



**PROFESSIONAL STOPWATCH**  
100 Lap Memory with Dual Chrono

Instruction Manual



Congratulations on your new Stopwatch! The stopwatch is a user-friendly tool to keep track of your time in multiple ways in various situations. To develop basic understandings and gain maximum benefit from the stopwatch, please read this user manual.

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**TIME:** Displays the time with Month / Date / Day of week

**CHRONOGRAPH:** Measures elapsed time and allows viewing of split or lap times

**CHRONO DUAL:** Measure elapsed time simultaneously with 2 chrono's side by side.

**CHRONO DATA:** Browse every run and laps with Total, Best, and Average time display

**TIMER:** Countdown (and up ) time conveniently

**INTERVAL:** Measures time in intervals with settable loops and rest time.

**ALARM:** Daily settable alarm Handy one touch ON / OFF toggle

**PACER:** Settable in a range of 10 to 240

**TALLY:** Easy tally count

**S1**

+Scroll Modes  
+Confirm  
+Start/Stop Chrono 1

**S2**

+Decrease Digits  
+Split  
+Clear Data  
+Browse Runs  
+Start/Stop Chrono 2  
+Enter Settings

**S3**

+Increase Digits  
+Start/Pause/End  
+Store Chrono Data  
+Browse Data  
+Alarm On/Off  
+Pacer On/Off  
+Toggle Time 1 and Time 2

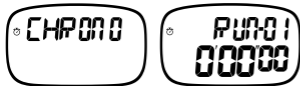
**S4**

+Light



- Press S3 to toggle Time 1 and 2.
- To set TIME: Press S1 to scroll to Time Mode if not already there.
- Press and hold S2 for 2 seconds to enter settings. Time 1 (T1) will start flashing. Toggle with S3 to select Time 1 or 2. Press S1 to confirm and proceed to hours.
- Press S3 to increase, S2 to decrease digits. Hold the button for fast scrolling. Press S1 to confirm. The same setting method is applied to Minutes, Seconds, Year, Month and Day (Press either S2 or S3 to reset Seconds). Press S1 to confirm.
- Press S3 to toggle Chime On/Off or 12/24 hour formats. If 24 hour format is selected, there will be no AM/PM symbols. Press S1 to confirm.

## CHRONOGRAPH



Measure and record lap times and split times up to 100 laps, with Fastest lap alarm.

- Press S3. The lap/split time display begins with 1/100 seconds, then seconds, then minutes. If the accumulated times in a run proceed to hours, the elapsed hours appear above the primary display and replace 1/100 seconds in the secondary display.
- The upper row of digits display the lap time, and the lower row of digit display the split time. The current lap number will flash on the top row.
- Every time you finish one lap, press S2 to record the lap time. The current recorded lap will be flashing for 2 second. For any fastest lap achieved, "FASTEST" will flash on the top row for 2 seconds.
- The upper row of digits will return to show the elapsed time for the next lap after the flash. The lower row of digits will remain displaying the split time non-stop.
- Press S3 to pause / stop the stopwatch. Prompt "PAUSE" will be

will flash alternatively. You can either press S2 to resume the stopwatch, or you can press S3 to end the stopwatch.

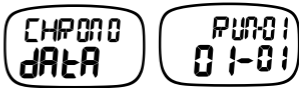
- If you want to store the chronograph data, you can hold S3 for 2 seconds, and the prompt "STORE DATA" will appear. It will switch to another run after the data is stored. (only when the session has ended.)
- If you want to clear the data, you can hold S2 for 2 seconds to clear the chronograph data. The prompt "CLEAR DATA" will be displayed while you hold the key, and it will return to RUN-01.

Please note that ALL the data inside the Chrono data will be erased, and the display will return to RUN-01.



**Measure and record 2 lap times simultaneously side by side.**

- Press S3 to start both times. Chrono 1 and Chrono 2 will run at the same time.
  - Press S1 to Stop / Start Chrono 1.  
Press S2 to Stop / Start Chrono 2.
  - Press S3 to End both sessions.
  - Press and Hold S3 to store data.  
Press S2 to Clear current session.
- \*To End session, Store data or Clear data, and scroll to next mode, both Chrono 1 and Chrono 2 needs to be paused.



Recall lap and split times for each individual runs, lap times, total time, fastest lap, and average times.

- To recall the chronograph data, press S2 to browse the number of Runs you want to recall. Press S3 to browse the data of the Run session.
- Press S3 to browse the data lap by lap and the sequence will be from: individual lap time, total elapsed time, best lap time and average lap time.
- Press and hold S2 to clear data for the current Run displayed.



- Press and hold S2 for 2 seconds to enter Set Mode. "HOLD / ADJUST" prompt will be displayed for 1 second. The hour digit will begin to flash.
- Press S3 to increase the digit, S2 to decrease the digit. Hold the button for fast scrolling. Press S1 to confirm and move to Minute adjustment, then Seconds.
- When settings are finished, Press S3 to start the countdown. Use S3 to pause and resume the countdown.
- Press S2 to reset the countdown.
- Once the countdown reaches zero, the stopwatch will start counting up to record how long time has elapsed since the countdown ended. Press S3 to pause and S2 to reset.
- There will be an alert 5 seconds before the countdown ends.



Manage your sessions in intervals with personalized loops and rest time.

- Press and hold S2 for 2 seconds to enter Set Mode. "HOLD / ADJUST" prompt will be displayed for 1 second. The hour digit will begin to flash.
- Press S3 to increase the digit, S2 to decrease the digit. Hold the button for fast scrolling. Press S1 to confirm and move to Minutes, Loops, then Rest Time.
- When settings are finished, Press S3 to start the interval time.
- When time is reached, Rest Time will start counting down. After the Rest Time is over the next Loop will start.
- Press S3 to pause the time at any time. When paused, press the S2 key to reset if necessary.



- You can toggle between ON/OFF by pressing S3. If the alarm function is "ON", the alarm icon will be visible.
- Press and hold S2 for 2 seconds to enter Set Mode. "HOLD ADJUST" prompt will be displayed for 1 second. The hour digit will begin to flash.
- Press S3 to increase the digit, S2 to decrease the digit. Hold the button for fast scrolling. Press S1 to confirm and move to Minute adjustment.
- After all adjustments are complete, press S1 to exit set mode. The Alarm will be automaticall turned on after finishing the settings.
- The alarm will sound for 30 seconds when the alarm function is "ON". Press any button to stop the alarm sound.



- Press the S3 key to toggle On / Off.
- Press and hold the S2 key for 3 seconds to select the frequency of the speed.

10-20-30-40-60-70-80-100-120-180-240

- Press the S3 key to scroll forward, S2 key to scroll backwards. Press the S1 key to confirm and exit.



Keep count of everything, anything with the Tally function.

- Press the S2 or S3 key to count.
- Press both the S2 and S3 key together to reset.

- Never attempt to disassemble or service your stopwatch.
- Protect your stopwatch from extreme heat, shocks and long time exposure to direct sunlight.
- The stopwatch can be wiped clean with a lightly moistened cloth. Apply mild soap to the area if there are stubborn stains or marks. Do not expose your stopwatch to strong chemicals such as gasoline, clean solvents, acetone, alcohol, insect repellents, as they may damage the unit's seal, case and finish.
- Store your stopwatch in a dry place when you are not using it.
- Avoid allowing the stopwatch to come into direct contact with hair liquids, colognes, sun block creams, and other toiletries, which can cause deterioration of the plastic parts of the stopwatch. Whenever the stopwatch comes into contact with these or other toiletries, wipe it off immediately with a dry, soft cloth.

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