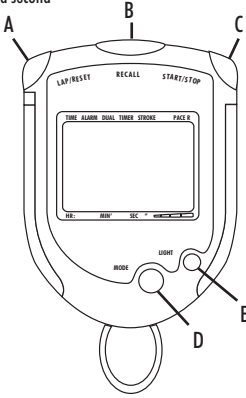


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FEATURES

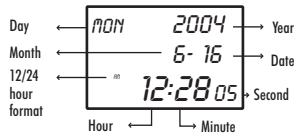
- Time/calendar display: year, month date, day, hour, minute and second
- 12/24 hour format
- 60 seconds daily alarm
- 300 splits memory
- 300 splits, fastest, slowest and average records display
- Stopwatch: 1/100 second up to 9 hours 59 minutes 59 seconds
- Dual countdown timer
- Stroke
- Pacer
- Water resistant

- A: LAP/RESET
 B: RECALL
 C: START/STOP
 D: MODE
 E: EL LIGHT

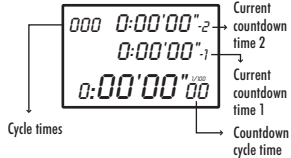


DISPLAY MODES

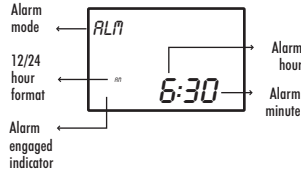
Normal time mode



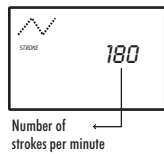
Countdown timer mode



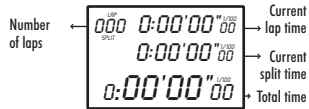
Alarm mode



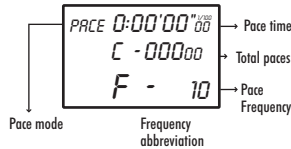
Stroke mode



Stopwatch mode

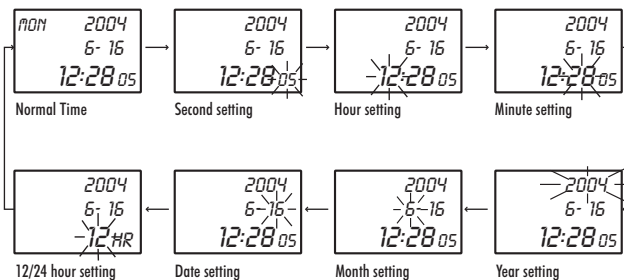


Pace mode



Setting the Time/Calendar

1. Press button D to enter normal time mode.
2. Press button B for 2 seconds, second digit starts flashing. Press button C to adjust the value of the second.
3. Press button A to set the setting items. The setting order will be: Second > Hour > Minute > Year > Month > Date > 12/24 hour format.
4. Press button C to adjust the value of the selected item.
5. To exit this setting mode, press button B.



Note:

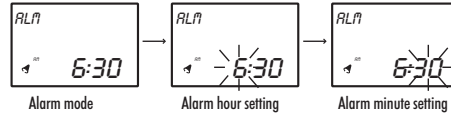
1. Once the year, month and date are set, the day is set automatically.
2. When the second digit is selected, it will reset to 00 by pressing button C, and if its value is equal to or more than 30 seconds, the minute value will be increased by 1 minute.
3. In any setting mode, press button C for 2 seconds, the selected digit value will be increased continuously except 12/24 hour format, second and pace frequency setting.
4. In normal time and alarm time setting mode, the stopwatch will return to the normal time mode automatically without pressing any button after 30 seconds.

Setting the Alarm Time

1. Press button D to enter alarm time mode.
2. Press button B for 2 seconds, the alarm hour starts flashing and the alarm is on automatically. Press button C to adjust the value of the flashing digit.
3. Press button A to select alarm minutes, press button C to adjust its value.
4. To exit the alarm time setting mode, press button B.

Note:

1. Once the alarm is activated, the alarm will last for 1 minute. Press any button to de-activate the alarm.
2. In the alarm time mode, the alarm can be disengaged by pressing button C. Once the alarm is disengaged, the icon will disappear.



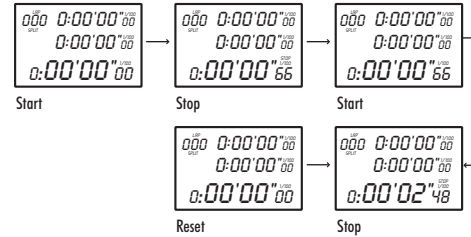
How to Use the Stopwatch

Press button D to enter stopwatch mode.

