Please read carefully before use

Note: This is a generic user manual which covers more than one model. You may notice slightly different screen shots throughout this manual.

Table of Contents

IMPORTANT SAFETY INSTRUCTIONS AND PRECAUTIONS

- Read all instructions carefully before use.
- Retain manuals for future reference.
- Use this product only in the manner described.
- Only use a water-dampened soft-cloth to clean the surface of this product.
- Ensure the watch is not wet before pressing any of the function buttons. Water / moisture can easily be introduced inside the unit by pressing the buttons in this case, causing damage.
- If charging is required, it is recommended to thoroughly charge electronic devices for the first time overnight. Subsequent charges can be as needed. During charging, or extended use, the product may become warm.
- It is ideal to avoid continually running the battery flat before charging.
- There are no user serviceable parts in this product.
- Un-authorized attempts to dismantle or repair this product will void product warranty and may result in dangerous electric shock.
- Do not use this product if you are in control of dangerous machinery.
- Remove any power or data cords by pulling them from the plug and not the cord.
- Using this device near other electronic devices may cause interference.
- Keep this device away from extended periods of direct sunlight or heat
- Your NAVWATCH-S10 is water proof at 5ATM / 50 meters. It is suitable for most shallow swimming but not for diving and other deeper water sports.

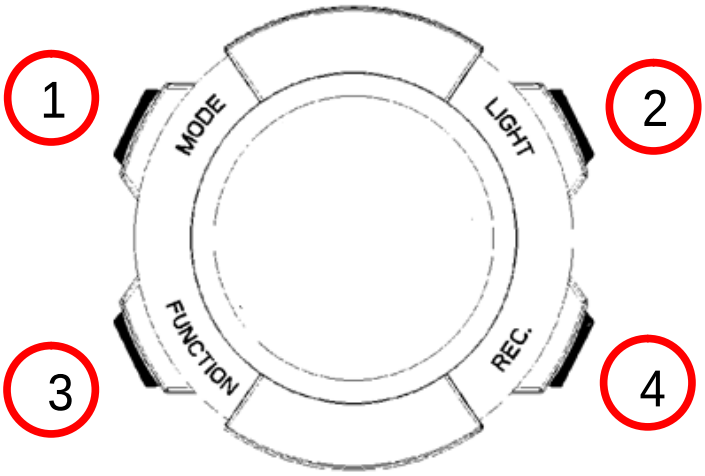
WHAT'S IN THE BOX

1x NAVWATCH-S10, 1x Charging Cradle, 1x Software CD, 1x USB cable, 1x User Manual

OPERATING SYSTEM REQUIREMENTS (FOR COMPUTER CONNECTION)

System: Windows XP SP2, Windows Vista, Windows 7 or higher
Processor: Pentium III CPU 1GHz +, 1GB + free RAM, 500 MB + free space

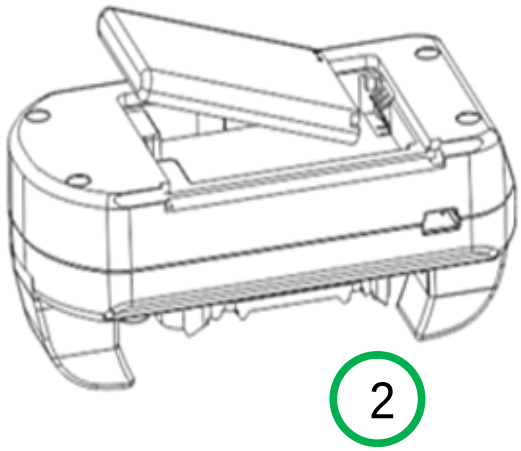
MULTI-FUNCTION BUTTONS

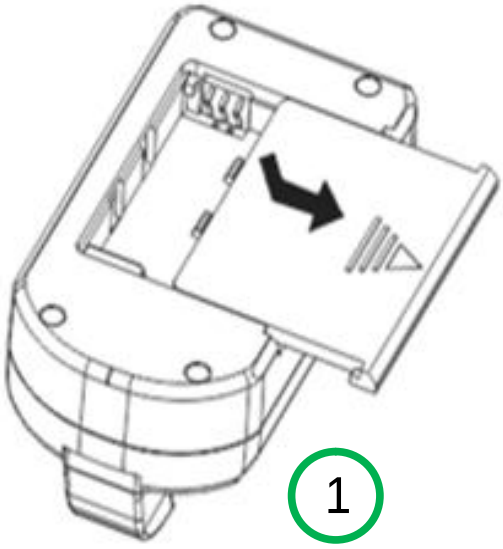


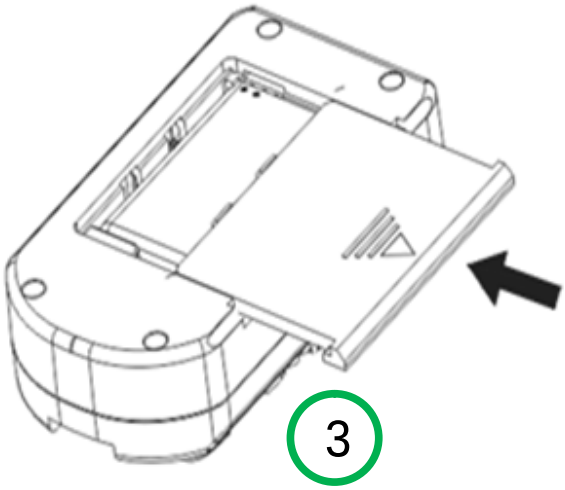
MODE 1	a.	Press to confirm a selection or to return to the last screen *(from the **time** screen)*
	b.	Press to toggle between Time Zone 1 (T1) and Time Zone 2 (T2) *(from the **time** screen)*
	c.	Press and hold to enter time setup for T1 and T2 *(from the **time** screen)*
LIGHT 2	a.	Press to turn on background light *(from the **time** screen)*
	b.	Press and hold to turn on the background light *(from the **GPS** screen)*
	c.	Press and hold for stopwatch *(from the **time** screen)*
	d.	Press or press and hold this button to select next option or to increase values of selected item *(from the **menu** screen)*
FUNCTION 3	a.	Press to enter the menu screen *(from the **time** screen)*
	b.	Press repeatedly to navigate through time settings *(from the **time** screen)*
REC 4	a.	Press this button **twice** to view location coordinates and time *(from the **time** screen)*
	b.	Press or and hold to update coordinates and time *(from the **time** screen)*
	c.	Press or press and hold to select last option or to decrease values of Selected item *(from the **menu** screen)*

SETTING UP THE CHARGING CRADLE (OPTIONAL)

Note: The battery below is not supplied with this product and is an optional extra. Refer to the specification table below for the correct Nokia battery model number.







1. Slide one the battery compartment door.
2. Visually inspect the battery lead and plug carefully before connecting, then, connect the battery lead to the cradle socket.
3. Close the battery compartment door.

Note: Use any USB power supply to supply voltage to the cradle eg. Mains adaptor

CHARGING YOUR WATCH

<table>
<tr><td>   </td><td>When a recharge is required:
1. Align the cradle with the power switch facing towards you.

