



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



```

    setup
    int = variable trig
    int = value 7
    int = variable echo
    int = value 6

    loop
    long = variable duration
    long = value 0
    digitalWrite() # trig
    digitalWrite() LOW
    delay us microseconds 2
    digitalWrite() # trig
    digitalWrite() HIGH
    delay us microseconds 5
    digitalWrite() # trig
    digitalWrite() LOW

    while
    test digitalRead() # echo = LOW
    Commands delay us microseconds 1

    while
    test digitalRead() # echo = HIGH
    Commands long = variable duration
    long = value duration + 1

    Serial.print() message Duration is glue duration
    Serial.print() new line true

    delay ms milliseconds 500
    
```

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