1. Simple measurement: Press the buttons in the following order: C > C > A

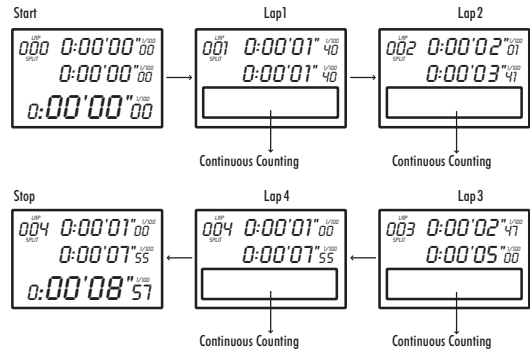


2. Accumulated elapsed time measurement: Press buttons in the following order: C > C > C > C > A



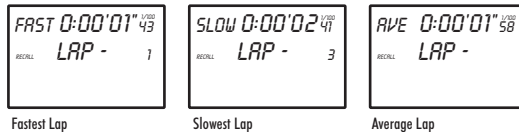
3. Lap & split measurement:

Press buttons in the following order: C > A > A > A > A > C

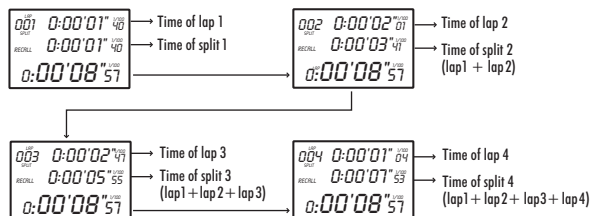


Recall Memory

1. Press button B to display the fastest lap, slowest lap and average lap record respectively.



2. Press button C to display the lap & split records upwards.



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- Press button A to display the lap & split records downwards.
- To exit this memory recall mode, press D then press button A to clear all data to 0.

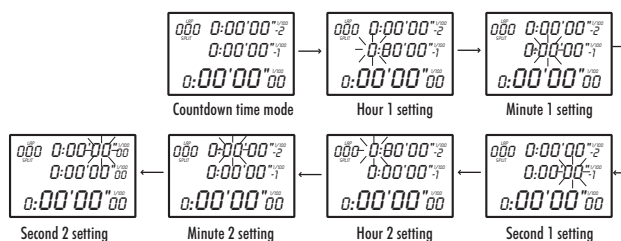
Note:

- The maximum lap & split memory goes up to 300.
- The lap & split records up to 999, then starts from 0.
- If the lap & split records exceed 999, or the time exceeds 9 hours 59 minutes 59 seconds, the fastest, slowest and average record will be invalid.



Countdown Time Setting

- Press button D to enter the countdown timer mode.
- Press button B for 2 seconds, hour digit starts flashing, press button C to adjust its value.
- Press button A to select minute digit, press button C to adjust its value.
- Press button A to select second digit, press button C to adjust its value.



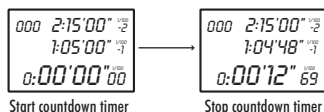
- To exit this setting mode, press button B.

Note:

- The countdown time setting range is from 1 second to 9 hours 59 minutes 59 seconds.
- Press button A more than 3 seconds to clear all data to 0.

How to Use the Countdown Timer

- Set the countdown time as described in the previous section.
- Press button C to start the countdown timer.
- Press button C to stop the countdown timer.

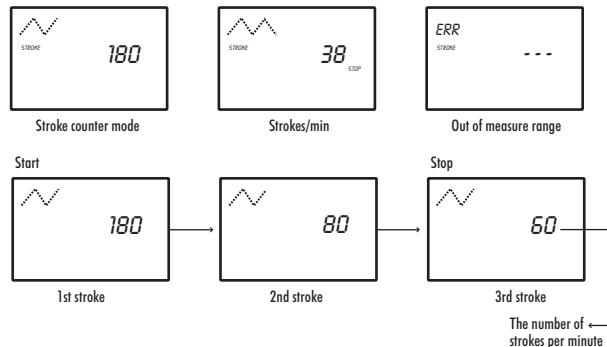


Note:

- The maximum countdown cycle is up to 999.
- When the countdown time reaches to 0, it will start from the preset time again with a beep sound.

Stroke Frequency Counter

- In normal time mode, press button D four times to enter stroke counter mode.
- Press button C to start calculation.
- Press button C after the third stroke was made, the number of strokes per minute is shown.
- Press button A to clear record.

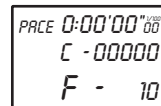


Note:

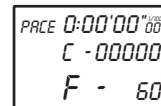
- The measurable number of strokes per minute is between 11 and 180.
- Err will be displayed when measurable number of strokes per minute is out of range. (Display no less than 11 or more than 180.)

Setting the pace frequency

- Press button D to enter pace mode. "10" digit starts flashing.
- Press button A to set pace frequency.



Pace mode



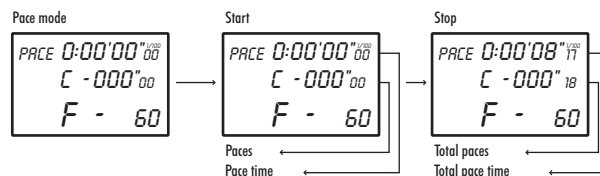
Pace frequency setting

Note:

- The pace frequency setting can be set respectively at:
10, 20, 30, 40, 60, 80, 120, 160, 240 and 320.

Pace Measurement

- Set the pace frequency as described in the previous section.
- Press button C to start the pace measurement.
- To stop the pace measurement, press button C.



- To exit the pace mode, press button D.

Note:

- Once you exit the pace mode, all records and setting values will be cancelled.
- In the pace measurement mode, when reaching the preset pace frequency, it will have a beep sound.

Battery Replacement

When the display becomes dim, unscrew the screws on the back case and replace with new battery (CR2032). Pay attention to the battery polarity when changing battery.