2. Carefully press the watch down and slide the locking arm into place until it clicks.</td></tr>
<tr><td>  </td><td>3. Turn the power switch on.

4. The yellow indicator lamp will appear when the battery requires charging.</td></tr>
<tr><td>  </td><td>5. When charging is completed, the indicator lamp will change to green.

6. While removing the watch, be mindful to hold the cradle firmly while pressing the left-side release button.</td></tr>
<tr><td>  </td><td>Note: Check the cradle has enough power for another re-charge by switching the power button on while not connected to USB power and without the watch in place. If the indicator lamp is green, there is enough power for another charge. (used when optionally battery is fitted)</td></tr>
</table>

Note: Through-out making your adjustments in the menu settings screens, this device will default back to the main time screen if no buttons are pressed for 60 seconds.

UPDATING YOUR TIME ZONE

*Note: This unit has 2 time zone settings. The main time zone is Zone 1 (referred to here on as T1). T1 is always symbolised by an abbreviated day name eg. **SUN**, **MON** etc. Time zone 2 (referred to here on as T2) is symbolised only as T2.*

	1. Press and hold the **MODE** button until the Day (abbreviation) starts flashing between **T1** (Time Zone 1 abbreviation) and **UTC.** (or a + / - number. Eg. +3 or -10)
	2. At this stage you need to input your current time zone UTC (Coordinated Universal Time) number. Refer to the UTC time zone list later in the manual if required. Use the **LIGHT** and **REC** buttons to adjust this number to your time zone. Hint: Press both **LIGHT** and **REC** buttons together for rapid advance.
	3. Once you have adjusted your **T1** setting, press the **MODE** button again to toggle to the T2 setting and adjust as required (optional). Press the **MODE** button again to return to the main time screen.

Note: Once you have set your time zones and pressed the mode button to return to the main time screen, use the mode button to toggle between the times in T1 and in T2.

SETTING UP THE DATE AND TIME

Following from the Time Zone setting, you now have two clocks that need to be set. These are again, called **T1** (day name) and **T2**.

Note 1: If your global location does not support time auto-update you may be required to manually set the time.

GPS updating

1. Move outside to a location with clear line of sight to the sky. It is preferable to be away from any surrounding buildings or structures that may inhibit the GPS signal.

2. From the **time** screen, press and hold the **REC** button until the date read out (not the time read out) disappears and is replaced with **00** (two zeros). The screen will display the letters **GET.** The device has now started searching for GPS satellite signals.

3. As contact is made with each satellite this number **00** will start to increase, to as much as 10-15 depending on your area and conditions. Once the device has confirmed your location co-ordinates, they will be momentarily displayed on the screen.

4. Your current location date and time will now be updated to your watch.

*Note 1: You can re-view your location co-ordinates by pressing the **REC** button (twice) from the **time** screen**.** The first press will take you past a screen titled **GET** which shows the last time and date your co-ordinates were updated. You can then press the **MODE** button again to take you back to the **time** screen.)*

Note 2: It is suggested that you remain still while this initial GPS satellite connection is made.

Manual updating

1. The first step here is the same as the first step with setting the time zone; press and hold the **MODE** button until the Day / Time zone (abbreviation) digits starts flashing between **T1** (Time Zone 1 abbreviation) and **UTC.** (or a + / - number. Eg. +3 or -10)
2. Then press the **FUNCTION** button. The year number will start flashing. Then use the **LIGHT** button to either increase or the **REC** button to decrease this figure.
3. Press the **FUNCTION** button again to move to the next field, **MONTHS,** and use the same **LIGHT** and **REC** buttons to either increase or decrease this figure.
4. Repeat again to the sections **DAY**, **HOURS**, **MINUTE**, **SECOND**, then finally you have the option to turn ON or OFF **DST** (Day Light Savings time) accordingly.
5. Press the **MODE** button until you return back to the main time menu screen.

*Note: Only the time for **T1** can be set manually. There is an option to adjust for daylight savings for **T2** only. This can be done by pressing the **MODE** after point 4 above. The **T1** sign will then change to **T2**. Then press function to start to toggle to the **DST** field. Then use the **LIGHT** and **REC** buttons to adjust, then finally the **MODE** button to confirm and exit.*

Scheduled GPS time updating / ARC (Automatic Regional Calibration)

1. To ensure you have accurate time for each day and in any time zone, simply set your watch to automatically update itself at a given time each day.
2. Press the **NAVIGATION** button once and use the **LIGHT** and **REC** buttons to toggle to **ARC**. Press the **FUNCTION** button to enter this feature. **ARC1** will then begin to flash.
3. Press the **FUNCTION** button to begin setting up the details for **ARC1** (T1 Time Zone)**.**

4. Using a combination of the **LIGHT** and **REC** buttons to adjust time values and to select whether to turn this feature **ON** or **OFF**.
5. Using the function button toggle to **ARC1.** While it is flashing, use the **LIGHT** and **REC** buttons to move to **ARC2** (T2) and adjust the same as described above.
6. Press the **MODE** to confirm and exit when finished.

*Note: Press and hold the **LIGHT** and **REC** buttons to advance more quickly through minutes and hours.*

STOPWATCH

1. From the time screen, press and hold the **LIGHT** button until the digits **SPWH** (Sports Watch) appears.

Lap timing (Last lap *compared* to current lap)

1. Press the **LIGHT** button to begin the timer. The larger timer digits will begin rolling.
2. Once a lap time has finished, press the **LIGHT** button again. The timer result will then move to the above smaller timer digit readout, while the larger timer read-out resets to 0 (zero) and begins rolling again.
3. Each subsequent press of the **LIGHT** button will advance the lap number on the screen.

Note: This device can store up to 10 entries. The stopwatch should be stopped and reset if further records are needed.

4. Press the **REC** button once timing has finished.

5. To scroll through each timer record, then press the **FUNCTION** button repeatedly. To reset the unit back to 0 (zero) and to clear the memory data press the **LIGHT** again**.**

6. To return back the main time screen, press the **MODE** button.

Split timing (Last lap *added* to current lap)

1. Press the **REC** button to begin the timer. The larger timer digits will begin rolling.
2. Once a lap time has finished, press the **REC** button again. The timer result will

then be added to any previous lap result as shown in the above smaller timer digit readout. The larger timer read-out will continue to roll.

3. Each subsequent press of the **LIGHT** button will advance the lap number on the screen.

Note: This device can store up to 10 entries. The stopwatch should be stopped and reset if further records are needed.

4. Press the **LIGHT** button once timing has finished.

5. To scroll through each timer record, press the **FUNCTION** button repeatedly. To reset the unit back to 0 (zero) and to clear the memory data press the **REC button** again**.**

6. To return back to the main time screen press the **MODE** button.

SETTING THE ALARM

1. From the time screen, press the **FUNCTION** button.
2. Use the **LIGHT** (scroll up) or the **REC** (scroll down) buttons until you see the letters **ALM** (Alarm) appear on the screen.
3. Press the **FUNCTION** button to enter this feature. The number 1 (one) will then appear next to **ALM**. Toggle between alarm settings 1, 2 and 3 using the **LIGHT** (scroll up) or the **REC** (scroll down) buttons to adjust the values.

