mode): the blue arrow must be facing the direction of the wind (you are therefore facing the wind)
- Downwind (**DOWNWIND** mode): the blue arrow must be pointing in the same direction as the wind (you are therefore back to the wind)

Each time the application is started again, the choice will always be set by default to **UPWIND**.



Before starting the session, press and hold the DOWN or BACK/LAP key (depending your watch model), or enter the main menu by long pressing the UP key (left swipe on touch screen devices). Then, point your watch facing the wind, and click on the START key to validate the orientation. A new menu will then popup, offering you to define or not the wind speed. Enter the wind speed with 3 digits and confirm by pressing the START key again.

Avant de lancer la session, maintenez la touche DOWN ou BACK/LAP enfoncée (selon le modèle de votre montre) ou entrez dans le menu principal par appui long sur la touche UP (glissé à gauche sur écran tactile). Ensuite, pointez votre montre face au vent puis, cliquez sur la touche START pour valider l'orientation. Un nouveau menu apparaîtra alors, vous permettant de définir ou non la vitesse du vent. Entrez la vitesse du vent sur 3 digits et confirmez par appui sur la touche START.



1 -> orientate the north of your watch face to the wind (UPWIND mode) or down to the wind (DOWNWIND mode)

1 -> orientez le nord de la montre face au vent (mode UPWIND) ou sous le vent (mode DOWNWIND)



2 -> STAT to validate

2 -> START pour valider

UpWind direction
Direction face au vent

180°



180°

DownWind direction
Direction sous le vent

All the screens (meaning and detailed explanations)

Minimalist screen (Wide Screen)

Wind axis
Axe du vent

Wind efficiency
Efficacité par rapport au vent

Current heading over wind axis
Cap actuel par rapport au vent

Time (12/24) • Current/Average/Max speeds • Distance • Height of last jump • Dist./Time to Next Waypoint • VMC
Heure (12/24) • Vitesses actuelles/moyenne/max • Distance • Hauteur du dernier saut • Dist./Temps au prochain point GPS • VMC

Time (12/24 format), Timer or Alternate
Heure (format 12/24), Chrono ou alterné

On touchscreen devices, hold down these areas to change metrics / data easily
Sur écrans tactiles, tenir appuyé sur ces zones pour changer de métriques / données facilement

Time (12/24) • Current/Average/Max speeds • Distance • Height of last jump • Dist./Time to Next Waypoint • VMC
Heure (12/24) • Vitesses actuelles/moyenne/max • Distance • Hauteur du dernier saut • Dist./Temps au prochain point GPS • VMC

This screen is intended to be easily readable during navigation, with essential data displayed in wider font. You can activate or not this screen by setting the option in the Wide Screen - Display menu.

Cet écran est destiné à être facilement lisible pendant la navigation, avec des données essentielles affichées dans une large police. Vous pouvez activer ou non cet écran en réglant l'option dans le menu Wide Screen - Display.

Third and fourth screens (jumps & compass)

Wind efficiency
-180° < 0° < 180°
Efficacité par rapport à l'axe du vent
-180° < 0° < 180°

Green = good angle, orange = correct, red = bad angle
Vert = bon angle, orange = correct, rouge = angle inefficace

Gauge of current speed over wind speed (if it exists)
Jauge de la vitesse actuelle sur la vitesse du vent (si elle existe)

Current bearing
Cap actuel

Wind efficiency
-180° < 0° < 180°
Efficacité par rapport à l'axe du vent
-180° < 0° < 180°

Gauge of current speed over average speed
Jauge de la vitesse actuelle sur la vitesse moyenne

Current speed
Vitesse actuelle

Tide gauge (if the info exists)
Jauge de la marée (si l'info existe)

Best jump of the session
Alternating height-length
Meilleur saut de la session
Hauteur-longueur en alterné

Last jump (alternating height-length)
Dernier saut réalisé (hauteur-longueur en alterné)

Session status
Status de la session

Current speed
Vitesse actuelle

La hauteur du dernier saut s'affiche en couleur inverse, la longueur du saut, quant à elle, est colorée en vert.

First and second screens (main screen & general data)

Arc of wind efficiency (up and downwind) + wind axis and speed
Arc d'efficacité par rapport à l'axe du vent (au vent et sous le vent) + axe et vitesse du vent

Temperature
Température

Distance
Distance

Fixed altitude (feet/meters)
Altitude corrigée (pieds/mètres)

Overall max speed (kts/kmh/mph)
Vitesse maxi globale (noeuds/kmh/mph)

Best speed over 2s. and 5s.
Meilleures vitesses sur 2s. et 5s.

Avg (white) + max (orange) speeds
Vitesses moyenne (blanc) et maxi (orange)

Altitude calibration (green = ok) + qualité du signal GPS (bille)
Calibration de l'altitude (vert = ok) + qualité du signal GPS (bille)

Scroll between screens (long press = enter the main menu)
Défile entre les écrans (appui long = menu principal)

Overall average speed
Vitesse moyenne globale

Battery status
Statut batterie

Cap (pause mode), bearing (navigation)
Orientation (mode pause, cap suivi (navigation))

Session status (pause, run)
Statut de la session (pause, en cours)

Action menu (start/pause/resume/stop session)
Stop the countdown in race mode

Menu action (démarré/pause/arrête la session)
Stoppe le décompte en mode race

Launch / stop the race mode (long press = Get Wind Axis and speed)
Lance / stoppe le mode race (appui long = obtention de l'axe + vitesse du vent)

Current HR / FC actuelle
Current HR / FC actuelle

Best speed over 10s. and 30s.
Meilleures vitesses sur 10s. et 30s.

Alternate: jibe score or nb of jumps of the session
Alterné: jibe score ou nb de sauts de la session

10s. and 30s. run chronos
Chronos des runs sur 10s. et 30s.

Scroll between screens (long press = key set, like music)
Défile entre les différents écrans (appui long = affectation de touche, comme accès à la musique)

Fifth and sixth screens (Virtual Partner + Alpha500 & Race Distances)

Virtual Partner & Alpha 500

Cursor of wind direction, always on top
Curseur indiquant la direction du vent, toujours ici

Gauge of the Virtual Partner
Jauge du Virtual Partner

Tide gauge
Jauge de la marée

Current speed
Vitesse actuelle

Difference between current speed and VP speed
Différence entre la vitesse actuelle et la vitesse du Virtual Partner

Speed set for the Virtual Partner
Vitesse choisie pour le Virtual Partner

White = best Alpha500 speed of the session
Orange = best Alpha500 speed of all time

White = meilleure Alpha500 sur la session
Orange = meilleure Alpha500 (toutes sessions)

Red = you did not reached the VP speed
Green = you reached the VP speed

Rouge = vous n'avez pas atteint la vitesse du VP
Vert = vitesse du VP atteinte

White = best Alpha500 speed of the session
Orange = best Alpha500 speed of all time

White = meilleure Alpha500 sur la session
Orange = meilleure Alpha500 (toutes sessions)

Red = you did not reached the VP speed
Green = you reached the VP speed

Rouge = vous n'avez pas atteint la vitesse du VP
Vert = vitesse du VP atteinte

Virtual Partner & Alpha 500

Race Distances

red = you are behind your best time
green = you are ahead of your best time

rouge = vous êtes en retard sur votre meilleur chrono
vert = vous êtes en avance sur votre meilleur chrono

Session best time over selected race distance
Meilleur chrono de la session sur race distance sélectionnée

Best of all time over selected race distance
Meilleur chrono absolu sur race distance sélectionnée

Filling rate of the race distances table
Taux de remplissage du tableau des race distances

Average speed corresponding to the absolute best time
Vitesse moyenne correspondant au meilleur chrono absolu

Average speed corresponding to the best time of the session
Vitesse moyenne correspondant au meilleur chrono de la session

You broke your record on this distance
Vous avez battu votre record sur cette distance

Seventh screen (speed / angles efficiency)

Efficiency vitesse / angles • Speed / angles efficiency

The ratio for each sector is saved in real time as graph into the FIT file (labeled "Speed Eff./Angles Scores"), and the global value (in the center of the screen) is saved as a summary data into this FIT file.

Le ratio obtenu dans chaque secteur est enregistré en temps réel dans le fichier FIT sous forme de graphique (nommé "Speed Eff./Angles Scores"), la valeur centrale est, quant à elle, enregistrée comme donnée dans la zone résumé

Each sector represents an arc of 20°
Right hand -> from 0 to -180°
Left hand -> from 0 to 180°
Chaque secteur représente 20° d'arc
Main droite -> de 0 à -180°
Main gauche -> de 0 à 180°

Good speed in this angle
(0.5 > ratio > 1 = blue color)
Bonne vitesse dans cet angle
(0.5 > ratio > 1 = couleur bleue)

Optimal speed in these 2 angles
(ratio > 1 = green color)
Vitesse optimale dans ces 2 angles
(ratio > 1 = couleur verte)

Transition jibe (lower speed)
ratio < 0.5 = red color
Jibe transition (vitesse réduite)
ratio < 0.5 = couleur rouge



Rosette showing the efficiency of your speed in each zone of 20° of angular arc (right hand from 0 to -180° upwind/downwind, left hand from 0 to 180° upwind/downwind).

