

# GPS Cross Country User Manual

## Introduction

Thank you for purchasing the Soleus Cross Country GPS Watch. This GPS Watch is packed with personal Training features like speed, trip time, laps, etc. Watch features include but not limited to the following:

- 12/24H Time format
- Chronograph
- World time
- Dual Time T1 and T2
- 5 daily Alarms
- RUN mode
- Chronograph mode
- Timer mode
- Altimeter mode ( GPS based)
- Compass mode ( GPS based)
- Data mode
- Set modes

- ❖ This Watch can communicate with a PC to store and review your performance.
- ❖ This Watch uses a rechargeable battery that can be charged through USB port of your PC.

### Caring for your GPS Watch:

Clean your GPS Watch with a dampened cloth preferably with mild detergent solution. Wipe dry using a dry cloth. Do not use chemical cleaners and solvents that may damage plastic components.

Do not store your GPS Watch to prolonged exposure to extreme temperatures as this may result to permanent damage to your unit.

### About GPS:

Global Positioning System (GPS) is a satellite- based navigation system made up of a network of 24 or more satellites. GPS works best in clear weather condition, anywhere in the world, 24 hours a day. Tall buildings may interfere with GPS accuracy. When 3 satellite signals are received, the Watch will have 2D GPS fixed (Latitude and Longitude). When 4 or more satellite signals are received, the Watch will have 3D GPS Fixed.

### Water immersion:

This GPS Watch is designed to be water resistant up to 3 ATM. It can resist water pressure up to 30 meters. After submersion to water, please make sure to wipe dry and air dry the unit before using or charging.

### Caution:

- ❖ Prolonged water submersion may cause electronic shorting in the unit which may cause minor skin burn or irritation.

## Getting Started

### Step 1) Know your Watch:

Push button location



### Push button Main function:

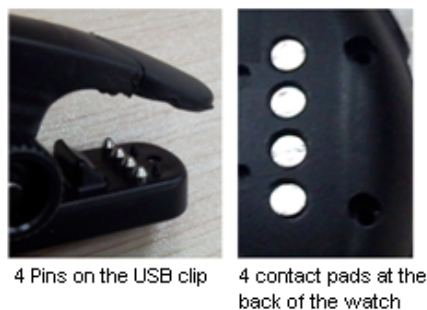
- S1** – Start / Stop / Hold to Save / Increase adjust (+)
- S5** – View
- S7** – Change Mode / Exit
- S11** – Light / Set / Save / Lap / Decrease adjust (-)

## Step 2) Charging the Battery:

Charge the unit for at least 4 to 5 hours before first use. The length of time for a fully charged battery will last depending on the actual usage. It is recommended to regularly re-charge your battery every 1-2 months even if it is not used to maintain good battery condition.

2.1) Plug your USB cable to your PC

2.2) Align the USB charging clip with the 4 contact pins on the back of the watch.



Note: Please thoroughly dry the charging contacts and surrounding area to ensure proper electrical contact and prevent corrosion.

When the battery is low, it is time to charge the watch.

2.3) Connect the charging clip securely to the watch. The watch will display CHARGE and the percentage charge level of the battery. There is also a scrolling line at the middle. IF the watch will start to communicate with the PC using the PC LINK software, the watch will display PC LINK.

Note: Please thoroughly dry the charging contacts and surrounding area to ensure proper electrical contact and prevent corrosion.

When the battery is low, it is time to charge the GPS watch. Once the battery is full, it will display "100% CHARGE".

### Battery low condition:

You cannot turn ON the GPS when the battery is low. The watch will display LOW BATT. You need to recharge the battery in order to use the GPS again.

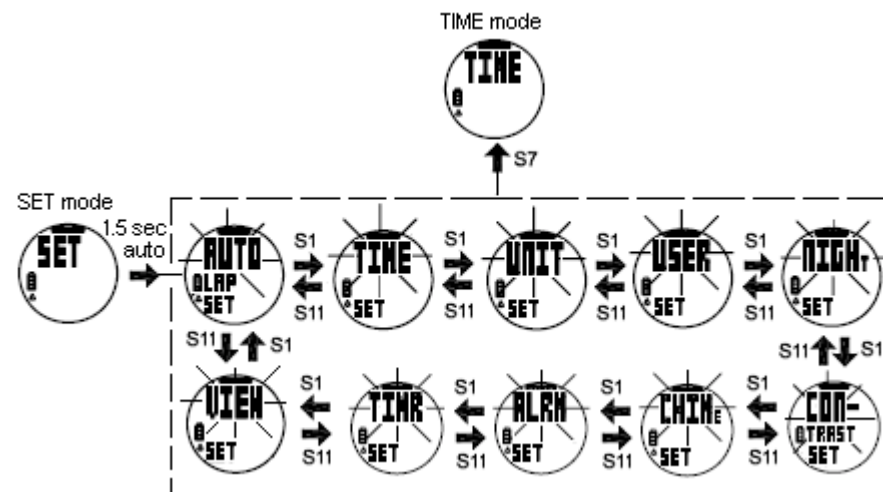
Please make sure the battery have enough battery power before doing your exercise in order not to lose your data. When the battery is low, you can still save the data.