4. Press the **FUNCTION** button to enter an <u>individual</u> alarm time setting screen.

5. Use a combination of the **FUNCTION** button to move you through the alarm fields and the **LIGHT** (scroll up) or the **REC** (scroll down) buttons to adjust the time values. Finally choose whether to have this alarm turned **ON** or **OFF**.

*Note: If an alarm is selected and turned on, a picture of a **BELL** will appear at the top of the screen.*

SETTING A MEMO

1. Setting a memo is much the same as setting an alarm, however in this feature, you can select a specific date (as well as time) that an alarm will sound.
2. From the main timer screen, press the **FUNCTION** button.
3. Use the **LIGHT** (scroll up) or the **REC** (scroll down) buttons until you see the letters **MEM** (Memo) appear on the screen.

4. Press the **FUNCTION** button to enter this feature. The number 1 (one) will appear next to **MEM**. Toggle between memo settings 1 and 2 using the **LIGHT** (scroll up) or the **REC** (scroll down) buttons.

5. Use a combination of the **FUNCTION** button to move you through the memo fields and the **LIGHT** (scroll up) or the **REC** (scroll down) buttons to adjust the memo time values. Finally choose whether to have this memo turned **ON** or **OFF**.

*Note: If a memo is selected and turned on, a picture of a **BELL** will also appear at the top of the screen.*

SETTING AN HOURLY CHIME

1. From the main time screen, press the **FUNCTION** button.
2. Use the **LIGHT** (scroll up) or the **REC** (scroll down) buttons until you see the letters **CHM** (Chime Alarm) appears on the screen.
3. Press the **FUNCTION** button to enter this feature.

4. Use the **LIGHT** (scroll up) or the **REC** (scroll down) buttons to choose whether to have this chime turned **ON** or **OFF**.
5. Then use the **MODE** button to save your settings and to return to the main time screen.

*Note: If the hourly chime is turned on, a picture of a **CLOCK FACE** will appear at the top of the screen.*

NAVIGATION

Saving favourite position locations (PL) to memory - manually

1. From the main timer screen, press the **FUNCTION** button twice. The letters **PL--1** will then start flashing on your screen.
2. Use the **LIGHT** (scroll up) or the **REC** (scroll down) buttons to select between 9 position locations then press the **FUNCTION** to begin GPS sync to this memory location. Once completed the co-ordinates and will be flashed on the screen. The date and time data will also be recorded.

Note: PL data can further be viewed and edited using the supplied software.

Navigating to a saved position location (PL)

1. From the main timer screen, press the **FUNCTION** button twice. The letters **PL--1** will then start flashing on your screen.

2. Use the **LIGHT** (scroll up) or the **REC** (scroll down) buttons to select between any of the previous (up to) 9 position locations.

*Note: Each time a **PL** location is saved, date and time is also recorded and displayed on each memory entry. You can also use the **FUNCTION** button to toggle between the co-ordinate details.*

3. Once a memory location has been selected, and while the co-ordinates are displayed on the screen, use the **LIGHT** (scroll up) or the **REC** (scroll down) buttons to select between the functions **DEL** (Delete) and **GOTO** (Go to).

3.1 **DEL:** With the letters **DEL** on the screen, press the FUNCTION button to advance to a confirmation page with the flashing letters **YES.** Press the function button again to delete this memory setting.

3.2 **GOTO:** With the letters **GOTO** on the screen, press the **FUNCTION** button to confirm. The title will then change to **GET** (get GPS data). The unit will then compare the stored co-ordinates to that of your current location.

3.2.1 Once the co-ordinates have been calculated, the navigation screen will be displayed. This screen displays **a)** the direction of the designation and the distance between the two points, **b)** your current speed (when you start moving), **c)** if signal is lost, and **d)** when your destination is reached.

a

b

c

d

*Note: If there is a signal interruption during this mode, the letters **LOSS** will appear on the screen and an alarm will sound for 5 seconds. Pressing the buttons **LIGHT**, **FUNCTION** or **REC** will stop the alarm sounding. Exit the navigation screen at any time by pressing the **MODE** button. If no signal has been reached within 5 minutes, the navigation screen will close and revert back to the main time screen.*

Designation-free based tracking – Sports Mode

1. From the main time screen, press the **FUNCTION** button ONCE. The letters **NAV** will begin to flash.

2. Use the **LIGHT** and **REC** buttons to scroll through the screens; **NAV**, **CHM**, **MEM**, **ALM**, **SPT** and **ARC.** The two unique screens in this menu view are **SPT** and **ARC**. Press the **FUNCTION** button to select a feature (in this case we will discuss **SPT** as the other features have been discussed previously).

Note: The other features are shared from the main menu as previously described and are present here purely for convenience. i.e. There are not 2 separate alarm system menus.

3. **SPT:** Once the GPS signal has been acquired, **TR-XX** (where **XX** are numbers generated by default from 01 to 99) and **START** will appear. Press the **FUNCTION** button to begin exercising / tracking.

4. You can use the **LIGHT** and **REC** buttons to scroll through information such as your current speed, distance travelled altitude and your current GPS coordinates.

*Note: If there is a signal interruption during this mode, the letters **LOSS** will appear on the screen and an alarm will sound for 5 seconds. Pressing the buttons **LIGHT**, **FUNCTION** or **REC** will stop the alarm sounding. Exit the navigation screen at any time by pressing the **MODE** button. If no signal has been reached within 5 minutes, the navigation screen will close and revert back to the main time screen.*

4. Press the **MODE** button to stop tracking in sports mode. If no other buttons are pressed, the screen will revert back to the main time screen after 3 minutes.

NAVWATCH-S10 SOFTWARE (TRACK STAR)

Installation - Software

1. Insert the CD into your computer.
2. Click and open the **TRACK STAR** folder and click the icon called **SetUp.exe**.

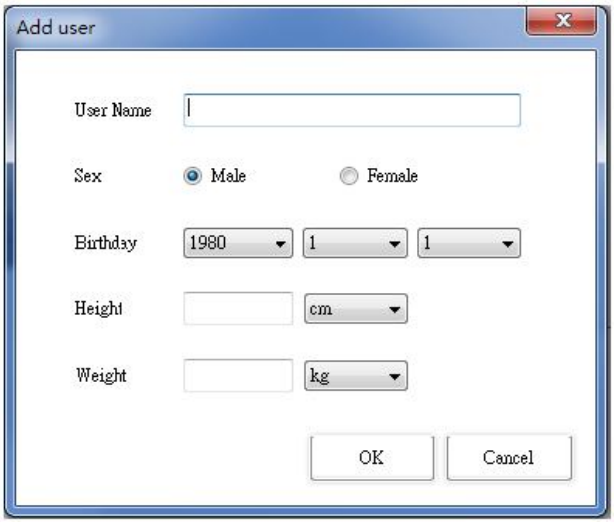
*Note: At this point, the software will check to see if "**.NET framework**" is installed. Accordingly **.NET** will either be installed or upgraded if your current version is older than 3.5 SP1.*

3. Follow the on screen installation screens and choose the default or standard settings where applicable.
4. Once the installation has been completed click the close button.