The calculations result from a sophisticated combination between your current speed in each sector reported at the average speed combined with the wind speed for each sector. Each sector of 20° is divided into 3 zones:

- ratio of 0 to 0.5 -> red
- ratio of 0.5 to 1 -> blue
- ratio of 1 to 1.5 -> green

This screen therefore allows you to visualize your optimal navigation angles. The central value is a combination of all the values obtained in each of the sectors for which a value exists.

Rosace affichant l'efficacité de votre vitesse dans chaque zone de 20° d'arc angulaire (main droite de 0 à -180° au vent/sous le vent, main gauche de 0 à 180° au vent/sous le vent).

Les calculs résultent d'une combinaison sophistiquée entre votre vitesse courante dans chaque secteur rapportée à la vitesse moyenne combinée à la vitesse du vent pour chaque secteur

Chaque secteur de 20° est divisé en 3 zones:

- ratio de 0 à 0.5 -> rouge
- ratio de 0.5 à 1 -> bleu
- ratio de 1 à 1.5 -> vert

Cet écran vous permet donc de visualiser vos angles optimaux de navigation. La valeur centrale est une combinaison de l'ensemble des valeurs obtenues dans chacun des secteurs pour lesquelles une valeur existe.

Seventh screen (polar of VMGs)

Graphique polaire des VMG • Polar graph of VMGs

The value of the best VMG reached, and its according angle are saved as a summary data into the FIT file.

La valeur de la meilleure VMG réalisée, ainsi que son angle correspondant, sont enregistrés le fichier FIT sous forme de donnée dans la zone résumé

Each sector represents an arc of 20°
Right hand -> from 0 to -180°
Left hand -> from 0 to 180°
Chaque secteur représente 20° d'arc
Main droite -> de 0 à -180°
Main gauche -> de 0 à 180°

Value of the best VMG (21.4 knots)
Valeur de la meilleure VMG (21.4 noeuds)

VMG here is about 18.5 knots (>3/4 of 21.4)
La VMG ici est d'environ 18.5 noeuds (>3/4 de 21.4)

Best VMG (21.4 knots) with an angle of approximately 135°, represented with this tiny orange line
Meilleure VMG (21.4 noeuds) réalisée sur un angle d'environ 135°, représentée par cette ligne orange



This screen represents the polar of the VMGs by group of angles of 20°, as well as the best VMG reached (21.4 knots, or mph) on an angle of approximately 135°, symbolized by the corresponding tiny orange line

The 4 sectors in each group of angles each represent 25% of the best VMG thus, for example, the value of the VMG reached in the zone of angles going from 80 to 100° is around 9 knots, and that of the zone -100 to -120° is equal to 75% of 21.4 knots, i.e. about 16 knots

Cet écran représente la polaire des VMG par groupe d'angles de 20°, ainsi que la meilleure VMG réalisée (21.4 noeuds, ou km/h) sur un angle d'approximativement 135°, symbolisé par la ligne droite orange correspondante.

Les 4 secteurs dans chaque groupe d'angles représentent chacun 25% de la meilleure VMG ainsi, par exemple, la valeur de la VMG atteinte dans la zone d'angles allant de 80 à 100° avoisine les 9 noeuds, et celle de la zone -100 à -120° est égale à 75% de 21.4 noeuds soit, 16 noeuds environ

Eighth screen (mapping)

Fonctionnalité Cartographie / Mapping Feature

This feature is only available on devices with mapping feature

Cette fonctionnalité n'est disponible que sur les modèles disposant de la fonctionnalité cartographie

Your bearing
Votre cap

State of the session:
- orange = session in pause mode
- green = session is running

Etat de la session:
- orange = la session est en pause
- vert = la session est active

Current speed (in the unit set)

Vitesse actuelle (dans l'unité sélectionnée)



Wind axis (always orientated to the north of the watch)

Axe du vent (toujours orienté au nord de la montre)

Color representing the quality of your navigation angle over the wind axis:
- red = bad
- orange = average
- green = good

Couleur représentant la qualité de votre angle de navigation par rapport à l'axe du vent:
- rouge = pas bon
- orange = moyen
- vert = bon

Cursor indicating the angle difference between your current bearing and the wind axis: here, for example, the rider sails with about an angle of 130° over the wind axis, downwind

curseur indiquant la différence angulaire entre votre cap actuel et l'axe du vent: ici, par exemple, le rider navigue à environ 130° par rapport à l'axe du vent donc, large - grand large

Ninth screen (Performances screen)

Performances screen Ecran performances

Current session performances
Performances pour la session actuelle

This arc represents 100%
Cet arc représente 100%

Best jump height of the session = 70% of the higher jump ever JS of the session = 85% of the overall JS

Le saut le plus haut de la session = 70% du saut le plus haut jamais réalisé JS de la session = 85% du meilleur JS

This arc represents 50%
Cet arc représente 50%

Here, average speed of the session is about 80% of the overall average speed

Ici, la vitesse moyenne de la session est à 80% environ de la vitesse moyenne globale



Global performances
Performances globales



Statistical screens

Ecrans statistiques / Statistical screens

Ecran Hall / Hall screen



Kitesurf: meilleur saut jamais réalisé
Windsurf: alpha500

Kitesurfing: best jump ever
Windsurfing: alpha500

Meilleures vitesses moyennes jamais atteintes sur 2s, 5s, 10s et 30s. (affichage alterné)

Best average speeds over 2s, 5s, 10s and 30s runs ever (alternate display)

Meilleures vitesses moyennes et maxi jamais atteintes

Best average and max speeds ever

Nb total de sessions réalisées
Durée globale cumulée de toutes vos sessions

Global number of all your sessions
Total cumulative duration of all your sessions

Alterné: meilleur jibe score ou meilleur nb de sauts au cours d'une session
Plus longue distance parcourue au cours d'une session

Alternate: best jibe score or best nb of jumps during a session
Longest distance traveled during a session

Ecran Stats / Stat screen



Alterné: jibe score moyen ou nb moyen de sauts par session
Distance globale cumulée

Alternate: average jibe score or average nb of jumps per session
Cumulative global distance

% d'efficacité de navigation par rapport à l'axe du vent dans les 3 zones d'angles

% of navigation efficiency in relation to the axis of the wind in the 3 corner zones

End of session screens

Ecrans de fin de session / End of session screens

Premier écran / First screen



alternate 2s. + 5s. 10s. + 30s. alternés

Récapitulation de 10 résultats réalisés au cours de la session

Summary of 10 results achieved during the session

Second écran / Second screen



6 meilleurs résultats de la session sur les meilleurs scores jamais réalisés

6 best data of the session over the best ever accomplished

Troisième écran / Third screen



Scores de session: vitesses/angles de navigation & compétence

Session scores speeds/course angles & skill level

Gestures on touch screen devices

Gestures for touch screen devices Gestes pour les montres à écran tactile



Next screen
Ecran suivant

Exit session in stop mode
Menu level -1

Quitter la session en mode arrêt
Menu niveau inférieur

Start / Stop
Pause / Resume
session

Enter the global menu,
only in pause mode

Menu général,
seulement en mode pause

Previous screen
Ecran précédent

Screens specific to Instinct 2 and 2S models

Main screen and second screen (speeds)