When the battery level becomes very low, the watch will automatically turn OFF the display (blank-screen).

## Step 3) Configure your Watch:

Before using your watch, please set your Watch.

3.1) While in **TIME** mode, press S7 to go to **SET** mode and set the following parameters: AUTO LAP, TIME, UNITS, USER, NIGHT, Contrast, CHIME, ALARM, TIMER, and VIEW. Press S1 or S11 to change the blinking parameter to set.



### How to set the AUTOLAP:

- Press S5 while AUTO LAP is blinking. Auto lap 1 will start to blink.
- Press S1/S11 to change the setting. Auto lap preset settings are: off, 0.4, 1, 2, 3, 4, and 5 KM.
- Press S5 to confirm and set ALERT ON or OFF.
- Press S1/S11 to change the setting. There is a beep sound and EL on for 10 sec every auto lap taking when ALERT is set to ON.
- Press S5 to confirm setting and go back to Auto lap setting screen.



## How to set the TIME:

### TIME 1/ Time 2 setting:

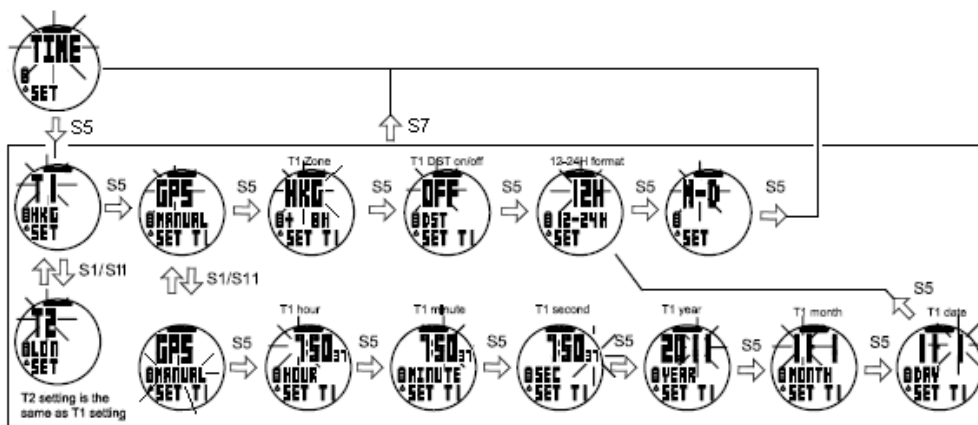
- Press S5 while TIME is blinking. The watch will display T1 or T2.
- Press S1/S11 to choose between T1 or T2 to set.
- Press S5 to set the selected time (T1 or T2). The watch will display GPS or MANUAL.
- Press S1/S11 to select GPS or MANUAL. You have two options in setting the watch, **GPS** or **MANUAL**. In manual setting, you can manually set the time. If you select the GPS option, the watch will be automatically set based on the data and time data from GPS satellites.

### GPS setting:

- While GPS is blinking, Press S5 to set the TIME ZONE.
- Press S1 or S11 to change the time zone. There are 36 city codes to choose from.
- Press S5 to confirm and set DST ON /OFF.
- Press S1/S11 to change setting.
- Press S5 to confirm and set 12H/ 24H format setting.
- Press S1/S11 to change 12H/24H format setting.
- Press S5 to confirm and go back to TIME setting screen.

### MANUAL setting:

- While MANUAL is blinking, Press S5 to enter.
- Set the HOUR by pressing S1 or S11 and then press S5 to enter.
- Set the Minute by pressing S1 or S11 and then press S5 to enter.
- Set the SECOND by pressing S1 or S11 and then press S5 to enter.
- Set the MONTH by pressing S1 or S11 and then press S5 to enter.
- Set the DATE by pressing S1 or S11 and then press S5 to enter.
- Set the 12/24H by pressing S1 or S11 and then press S5 to enter.
- Press S5 to enter.