Installation – Hardware

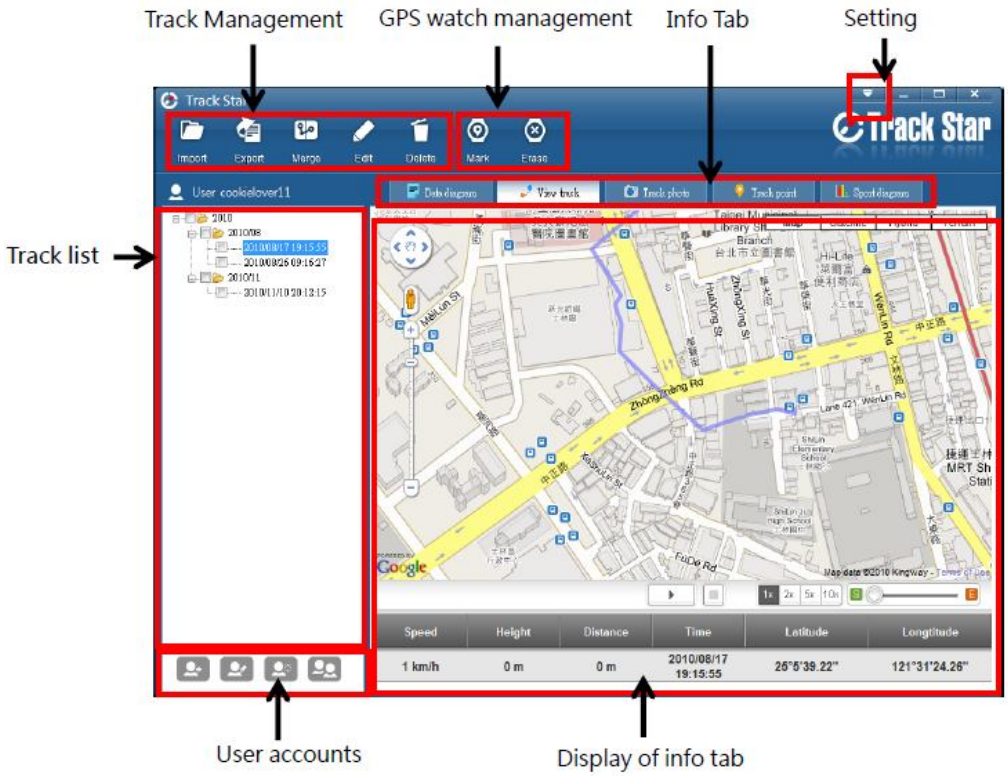
1. Connect your watch to the charging cradle, noting not to force the watch and to observe for correct orientation. Connect the USB cable to the cradle and then to your computer. Your computer will typically signal when this/new hardware is connected.
2. Run the **TRACK STAR** software and enter the product key number from the CD ROM package when prompted. *(Typically an icon is loaded to your desktop)*
3. You will then be prompted for your personalised information such as date of birth, height and weight. This data is later used to calculate your calorie consumption. To ensure you get the most out of your NAVWATCH-S10 please enter this information in accurately.

Note: If no weight in entered into the field, the calorie consumption will not work correctly.



TRACK STAR

The main screen



Importing track data records

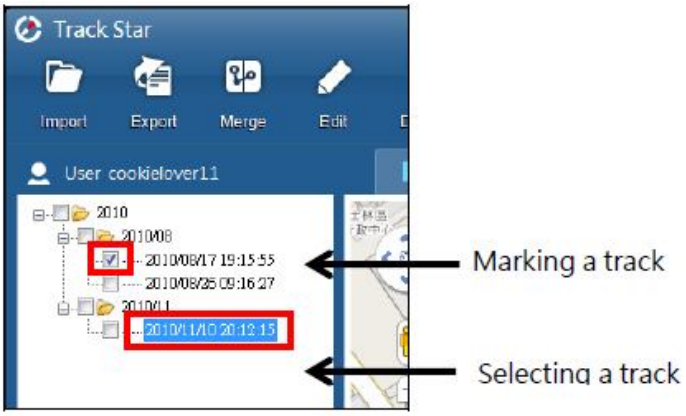
1. After connecting your device as discussed above, click the **IMPORT** button. Stored data file/s will then be transferred to your computer in date order.

Note: It is recommended that the default track names are not changed to avoid naming conflicts when using applications like Google Earth and potentially replacing files accidentally.

Selecting a track (a data file)

1. There are two ways to select a track; by using a tick box **mark**, or **highlighting** a file.

Note: Files are sorted in Year folders, then into sub-folders named in months. The final file name by *default has been date coded in shorthand format YYYY/MM/DD and time HH:MM:SS .*

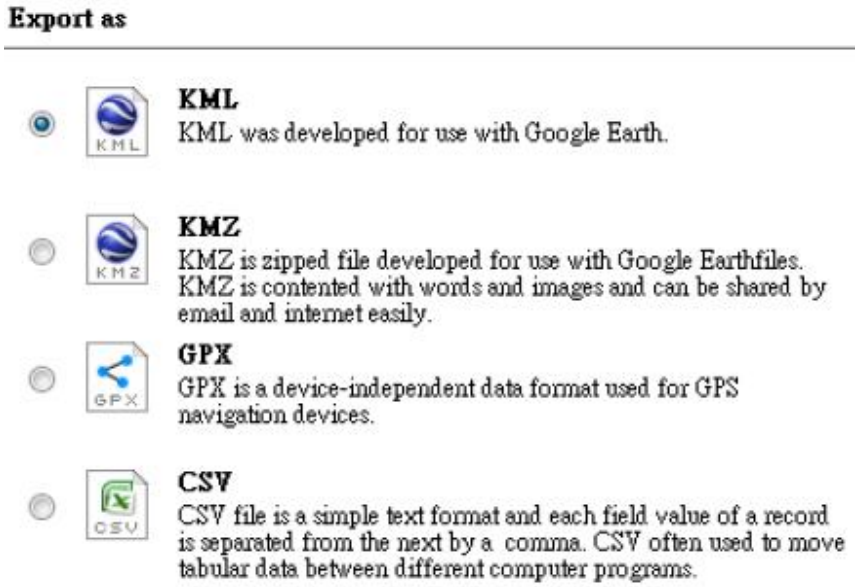


Note 1: ***Marking*** *a track allows you to choose more than one track at a time. Actions like "delete track", "export track", "combine tracks" can also be carried out simultaneously in this way.*
Note 2: ***Highlighting*** *a track allows you to choose only one track at a time, which can be used to carry out actions like "data diagram", "view track" and "edit track".*

Exporting a track

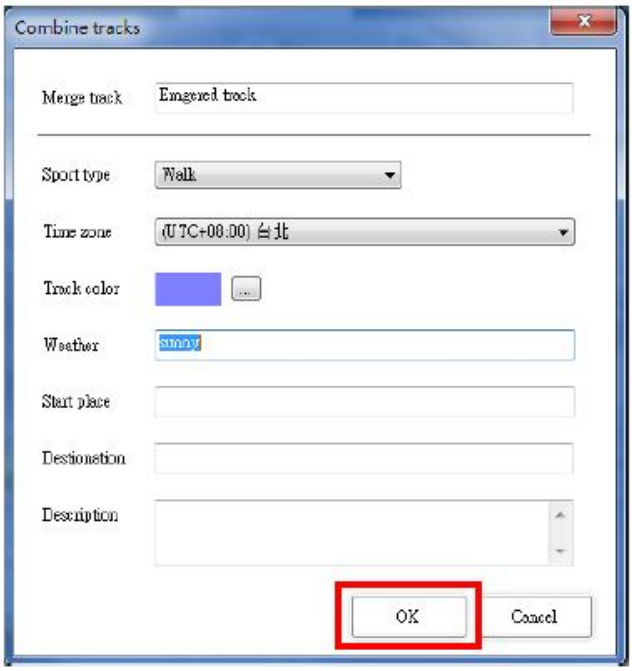
1. **Highlight** or **Mark** the selected tracks accordingly and press the **EXPORT** button.