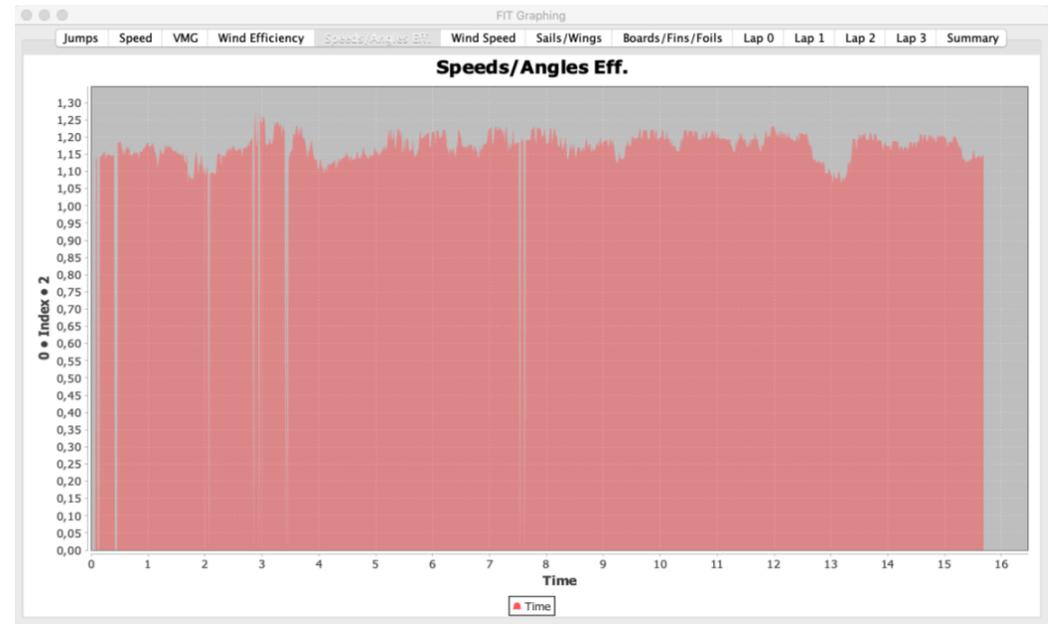
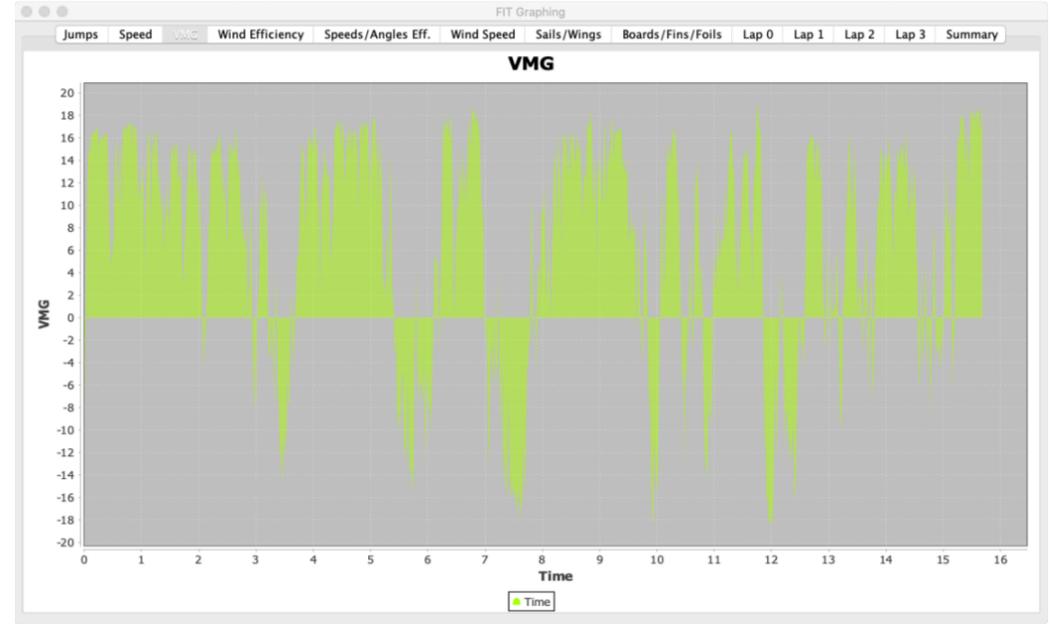
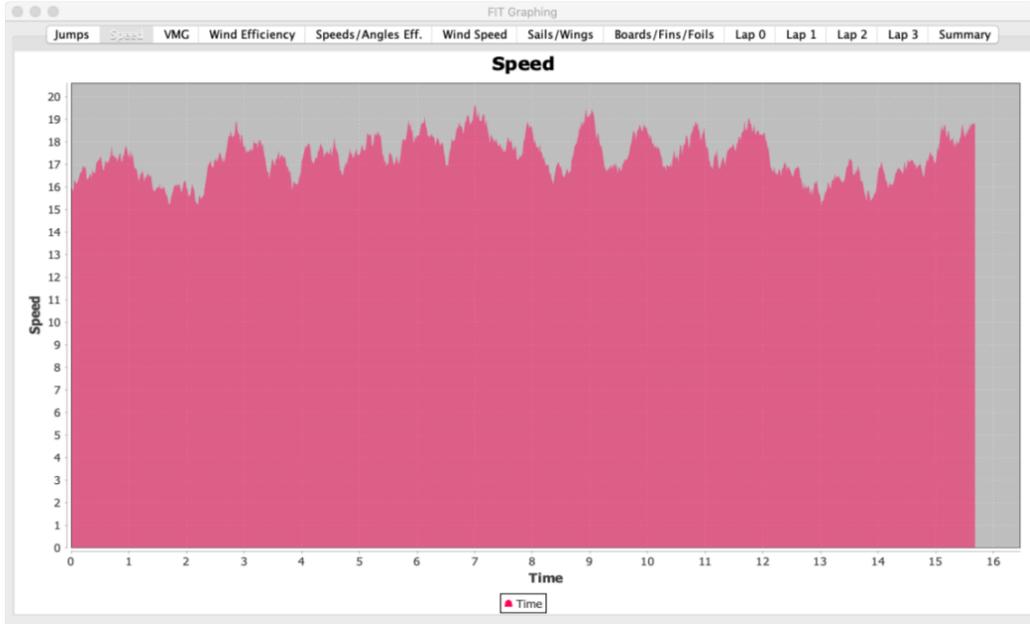
Fifth screen (global statistics) and end session screen

