



```

    setup
    set integer variable variable trig value 7
    set integer variable variable echo value 6

    loop
    set large integer variable variable duration value 0
    set digital output # trig LOW
    delay MICROS microseconds 2
    set digital output # trig HIGH
    delay MICROS microseconds 5
    set digital output # trig LOW
    while test digital pin # echo = LOW
    Commands delay MICROS microseconds 1
    while test digital pin # echo = HIGH
    Commands set large integer variable variable duration value duration + 1
    serial print message Duration is glue duration new line true
    delay MILLIS milliseconds 500
  
```

ms = milliseconds = 1/1000 second
 us = microseconds = 1/1000,000 second



The duration will vary between about 500 (1.1 metres) to about 20 (4.5 cm).
 eg. "1" is approx 2.2 mm.