2. Choose the type of export file ie. KML, KMZ, GPK or CSV. *(See the diagram below for further file information.)*



Merging tracks

1. If you choose, individual tracks can be merged. Use the marking technique (tick box) to select the files then press the **MERGE** button.
2. You will then be prompted to rename and re-categorise the finished file.
3 Once finished click OK.
4. The merged file will appear under the chosen name in the file view explorer as discussed below.



Note 1: You will be prompted with a warning if the 2 files have been taken more than 1 hour apart.

Note 2: Files with overlapping times can not be merged.

Edit a track

1. Select the required track and click the **EDIT** button.
2. Adjust the file name and rename and re-categorise if required (as above) then click OK.

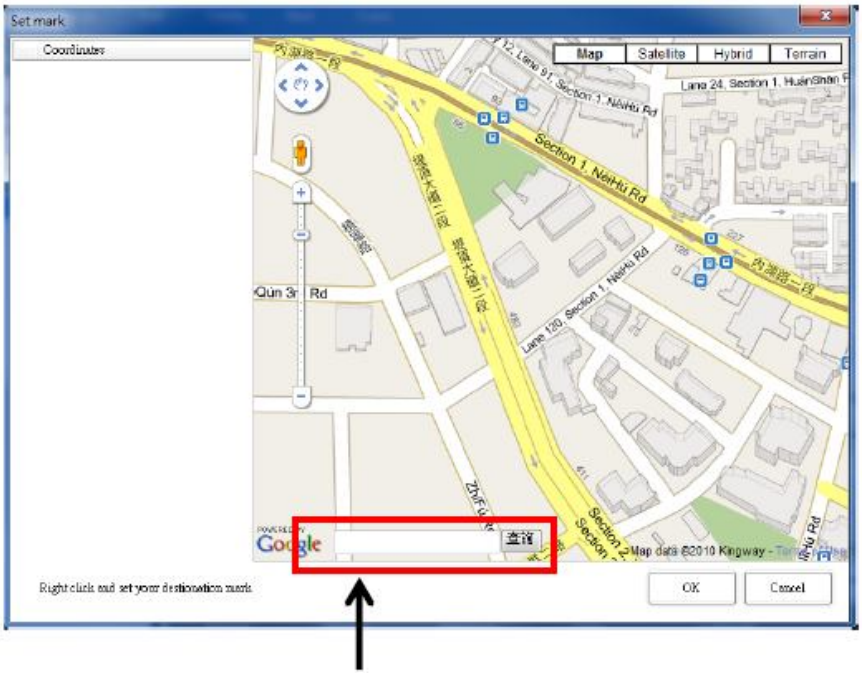
Delete a track

1. Simply mark the track/s and click the **DELETE** button.

Saving favourite position locations (PL) to memory – via software

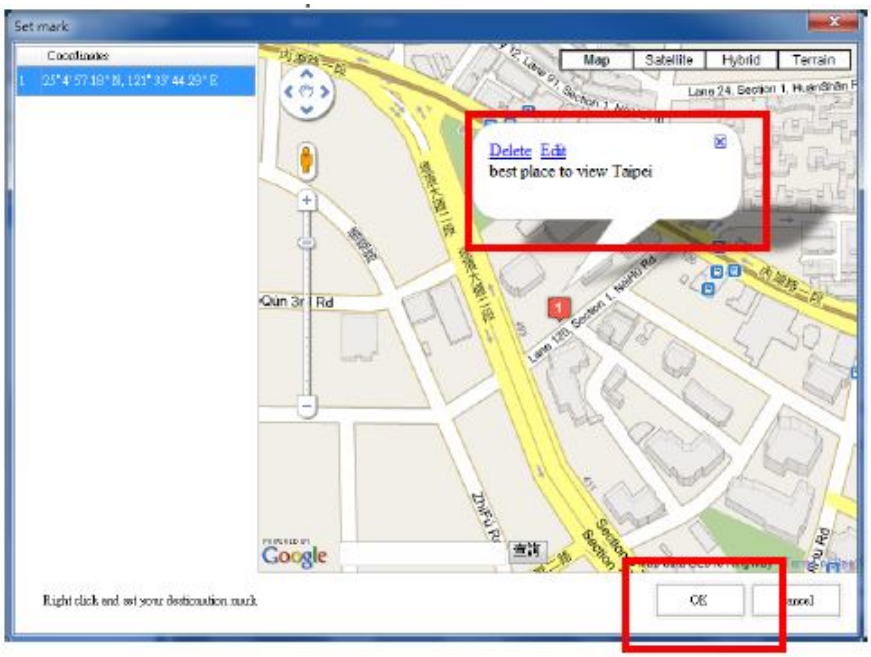
1. Connect your watch to your computer and press the **MARK** button.
2. The **SET MARK** screen will then open.
3. Use the search bar at the bottom of the screen to search for your location.
4. Once your location has been found, mark it using the right mouse button.

Note: Once the mark has been created, it can be adjusted by simply dragging and dropping it using your mouse.



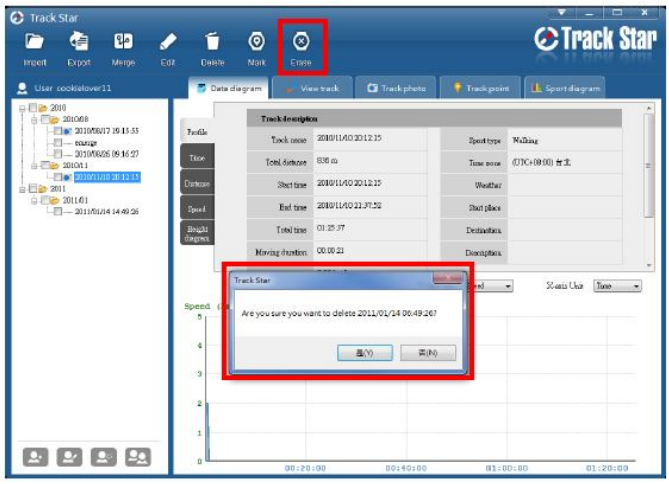
5. Using your mouse, you can then either delete the tag or add information via the edit option.

Note: The tag can also be deleted by selecting it in the co-ordinates list on the left hand side of the screen.