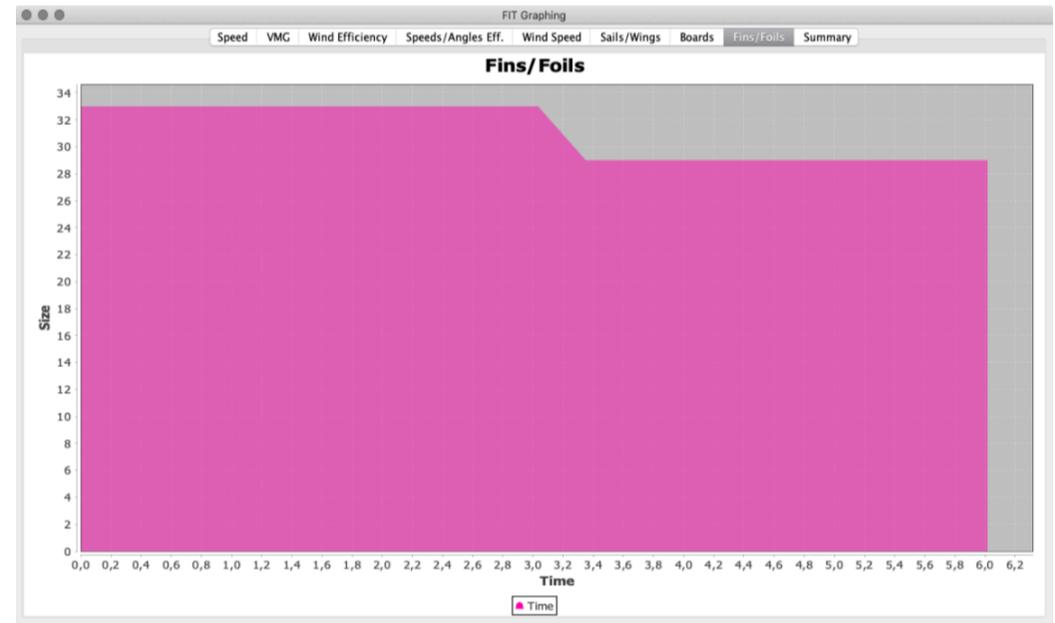
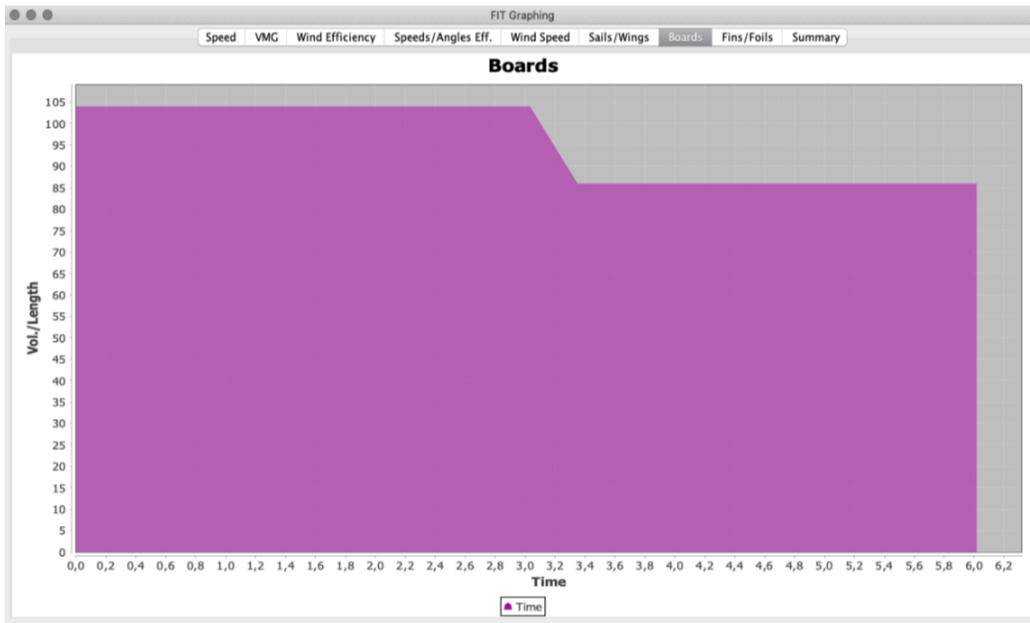
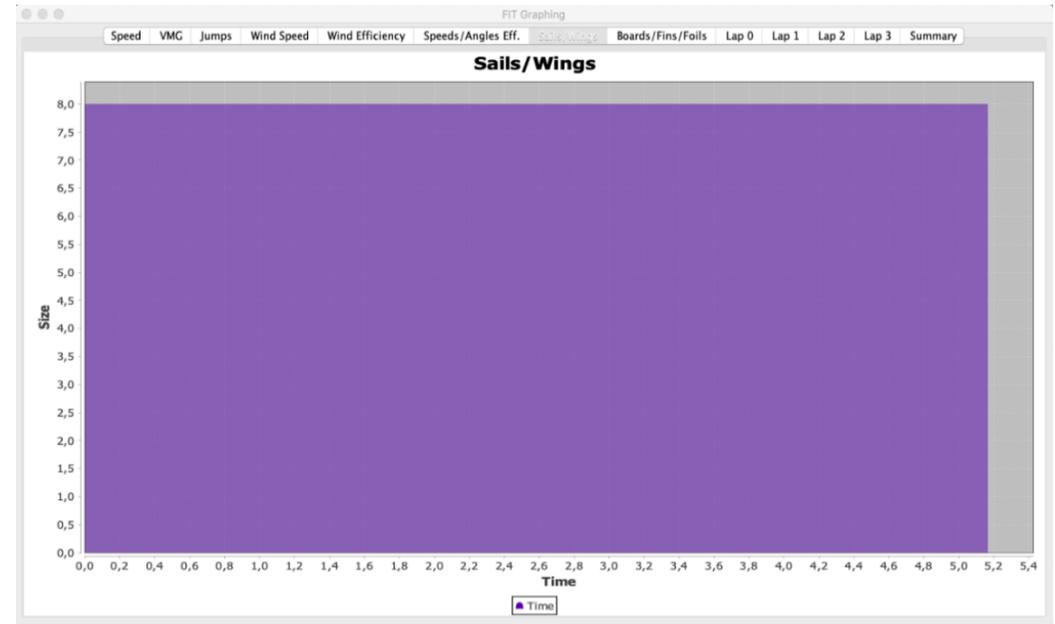
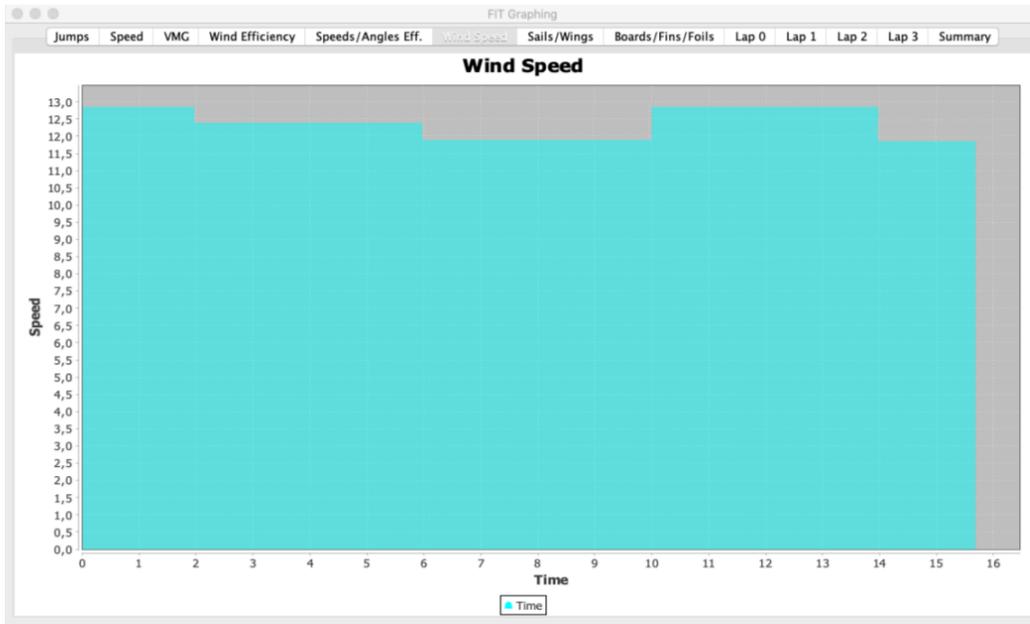


Third and fourth screens (jump/ angle & speed / angle)