6. The finished file can then be exported back to the watch using the EXPORT button.

Delete a track from the watch

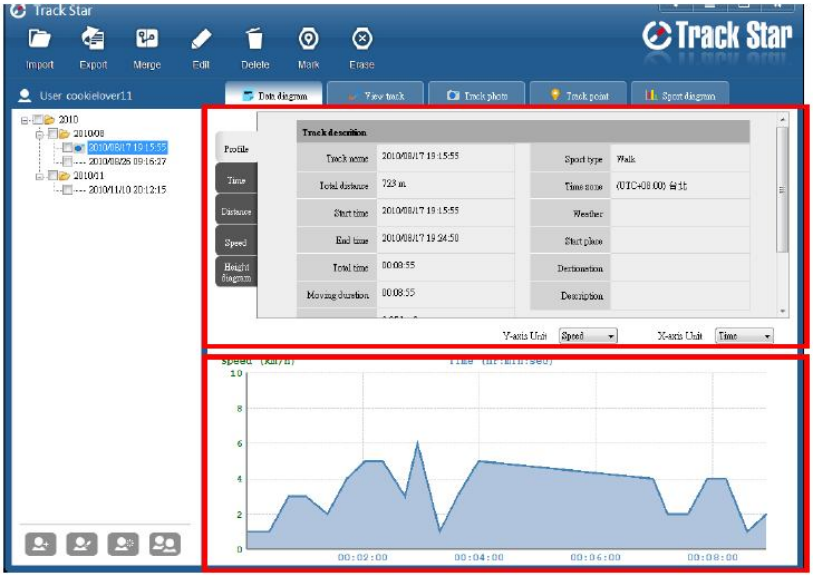


1. Connect your watch to your computer.
2. Select the required tracks and click the **ERASE** button.
3. Confirm your selection by pressing Y/OK.

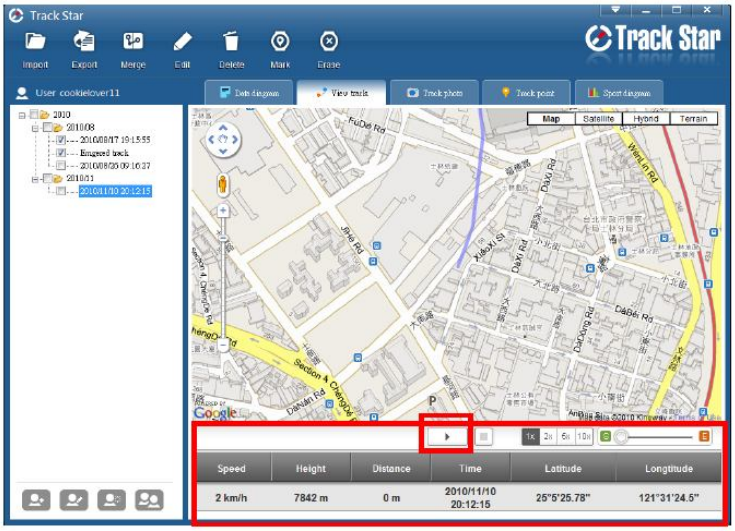
INFORMATION TABS

Data Diagram

1. Once your watch is connected, select a data file from the left hand file explorer.
2. Select the **DATA DIAGRAM** tab. This screen is split into an upper and lower section.
   - 2.1 The upper data section has a further 5 individual overview tabs to show Profile, Time, Distance, Speed and Height Diagram data information.
   - 2.2 The lower section offers a graphical user interface to compare 4 data sets across an X and Y plot axis. Use the drop down boxes to view selections such as Height versus Distance, Height versus Time, Speed versus Distance or Speed versus Time.



View Track

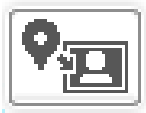


1. Select a track from the left hand file explorer view and press the **PLAY** button.
2. The software will then begin stepping you through your recorded file on a Google Map display.
3. While progressing through the recording, the details such as Speed, Height, Distance (travelled), Time, Latitude and Longitude are displayed at the bottom of the screen.
4. Also at the bottom of the screen is also the option to Zoom in or Out of the map.
5. Use the **EDIT** feature to adjust the track colour and sport type icon.

walking		jogging		biking	
hiking		skiing			

Track Photos (Advanced Users)

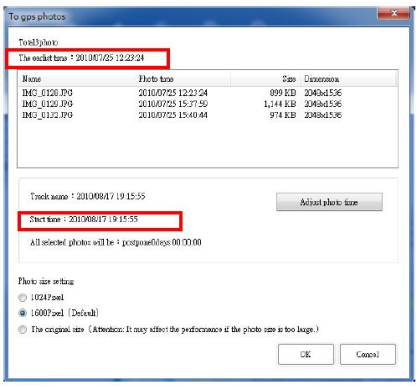
1. This feature matches dates and times of photos and plots them along your track.
2. Start by selecting a track from the explorer view and click the photo icon.



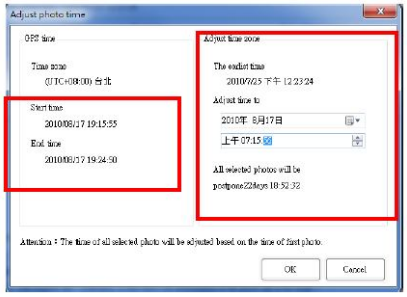
3. You will then be prompted to choose your files from the file manager screen. Press the OK button to continue.

Note 1: The times/dates of the photos need to match that of the recorded track, otherwise this feature will not be able to make the match.
Note 2: We refer to the process of transferring images to your GPS watch as GPSed or GPSing for easy reference.

4. A confirmation screen will then open. This screen allows you to check photos sizes and to adjust any known or visible time discrepancies. Click OK to continue.

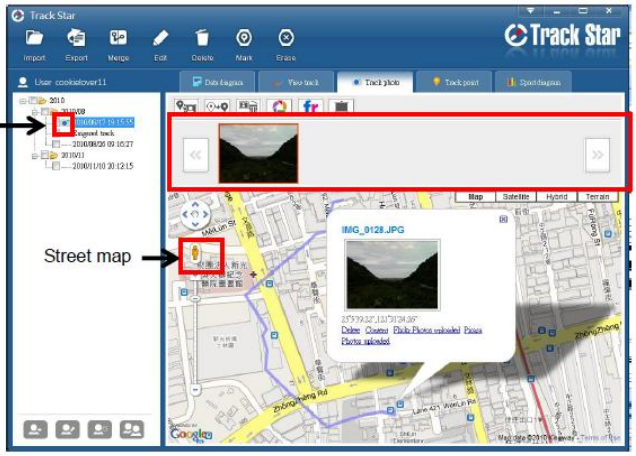


5. If there are still some time discrepancies with the files, you will be prompted with another screen to make the required adjustments, where needed. Alternatively, you may choose to insert other images such as designs or archived images etc.



6. Once complete, a confirmation screen will be shown showing how many files were successfully updated and how many were not. These can be reviewed as required.

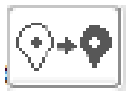
7. Once photos have been successfully uploaded, they are embedded directly onto the map. Once embedded, you can interact with the images by; **a)** clicking the image to see expand the image, **b)** use the left and right arrows to move between images.



Note: Once images are GPSed a small image of a camera will appear next to the track record in the file explorer view.