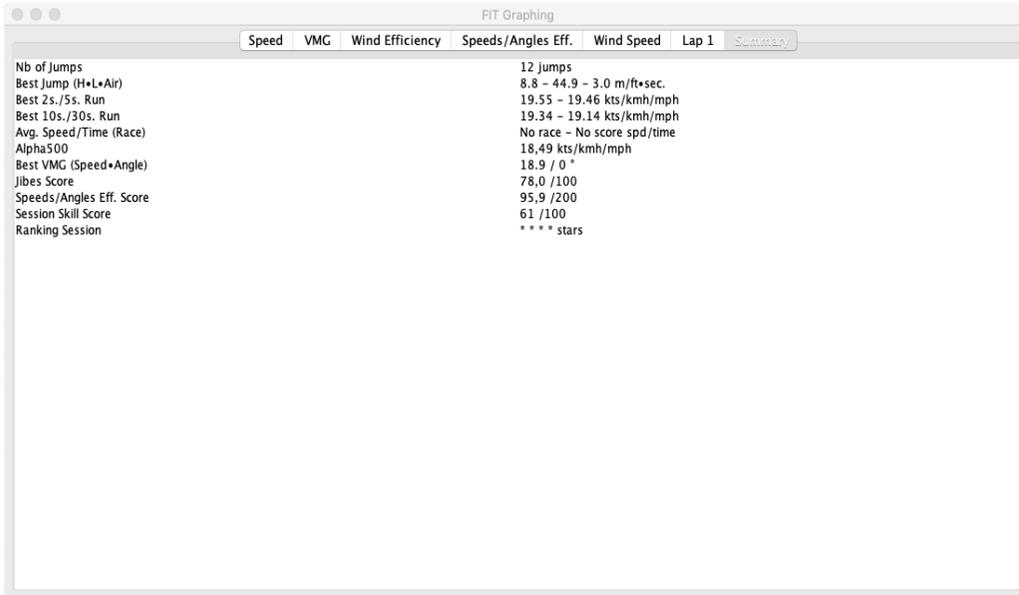


All the data saved into the FIT file

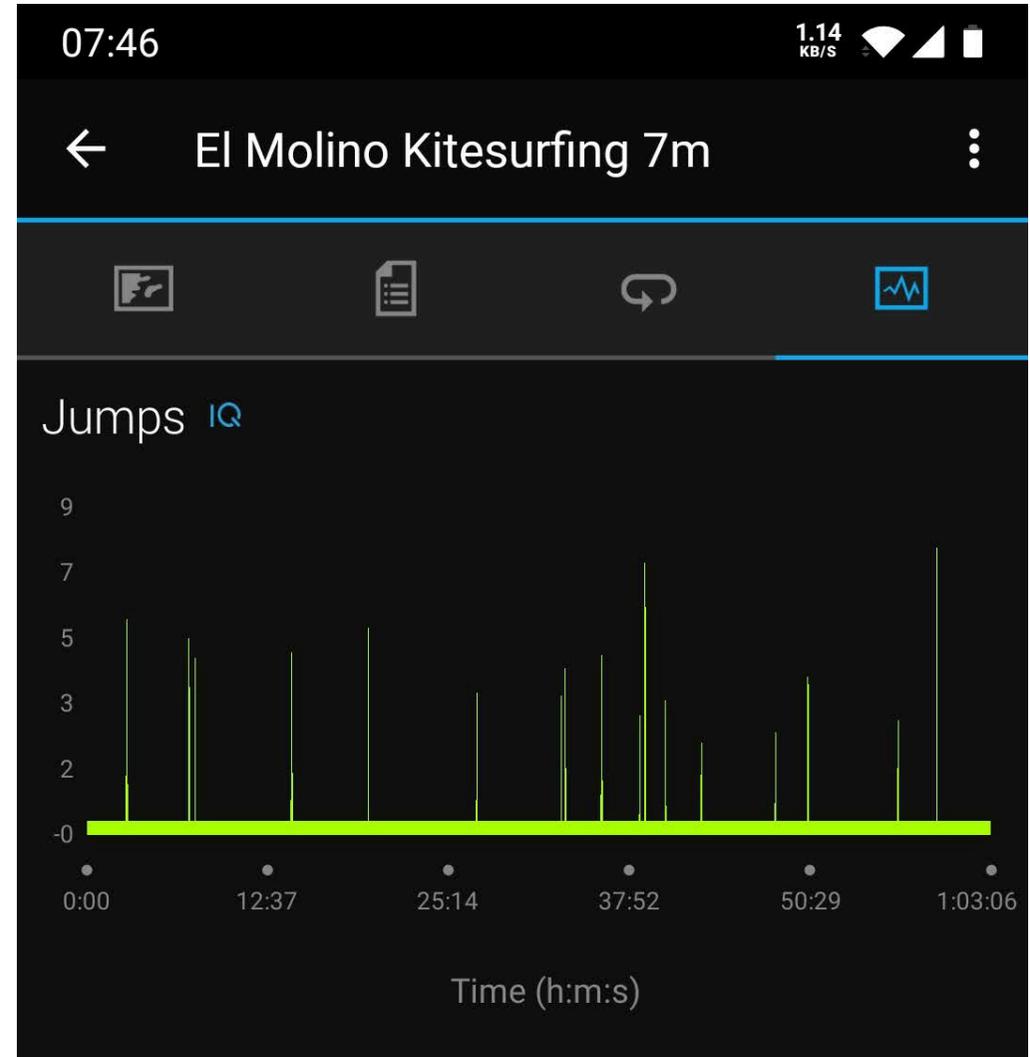


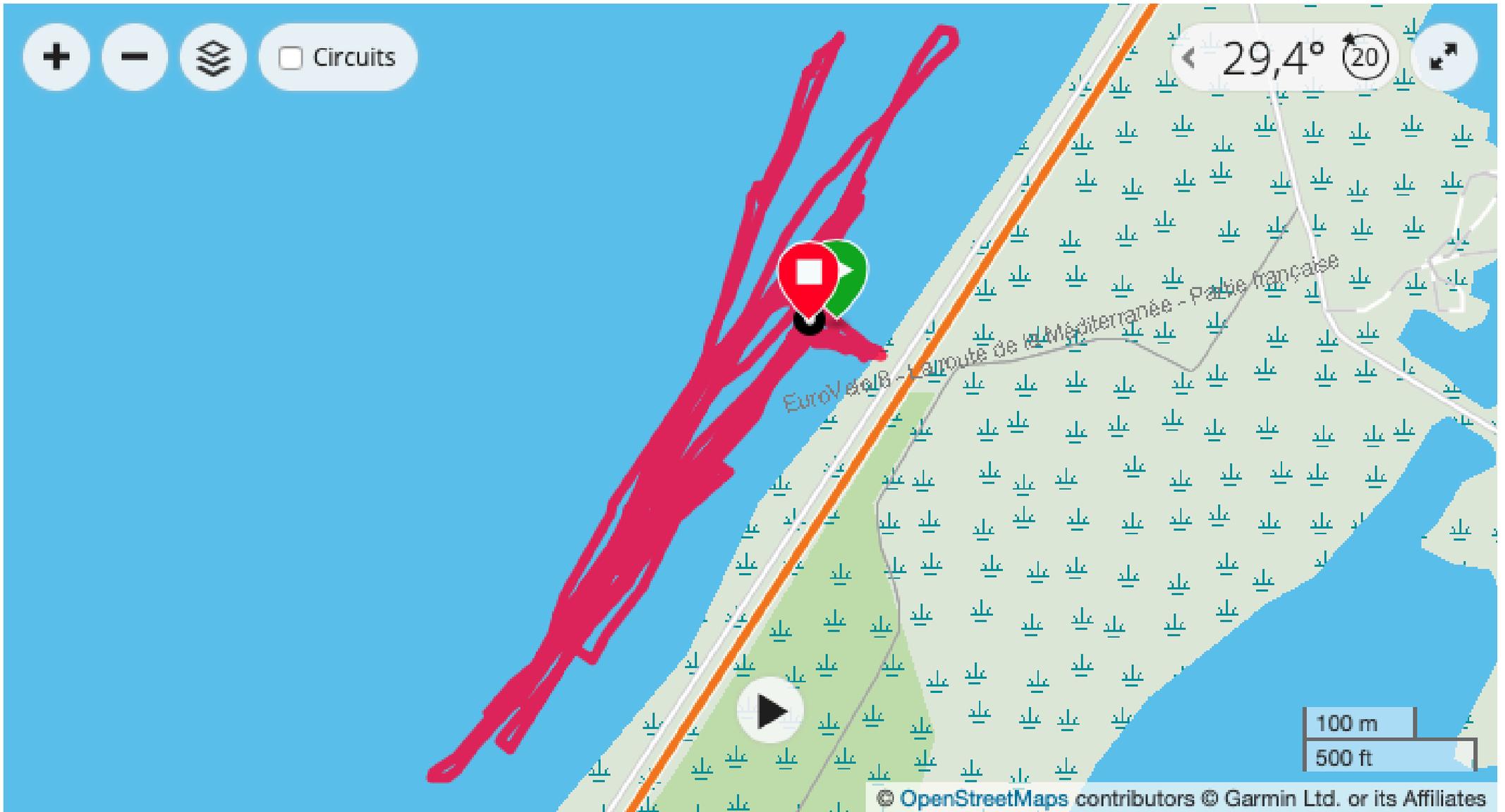


Data saved into the summary area
of the FIT file



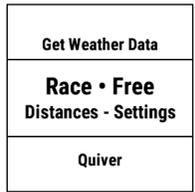
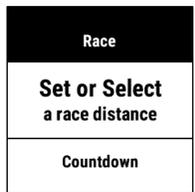
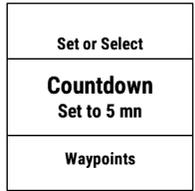
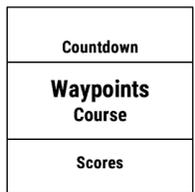
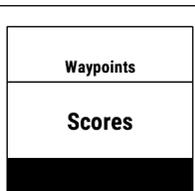
The display of jump graph in Garmin Connect
application for smartphone



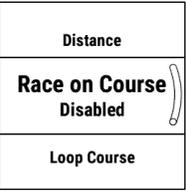
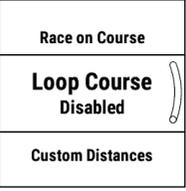


List of all the menus of the app and their explanation

Get Wind Axis and Wind Speed menu	
	<p>This screen allows you to set wind data (axis in degrees + speed). This axis is used in many calculations, including your rate of efficiency / speed according to this wind axis. To access it, you can also press and hold the DOWN or LAP key of the watch (or on the "Get Wind Axis" menu for touchscreen watches), before the start of your session, or during the session if the orientation and wind speed conditions have changed.</p> <p>This menu also gives you access to the weather web services (for compatible models), if one or more API keys have been set and correctly entered in dedicated fields of the settings file</p>
	<p>This screen follows the previous menu selection (Set Manual Data), and tells you how to proceed to get the wind axis, either in UPWIND mode (face to the wind direction) or in DOWNWIND mode (down to the wind direction).</p>
	<p>Just after entering the wind axis in manual mode, the application offers you to enter the wind speed, if you know it. So you can either enter the wind speed, or decline the proposal by selecting "No".</p> <p>Please note that the proposed speed unit will be the one you already set in Options -> Miscellaneous -> Wind Unit.</p>
	<p>This menu allows you to activate (or deactivate) the wave riding function by recovering the orientation axis of the swell, and to adjust the minimum duration for recording a surf</p>
	<p>Screen for orienting the north of the watch face to the swell to activate the wave riding function. To cancel this function, simply display the label "• ERASE! •", instead of the heading, by pressing the UP/DOWN keys (or slide UP/DOWN on the touch screen)</p>

Menu Race - Waypoints - Course menu	
	<p>Allows you to access the distance management menu on which you will be able to compete. This function can be used in competition, with management of a countdown from 0 to 10 minutes before the start.</p> <p>Here you will have the opportunity to either compete on a distance predefined by yourself, or compete on a free distance which will then be defined by the distance on which you have run.</p> <p>More explanations here.</p>
	<p>Allows you to define a new distance on which you will be able to compete or, to choose in the list a distance already recorded.</p>
	<p>Allows you to set a countdown before the start, from 0 to 10 minutes. By pressing the LAP button, it will start the countdown corresponding to the time you have chosen. If this count is set to zero, the timer will start immediately, without counting down.</p>
	<p>Allows you to save / manage up to 10 waypoints in order to be able to create / draw a course on which you will be able to compete.</p>
	<p>Allows you to view the scores achieved over all race distances, on a dedicated multiple screen.</p> <p>See here for more details</p>

Set or Select a race distance sub-menu

 <p>The screenshot shows a menu titled "Distances" with three options: "Distance Free" (highlighted with a green bar), "Race on Course", and "Loop Course".</p>	<p>If this option is selected, the calculations made will be set to an indefinite distance, which you will define yourself by pressing the LAP key a second time. Then this new distance will be automatically saved and integrated into the list for later use. The score achieved on this distance is saved in the score list.</p> <p>If this option is not selected, you will have to choose a predefined distance from the list.</p>
 <p>The screenshot shows a menu titled "Distance" with three options: "Distance", "Race on Course Disabled" (highlighted with a grey bar), and "Loop Course".</p>	<p>Allows you to run on a previously created course with at least 2 waypoints.</p> <p>If no route is available (or does not have a minimum of 2 waypoints), this menu is disabled and cannot be operated.</p>
 <p>The screenshot shows a menu titled "Race on Course" with three options: "Race on Course", "Loop Course Disabled" (highlighted with a grey bar), and "Custom Distances".</p>	<p>If the "Race on Course" menu is selected, this menu becomes available, and will allow you to run on the course in loop mode (Wpt.1 → Wpt.2 → Wpt.3 → Wpt.1 → Wpt.2 → Wpt.3 → etc).</p>
 <p>The screenshot shows a menu titled "Loop Course" with three options: "Loop Course", "Array Size 8 Race Distances" (highlighted with a grey bar), and "Race Distances".</p>	<p>Set the size of the race distance table, from 4 to 20 maximum (and in increments of 4), depending on your needs.</p> <p>See this section for further explanation on using this option</p>
 <p>The screenshot shows a menu titled "Array Size" with two options: "Array Size" and "Race Distances" (highlighted with a grey bar). Below the menu is a solid black bar.</p>	<p>Allows you to create custom distances that you can compete on. For example, you create a distance of 40 Kms (which corresponds to the distance of the Défi Wind), and then train on this distance to see your performance over this distance and, thus, try to improve it.</p>

Quiver Menu	
<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;">Race Disabled</div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px; text-align: center;">Quiver Select • Manage</div> <div style="border: 1px solid black; padding: 5px;">Recalibrate Altitude</div>	Allows you to create and manage your quiver (surfaces of your sails or wings, fins, foils, kite boards). This menu also offers you an advanced calculator of recommended surfaces according to the strength of the wind.
<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px; text-align: center;">Kitesurf</div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px; text-align: center;">Select a Wing for this session</div> <div style="border: 1px solid black; padding: 5px;">Select a Board</div>	Allows you to choose a sail / wing surface for the session. This surface will then be saved as a graph in the FIT file, allowing you to view your performance based on your choice of sail / wing surface. Obviously, you have the possibility to change this surface during the session.
<div style="background-color: black; color: white; padding: 5px; text-align: center; margin-bottom: 5px;">Quiver</div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px; text-align: center;">Windsurf Calculator</div> <div style="border: 1px solid black; padding: 5px;">Select a Sail</div>	<p>An advanced calculator of recommended surfaces according to the current wind speed on the spot. This calculator works in two different ways:</p> <ul style="list-style-type: none"> - you know the wind speed -> the calculator will give you 3 recommended surfaces, the minimum, the ideal, and the maximum surface. In this calculation mode, depending on the sail / wing surfaces already recorded in your quiver, the computer will suggest you the surface that comes closest to the surface recommended by the calculator. You can then choose this proposed surface or, another, according to your convenience - you enter a sail / wing surface or choose one from your quiver's list, and the calculator will give you the range of wind speeds you can navigate between (the minimum wind speed, the ideal, and the maximum)
<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px; text-align: center;">Select a Sail</div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px; text-align: center;">Select a Board for this session</div> <div style="border: 1px solid black; padding: 5px;">Select a Fin/Foil</div>	Allows you to choose a board (both in volume or length) for the session; you can change size during the session. This choice is saved into the FIT file as a graph.
<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px; text-align: center;">Select a Board</div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px; text-align: center;">Select a Fin/Foil for this session</div> <div style="border: 1px solid black; padding: 5px;">Manage Quiver</div>	Allows you to choose a fin size or foil for the session; you can change size during the session. This choice is saved into the FIT file as a graph.

<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px; text-align: center;">Select a Fin/Foil</div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px; text-align: center;">Manage Quiver</div> <div style="border: 1px solid black; padding: 5px; text-align: center;">View Quiver</div>	Allows you to create and manage your quiver, with the ability to add and remove items, deleting one element or a whole group, list the elements of a group.
<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px; text-align: center;">Manage Quiver</div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px; text-align: center;">View Quiver</div> <div style="background-color: black; height: 20px; width: 100%;"></div>	Allows you to visualize the entire quiver in a separate double screen.

Options Menu				
<table border="1"> <tr><td>Recalibrate Altitude</td></tr> <tr><td>Options</td></tr> <tr><td>View Settings</td></tr> </table>	Recalibrate Altitude	Options	View Settings	This menu gives you access to all the options available within the application.
Recalibrate Altitude				
Options				
View Settings				
<table border="1"> <tr><td>Options</td></tr> <tr><td>Activity Windsurfing</td></tr> <tr><td>Jump Calculation</td></tr> </table>	Options	Activity Windsurfing	Jump Calculation	Allows you to select one of the 7 activities proposed by the application, and corresponding to your practice: windsurfing, wind foiling, kitesurfing, kite foiling, wing surfing, wing foiling, or snow kiting.
Options				
Activity Windsurfing				
Jump Calculation				

Jumps Settings Sub-menu				
<table border="1"> <tr><td>Jumps</td></tr> <tr><td>Launch Auto Config</td></tr> <tr><td>Calculation</td></tr> </table>	Jumps	Launch Auto Config	Calculation	Starts auto-configuration of jump management parameters .
Jumps				
Launch Auto Config				
Calculation				
<table border="1"> <tr><td>Launch Auto Config</td></tr> <tr><td>Calculation Set to Accel. Algo.3</td></tr> <tr><td>Algo. Optimization</td></tr> </table>	Launch Auto Config	Calculation Set to Accel. Algo.3	Algo. Optimization	<p>Method used for the calculation of the height of the jumps: accelerometer or barometer + accelerometer (3 different algorithms on HIGH 1024 version of the app). This choice will depend essentially on your watch, knowing that not all models are similar in terms of the reliability of the information sent by the sensors.</p> <p>So, it will be up to you to test by yourself which of the 2 or 4 methods is the most relevant and reliable for your watch.</p>
Launch Auto Config				
Calculation Set to Accel. Algo.3				
Algo. Optimization				
<table border="1"> <tr><td>Calculation</td></tr> <tr><td>Algo. Optimization 1.15 Factor Applied</td></tr> <tr><td>Jump Threshold</td></tr> </table>	Calculation	Algo. Optimization 1.15 Factor Applied	Jump Threshold	<p>Application of an optimization factor to the algorithms for calculating jumps, upwards or downwards, in increments of 0.05, in a range from 0.5 (maximum minimization) to 1.5 (maximum maximization), with a factor of 1 corresponding to no modification of the algorithms.</p> <p>See this section for further explanations.</p>
Calculation				
Algo. Optimization 1.15 Factor Applied				
Jump Threshold				
<table border="1"> <tr><td>Algo. Optimization</td></tr> <tr><td>Jump Threshold Set to 2.3 m</td></tr> <tr><td>Popup Window</td></tr> </table>	Algo. Optimization	Jump Threshold Set to 2.3 m	Popup Window	<p>Minimum height from which a jump will be saved in the graph field and as a new lap in the FIT file. This threshold takes into account the altitude unit used by the application.</p> <p>This threshold is useful for reducing the number of points displayed on the map's track after you synchronize your session with Garmin Connect. In general, this threshold should be set as follow:</p> <p>your height + estimated height of the swell</p>
Algo. Optimization				
Jump Threshold Set to 2.3 m				
Popup Window				

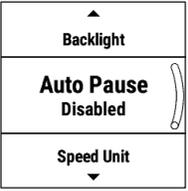
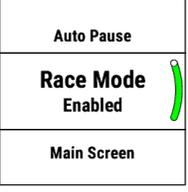
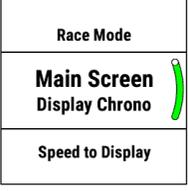
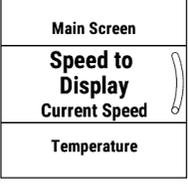
<table border="1"> <tr><td>Jump Threshold</td></tr> <tr><td>Popup Window On Jump</td></tr> </table>	Jump Threshold	Popup Window On Jump	<p>Used to display or not a pop-up window each time a jump, whose height is greater than the trigger threshold, is performed. It is displayed for the duration of the jump and then for about 7 seconds after it.</p> <p>This window is not displayed when the Wide Screen is active, since the height of the last jump made can already be displayed as a value on this screen (at the top or bottom of the screen).</p>	
Jump Threshold				
Popup Window On Jump				
Options Menu (following)				
<table border="1"> <tr><td>Jump Calculation</td></tr> <tr><td>Planing Speed Set to 13.00 kts</td></tr> <tr><td>Virtual Partner</td></tr> </table>	Jump Calculation	Planing Speed Set to 13.00 kts	Virtual Partner	Allows you to set the speed where you are planing, based on your practice and the materials you will be using during the session.
Jump Calculation				
Planing Speed Set to 13.00 kts				
Virtual Partner				
<table border="1"> <tr><td>Planing Speed</td></tr> <tr><td>Virtual Partner Set to 53.27 kts</td></tr> <tr><td>Display Screens</td></tr> </table>	Planing Speed	Virtual Partner Set to 53.27 kts	Display Screens	This menu is used by the Virtual Partner screen and allows you to set a speed that you will try to reach. By default, when you first start the application, the world record speed for the selected discipline is displayed. You can choose from three values: the current world record speed of the selected activity, your absolute Vmax, or any other speed of your choice.
Planing Speed				
Virtual Partner Set to 53.27 kts				
Display Screens				
<table border="1"> <tr><td>Virtual Partner</td></tr> <tr><td>Display Screens</td></tr> <tr><td>Constellation</td></tr> </table>	Virtual Partner	Display Screens	Constellation	The application offers a large number of different screens, but all these screens are not necessarily useful or necessary for all the users (the jumps screen for example may not be useful for a windfoiler). So here you have the ability to hide / show the following screens: the essential wide (the minimalist screen), the screen jumps, the screen speeds, the compass screen, the Virtual Partner, the Wind Efficiency, and the map screen (for compatible models). This allows you to set the screens at your convenience to best fit your practice or your preferences.
Virtual Partner				
Display Screens				
Constellation				
<table border="1"> <tr><td>Display Screens</td></tr> <tr><td>Constellation GPS + Galileo</td></tr> <tr><td>Miscellaneous</td></tr> </table>	Display Screens	Constellation GPS + Galileo	Miscellaneous	<p>Possibility to choose the GPS constellation used by the app (GPS seul / GPS + Glonass / GPS + Galileo). This will prevent you from having to make this change in the watch's system settings.</p> <p>Can be useful if it takes a long time to acquire the GPS signal in your current location, or if you are not completely satisfied with your GPS track.</p>
Display Screens				
Constellation GPS + Galileo				
Miscellaneous				