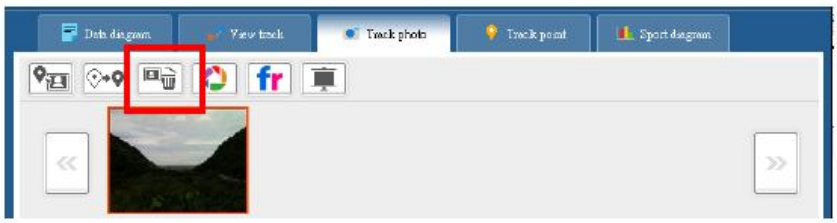
Change a track photo

1. While a current image is displayed, click the Re-GPS button. Then follow the above explained procedure to re select and rename your new file.



Delete a track photo

1. While a current image is displayed, click the delete button. Then follow the prompts to remove the image.



Uploading to Picasa And Flicker

1. Press the button for either Picasa or Flicker and select the images you wish to upload the click OK.

Note: Use the "select all" or "select none" buttons at the bottom of the pop up window to help with your selection.

2. You will then be prompted with a confirmation page to authorise uploads.
3. Then, log into your account as normal.

Note: The confirmation step in above point 2, is only required for new connections.

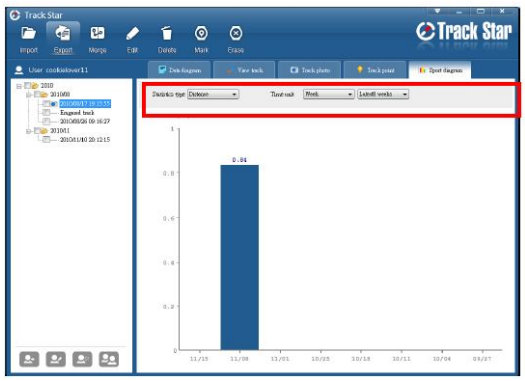
4. A final screen will appear allowing you to select album's that the selected images.
5. Once your settings have been completed, press the next button to begin the

upload. The following screens will be seen once the upload has begun and when it has finished.

Slide show

1. Click the slide show icon  to begin a slide show in full screen mode for all images on the selected track recording. Press the ESC button to end the slide show.

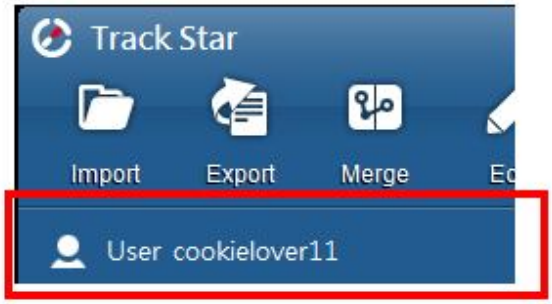
Sports Diagram



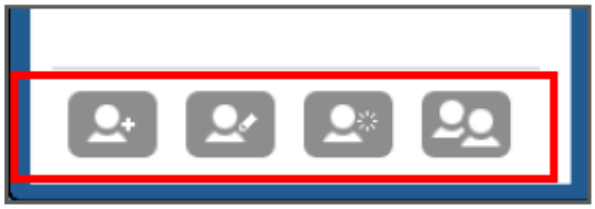
1. This tab displays a column graph of accrued values for total distance travelled, time taken, altitude reached and calories consumed.
2. Using the drop down boxes, this data can be viewed in days (a single day or over 30, 60 or 90 days) weeks (over 8, 16,24 or 32 weeks) and months (over 3, 6, 9 or 12 months).

USER ACCOUNTS

1. The current user is listed at the top of the screen.



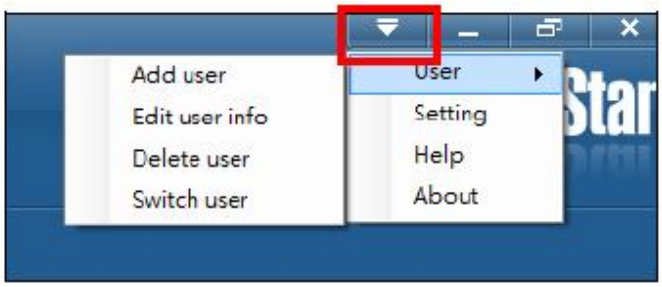
2. Use the icons at the bottom of the screen to create new accounts.



3. Select between; Add the Account , Edit an account , Delete an account , or switch between users .

SETTINGS

1. Click the drop down arrow at the top right of screen. As well as settings options, there are other shortcuts to previously discussed options. Select **Settings.**



2. From this screen changes options such as; **a)** Language, **b)** Unit of measure, **c)** Background colour, and **d)** Default save to location.

3. The remaining settings such as Help, refers you to a copy of this user manual. Clicking the about button will show the edition and version of this software.

UTC TABLE

UTC Differential	City Name	Country Name	DST
-12	Eniwetok Atoll		
-11	Pago Pago	American Samoa	
-10	Papeete	Tahiti(French Territory)	
	Honolulu	United States	
-9.5	Marquises		
-9	Anchorage	United States	1
-8	Vancouver	Canada	1
	Las Vegas	United States	1
	Los Angeles	United States	1
	San Francisco	United States	1
	San Diego	United States	1
	Seattle-Tacoma	United States	1
-7	Edmonton	Canada	1
	Denver	United States	1
	Phoenix	United States	1
-6	Winnipeg	Canada	1
	San Jose	Costa Rica	
	Guatemala City	Guatemala	
	Mexico City	Mexico	1
	Chicago	United States	1
	Dallas	United States	1
	Houston	United States	1
	New Orleans	United States	1
-5	Rio Blanco	Brazil	
	Montreal	Canada	1
	Toronto	Canada	1
	Bogota	Columbia	
	Havana	Cuba	1
	Panama	Panama	
	Lima	Peru	
	Washington	United States	1
	Atlanta	United States	1
	Boston	United States	1
	Detroit	United States	1
	Indianapolis	United States	1
	Miami	United States	1

	New York	United States	1
	Philadelphia	United States	1
-4	La Paz	Brazil	
	Manaus	Brazil	
	Halifax	Canada	1
	San Diego	Chile	1
	Caracas	Venezuela	
-3.5	St.John's	Canada	1
-3	Buenos Aires	Argentina	
	Rio de Janeiro	Brazil	1
	Sao Paulo	Brazil	1
	Montevideo	Uruguay	1
-2	South Georgia Islands		
-1	Praia	Cape Verde	
0	Las Palmas	Canary Islands (Spanish Territory)	1
	Dublin	Ireland	1
	Casablanca	Morocco	
	Lisbon	Portugal	1
	Dakar	Senegal	
	London	England	1
	Edinburgh	U.K.Scotland	1
UTC			
1	Vienna	Austria	1
	Brussels	Belgium	1
	Prague	Czech Republic	1
	Copenhagen	Denmark	1
	Paris	France	1
	Berlin	Germany	1
	Frankfurt	Germany	1
	Hamburg	Germany	1
	Munich	Germany	1
	Rome	Italy	1
	Milan	Italy	1
	Amsterdam	Holland	1
	Lagos	Nigeria	
	Oslo	Norway	1
	Warsaw	Poland	1
	Madrid	Spain	1