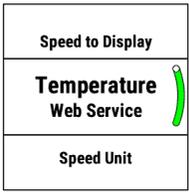
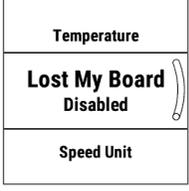
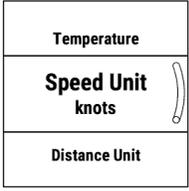
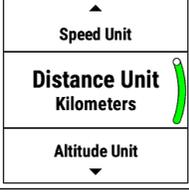
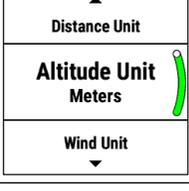
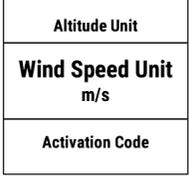
Menu Options (suite)	
<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;">Constellation</div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;">Eco Mode</div> <div style="border: 1px solid black; padding: 5px;">Miscellaneous</div>	<p>"Eco Mode" menu allowing you to activate / deactivate certain features of the application.</p> <p>Read the paragraph dedicated to this mode here</p>
<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;">Eco Mode</div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;">Action Menu</div> <div style="border: 1px solid black; padding: 5px;">Miscellaneous</div>	<p>Allows you to select the items you want to integrate into the quick menu, accessible on the application's main screen, by a long press on the lower-right area of the screen (function only accessible on models with a touch screen and compatible with SDK 3.4.0 minimum; otherwise, this menu is not displayed). More details here</p>
<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;">Constellation</div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;">Miscellaneous</div> <div style="background-color: black; height: 20px; width: 100%;"></div>	<p>Allows you to access all the other options of the application.</p>

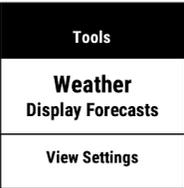
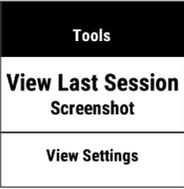
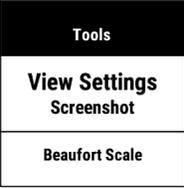
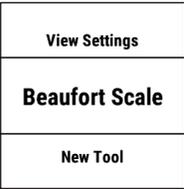
Wide Screen Menu	
<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;">Quiver</div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;">Wide Screen Disabled</div> <div style="border: 1px solid black; padding: 5px;">Options</div>	<p>Accessing the Wide Screen Options sub-menu.</p>
<div style="background-color: black; padding: 5px; margin-bottom: 5px;">Wide Screen</div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;">Display Enabled </div> <div style="border: 1px solid black; padding: 5px;">Delay </div>	<p>Main option to display or not the wide screen.</p>
<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;">Display</div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;">Time Delay Disabled </div> <div style="border: 1px solid black; padding: 5px;">Top Field</div>	<p>Affects an additional 7 seconds of wide screen display when you pause the application.</p> <p>This can for example allow riders with eyesight difficulties to see the main data of this screen, in large font, once they are stopped.</p>
<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;">▲ Top Field</div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;">Center Field Chrono</div> <div style="border: 1px solid black; padding: 5px;">▼ Bottom Field</div>	<p>These 3 options allow you to choose which value you want to assign to the top, center, and bottom fields.</p> <p>You have the choice between:</p> <ul style="list-style-type: none"> - top field: time • current speed • average speed • max speed • run distance • height of last jump • distance / time to the next waypoint • VMC - middle field: hour • chrono • alternate - bottom field: time • current speed • average speed • max speed • run distance • height of last jump • distance / time to the next waypoint • VMC. <p>Note that if you perform a run / race over a distance (see menu below), the chrono will be displayed alternately on this bottom field.</p>
<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;">▲ Bottom Field</div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;">Race Distance Chrono Disabled </div> <div style="background-color: black; height: 20px; width: 100%;"></div>	<p>Allows you to display the time during a run / race over a free or predefined distance. This value will be displayed on the bottom field of the wide screen, alternating with the pre-defined value for this field.</p>

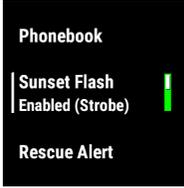
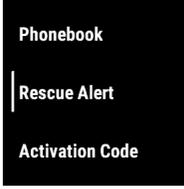
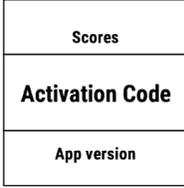
Wind Efficiency Sub-menu (Display Screens)				
<table border="1"> <tr><td>Virtual Partner</td></tr> <tr><td>Wind Efficiency</td></tr> <tr><td>Mapping</td></tr> </table>	Virtual Partner	Wind Efficiency	Mapping	Accessing the Wind Efficiency Options sub-menu
Virtual Partner				
Wind Efficiency				
Mapping				
<table border="1"> <tr><td>Wind Eff.</td></tr> <tr><td>Display Enabled </td></tr> <tr><td>Speed/Angles</td></tr> </table>	Wind Eff.	Display Enabled 	Speed/Angles	Enable or disable the display of the screen
Wind Eff.				
Display Enabled 				
Speed/Angles				
<table border="1"> <tr><td>Display</td></tr> <tr><td>Speed/Angles Disabled </td></tr> <tr><td>VMG</td></tr> </table>	Display	Speed/Angles Disabled 	VMG	Only display the graph of the speed efficiency in each zone of angles.
Display				
Speed/Angles Disabled 				
VMG				
<table border="1"> <tr><td>Speed/Angles</td></tr> <tr><td>VMG Disabled </td></tr> <tr><td>Alternate</td></tr> </table>	Speed/Angles	VMG Disabled 	Alternate	Only displays the VMG polar graph.
Speed/Angles				
VMG Disabled 				
Alternate				
<table border="1"> <tr><td>VMG</td></tr> <tr><td>Alternate Enabled </td></tr> <tr><td></td></tr> </table>	VMG	Alternate Enabled 		Displays alternately, in cycles of about 7 seconds, the 2 graphs, the one of the speeds in each zone of angles, and the polar of the VMGs.
VMG				
Alternate Enabled 				

Sous-menu Mapping (Display Screens)				
<table border="1"> <tr><td>Mapping</td></tr> <tr><td>Display Enabled </td></tr> <tr><td>Wind Efficiency</td></tr> </table>	Mapping	Display Enabled 	Wind Efficiency	Display or not the mapping screen
Mapping				
Display Enabled 				
Wind Efficiency				
<table border="1"> <tr><td>Display</td></tr> <tr><td>Wind Efficiency Enabled </td></tr> <tr><td>Speed Frame</td></tr> </table>	Display	Wind Efficiency Enabled 	Speed Frame	If the map screen is displayed by default, this option allows you to display, overlaid on the map, the arcs representing your efficiency in relation to the wind axis
Display				
Wind Efficiency Enabled 				
Speed Frame				
<table border="1"> <tr><td>Wind Efficiency</td></tr> <tr><td>Speed Frame Enabled </td></tr> <tr><td>Show</td></tr> </table>	Wind Efficiency	Speed Frame Enabled 	Show	If the map screen is displayed by default, this option allows you to display, overlaid on the map, a frame area for viewing your speed, either your current speed or your VMG (see option below)
Wind Efficiency				
Speed Frame Enabled 				
Show				
<table border="1"> <tr><td>Speed Frame</td></tr> <tr><td>Show VMG </td></tr> <tr><td></td></tr> </table>	Speed Frame	Show VMG 		Choice of display between, the current speed or the VMG, in the frame area
Speed Frame				
Show VMG 				