	Barcelona	Spain	1
	Stockholm	Sweden	1
	Zurich	Switzerland	1
2	Cairo	Egypt	1
	Helsinki	Finland	1
	Athens	Greece	1
	Amman	Jordan	1
	Beirut	Lebanon	1
	Tripoli	Libya	
	Cape Town	South Africa	
	Johannesburg	South Africa	
	Damascus	Syria	1
	Istanbul	Turkey	1
	Jerusalem		1
3	Bahrain	Bahrain	
	Addis Ababa	Ethiopia	
	Baghdad	Iraq	1
	Nairobi	Kenya	
	Kuwait	Kuwait	
	Doha	Qatar	
	Moscow	Russian Federation	1
	Jeddah	Saudi Arabia	
3.5	Teheran	Iran	
4	Muscat	Oman	
	Samara	Russian Federation	1
4	Abu Dhabi	Arab Emirates	
	Dubai	Arab Emirates	
4.5	Kabul	Afghanistan	
5	Karachi	Pakistan	
	Yekaterinburg	Russian Federation	1
5.5	Delhi	India	
	Chennai	India	
	Calcutta	India	
	Mumbai	India	
	Colombo	Sri Lanka	
5.75	Katmandu	Nepal	
6	Dhaka	Bangladesh	1
	Alamaty	Kazakhstan	1
	Novosibirsk	Russian Federation	

6.5	Yangon	Myanmar	
7	Jakarta	Indonesia	
	Krasnoyarsk	Russian Federation	1
	Bangkok	Thailand	
	Ho Chi Minh	Vietnam	
8	Perth	Australia	
	Beijing	People's Republic of China	
	Hong Kong	People's Republic of China	
	Shanghai	People's Republic of China	
	Taipei	Taiwan	
	Kuala Lumpur	Malaysia	
	Ulaanbaatar	Mongolia	1
	Irkutsk	Russian Federation	1
	Singapore	Singapore	
9	Tokyo	Japan	
	Fukuoka	Japan	
	Osaka	Japan	
	Sapporo	Japan	
	Seoul	Republic of Korea	
	Yakutsk	Russian Federation	1
9.5	Adelaide	Australia	1
10	Melbourne	Australia	1
	Sydney	Australia	1
	Guam	Guam(U.S. Territory)	
	Vladivostok	Russian Federation	1
10.5	Lord Howe Island	(Australia)*1	30minutes
11	Noumea	Caledonia(French Territory)	
	Magadan	Russian Federation	1
11.5	Norfolk Island		
12	Wellington	New Zealand	1
	Auckland	New Zealand	1
	Anadyr	Russian Federation	1
12.75	Chatham Island (New Zealand)		1
13	Nuku'alofa	Tonga	
14	Republic of Kiribati		

SPECIFICATIONS

Time and date display	Displays year, month, day, hour, minute and second (24 hr format only).
Auxiliary features	Stopwatch, navigation to stored location, navigation tracking (random location), clock and memo alarms
Number of GPS destinations	9
Storage space	Up to 10-20 hours at the frequency of one waypoint every 3-6 seconds.
Positioning accuracy	25m radius
Antenna	Embedded
Power	Rechargeable lithium battery 300mAh
Dimensions	51 x 18.8mm
Weight	78 grams
Operating temperature	Between -10°C and 45°C
Charging temperature	Between 0°C and 45°C
Water proof	50 meter depth (5ATM)
Battery life	7 hours with GPS on 90 (2160 hours) days with GPS off
Stop watch accuracy	1/100 second
Background light	Backlight
Cradle battery **(optional accessory)**	3.7V Li-ion Rechargeable Battery / Nokia battery model BL-5B **(not supplied)**
Timing capacity	Up to 23:59'59.99" (24 hours)

TROUBLE SHOOTING / Q & A

Q. How do I know when the battery is ready for a charge?
A. The battery icon on the screen has no bars left inside it. If you try to turn on the GPS feature and the word **LOW** appears, it means there is not enough available power. The feature will not be able to be turned on.

Q. How long does it take to charge?
A. It takes 4 hours to fully from when the low battery indicators start flashing. The portable battery charger can fully recharge the watch up to 2 times.

Q. How long will a charge last me?
A. In time mode only, that watch can last for up to 90 days. In continuous GPS mode it can last up to 7 hours.

Q. Is it better to keep the battery voltage topped up even if I am not using it?
A. Yes. If any battery in general is left for long periods of time and allowed to discharge, the expected life span does reduce. It is also recommended that to ensure maximum battery life that the battery is not continuously run flat before charging.

Q. Is there any specific care instructions for the charger?
A. It is advisable to keep the contacts of your charger clean and dry. Avoid touching the contacts with your finger and do not use any sharp metal objects such as needles or to clean the contacts. Only use a dry lint free cloth. The standard operating temperature for the charger is between 0°C and 45°C.

Q. My charger is not charging. What can I do to check that it works?
A. Try turning the charging on and off to see if the power button is sticky.

For further product information and instruction please visit our product web page at www.laserco.net or email support@laserco.com.au

Please note: As continual improvements are made to this product, slight operational differences may occur. For the most up-to-date user manual, please visit our web site.

Warranty Against Defects

Laser Corporation Pty Ltd ("Laser") warrants your new product to be free from defects in materials and workmanship for 12 months, from the date of purchase, provided that the product is used in accordance with accompanying recommendations or instructions where provided. The benefit of this warranty is in addition to your rights under the Australian Consumer Law and to other rights and remedies of the consumer under a law in relation to the goods or services to which the warranty relates.
Through a network of retailers and resellers, Laser will provide you with your choice of a refund, repair or exchange (where possible) for this product if it becomes defective within the warranty period. This warranty will no longer apply where the defect is a result of alteration, accident, misuse, abuse, normal wear and tear, neglect or improper storage.
Please retain your receipt as proof of purchase
How to make a product warranty claim:
Step 1: Find your receipt which proves the date of purchase. Where the date of purchase cannot be verified, your place of purchase or Laser will make an assessment based on the date of manufacture, the condition of the Laser Product and the type of defect.
Step 2a): Contact your place of purchase. They will assess the nature of the fault and refund or replace the product as per their store refund or warranty policy.
Step 2b): If your place of purchase cannot be contacted, then you can contact Laser . Customer Service with details of your defective Laser Product: Phone: (02) 9870 3355; or Email: service@laserco.com.au or online www.laserco.net/support/warranty (click on "Consumers (End Users)"). Our business address is at 1/6-8 Byfield Street, North Ryde, NSW 2113
Step 3: Laser . will issue you with a Return Authorisation (RA) number within 48 hours. When requested, send us the defective Product and a copy of your receipt. Laser will cover the cost of the return delivery.
Step 4: Wait for us to contact you. Once we have received your defective Laser Product for inspection, we will inform you of our assessment of your claim within 7 days. When we contact you, we will firstly let you know whether you have a valid claim under this Warranty, and if so, we will inform you whether your defective Laser Product will be replaced or repaired, together with the number of days you can expect to wait to receive your replaced or repaired Laser Product.
Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.