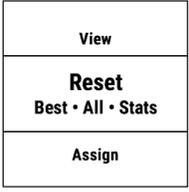
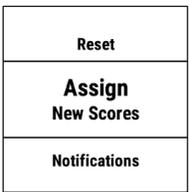
Options Menu → Miscellaneous	
	Background color of the screen, white or black, to be chosen according to your preferences or the light conditions. The background color of the popup windows will then be in reverse color, in order to attract the user's attention to the window.
	This mode works like the auto-pause mode built into Garmin's default sports activities. If this option is checked, the recording of the session will stop and automatically go into pause mode each time your speed drops below a threshold of 1m/s, and will restart in the same way automatically as soon as your speed will rise above this threshold of 1 m/s. This allows you to not have to enter the menu to select the pause mode whenever you need to have a break !
	Option allowing you to define the type of data which will be recorded as laps in the FIT file: - Jumps activated (Eco Mode disabled) → jumps or distance selected in the Race menu - Jumps deactivated (Eco Mode enabled) → jibe scores or distance selected in the Race menu
	Allows you to activate or deactivate Race / Competition mode. This can be useful, for example, in winter time, when the rider must wear gloves and therefore, to avoid inadvertently pressing the BACK / LAP button of the watch or, quite simply, if the rider has not the usefulness of this mode.
	Let you choose between displaying the chrono, the time or both alternately, on the main screen of the application.
	Option which allows you to choose between the display of the current speed or that of the current VMG, on all the screens of the application where the speed appears, except the minimalist screen (wide screen) where you have the choice to display these two speeds independently.

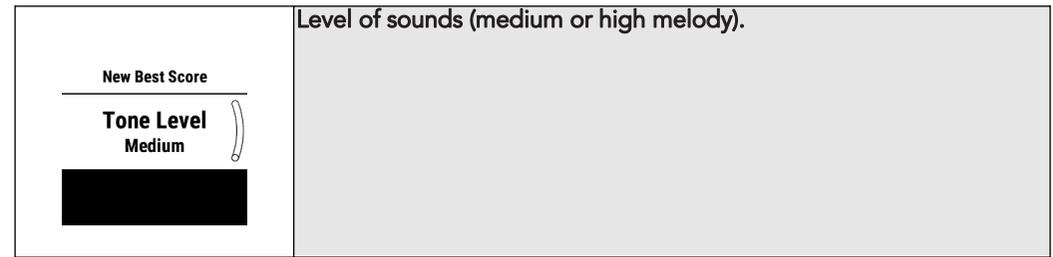
	Option that lets you choose between the internal temperature collected by the sensor of the watch, or the one issued from the web service (if weather data exist).
	Enables or disables the Lost My Board feature.
	Allows you to activate or deactivate the alarm for exceeding a set maximum heart rate threshold. More explanations here
	Unit used to display and calculate speeds, in marine knots or in units used by the watch (km/h or mph).
	Unit used to display and calculate distances, in nautical miles or in units used by the watch (kms or miles).
	Unit used to display and calculate altitude and jumps height, in meters or feet unit.
	The chosen unit for wind speed. Three possible units are selectable: - m/s - knots - the unit used by the watch (metric km/h or statute system mph)

Tools Menu	
	<p>Allows you to display the weather forecast for a maximum of 8 hours, if these are available in the application (the weather data has been collected from a weather web service compatible with the recovery of hourly forecasts). Otherwise, this menu will not be displayed.</p> <p>Sections to read here and here.</p> <p>(Option only available on HIGH 1024 version).</p>
	<p>Allows you to view data from the last session. More details here</p>
	<p>Menu allowing you to access the possibility of viewing global statistics about all your sessions, resetting the best scores + stats or manually assigning values to them.</p> <p>Read more here.</p>
	<p>Allows you to view, in a summary form (6 screens of information) all of your current settings saved into the application. This avoids you having to browse through the many menus / submenus to find out a particular option or parameter. More explanations about that here.</p> <p>(Option only available on HIGH 1024 version).</p>
	<p>Allows you to view the Beaufort scale, which can be useful as a reference table and a quick conversion tool.</p> <p>(Option only available on HIGH 1024 version).</p>
	<p>Access to the integrated phonebook, where you can store up to 3 useful numbers.</p> <p>(Option only available on HIGH 1024 version)</p>

	<p>Option for automatic strobe activation at sunset.</p> <p>Read more here</p>
	<p>Allows you to send a distress signal via the watch's built-in flash device (only available on models equipped with this device).</p> <p>Read more here</p>
	<p>Allows you to enter and view your personal activation code of the application. This menu is only accessible for models with more than 64 KB of user memory. For the lower models, the personal activation code is entered via the two applications offered by Garmin, either Garmin Express (computer) or Garmin Connect (smartphone), then go to the settings of the application; a field dedicated to the entry of this code is proposed to you.</p>
	<p>Version number of the application. This allows you to know if your application is up to date to its latest version or not. If not, you are strongly advised to update so that you can benefit from the latest fixes and improvements.</p> <p>If you select this menu, you will enter a new entry indicating the date of the release.</p>

Scores Sub-menu

 <p>Scores</p> <p>View Global Statistics</p> <p>Reset</p>	<p>Allows you to display a dual screen showing aggregate statistics for all the sessions you have completed.</p> <p>See the scores section for more details.</p> <p>Option only available on HIGH 1024 version).</p>
 <p>View</p> <p>Reset Best • All • Stats</p> <p>Assign</p>	<p>Allows you to reset, at your choice, either the best scores, or all the scores, or the global statistics recorded by the app during all your successive sessions.</p> <p>Attention, once confirmed by your validation, this action will become irreversible !</p>
 <p>Reset</p> <p>Assign New Scores</p> <p>Notifications</p>	<p>There, you can manually assign values to the best scores appearing in the Hall and Stat screens. This will allow you to enter your best scores during a watch model replacement, thus avoiding losing your best stats.</p> <p>You can also use this function to modify any of these values that would be unfortunately wrong, or that you think useful to be adjusted.</p>
 <p>Assign</p> <p>Notifications</p>	<p>Menu allowing you to enable or disable notifications (in the form of a short melody - for compatible watches - and vibes) each time you achieve a new top score on one of the following metrics:</p> <ul style="list-style-type: none"> - best speed on 10 s. run - best speed on 30 s. run - best speed on Alpha500 -best speed and / or best time on custom distances - best jump
 <p>Reset Scores</p> <p>Best Scores Click to select</p> <p>All Scores</p>	<p>Enabling or disabling notifications</p>



Level of sounds (medium or high melody).

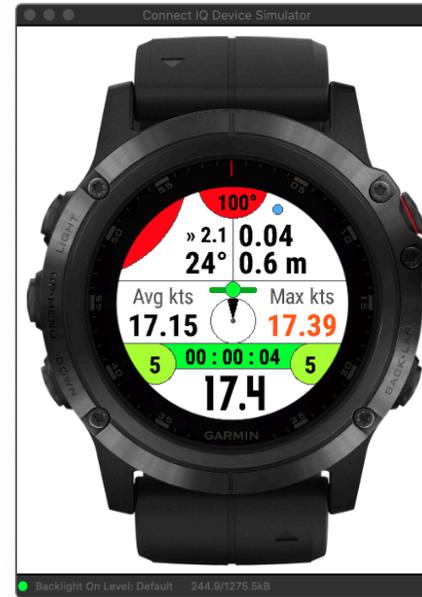
Main screen rendering for each screen resolution



218x218 (Fenix 5s)



240x240 touch screen (Vivo 3)



240x240 (Fenix 5x Plus)



240x240 touch screen (Fenix 7s)



240x240 rectangle (Venu Sq)



260x260 (Fenix 6)



280x280 (Fenix 6x)



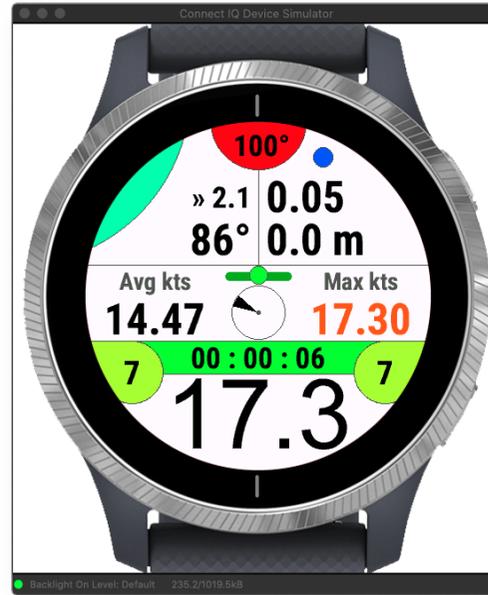
280x280 (Fenix 7x)



320x360 rectangle (Venu Sq2)



360x360 (Venu 2s)



390x390 (Venu)



416x416 (Venu 2)



416x416 (Epix 2)



454x454 (Forerunner 965)



454x454 (Epix Pro 51 mm)



PARTNERSHIPS