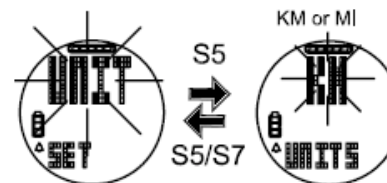


- Year range: 2001 to 2099

- Total of 36 city codes are available for various Time zones.
- Time can be displayed in 12 hour or 24 hour format
- Dual time zone Time 1 and Time 2

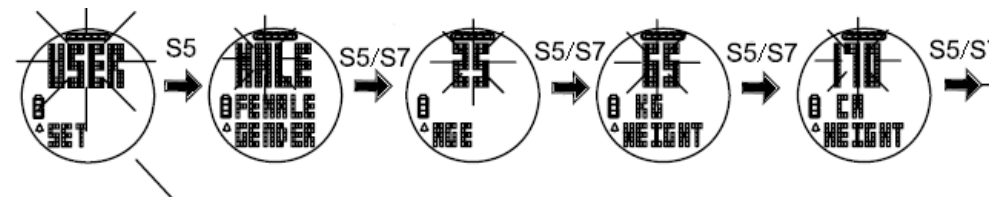
## How to set the UNITS:

- Press S5 while **UNIT** is blinking. KM will start to blink.
- Press S1/S11 to change the unit.
- Press S5/S7 to confirm setting and go back to UNIT setting screen.



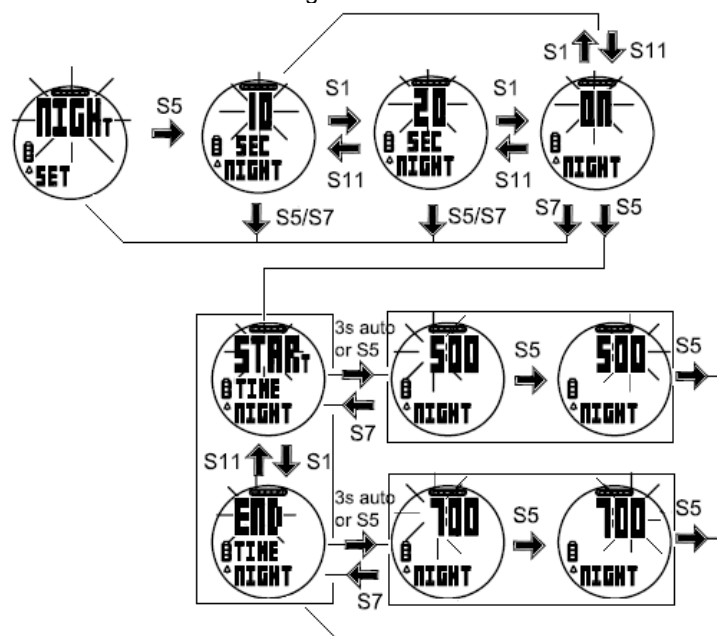
## How to set USER details:

- Press S5 while **USER** is blinking. MALE will start to blink.
- Press S1/S11 to change the gender.
- Press S5 to confirm and set the AGE. Age digits will start to blink.
- Press S1/S11 to change the age digits.
- Press S5 to confirm and set the WEIGHT. Weight digits will start to blink.
- Press S1/S11 to change the weight digits.
- Press S5 to confirm and set the HEIGHT. Height digits will start to blink.
- Press S1/S11 to change the height digits.
- Press S5 to confirm and go back to USER setting screen.
- Press S7 to exit



## How to set the NIGHT mode function:

- Press S5 while NIGHT is blinking. The watch will display **10** seconds blinking.
- Press S1/S5 to change to **20** sec or **NIGHT ON**.
- While on 10 SEC or 20 SEC setting, Press S5 to accept the setting and go back to NIGHT setting screen.
- While on NIGHT ON setting screen Press S5 to accept the ON setting. The watch will display the START TIME.
- Press S1/S11 to toggle between **START TIME** and **END TIME**.
- Press S5 or 3 seconds auto to set the START TIME. Hour digit will start to blink.
- Press S1/S11 to change the hour setting.
- Press S5 to change the MINUTE. Minute digits will start to blink.
- Press S1/S11 to change the minute setting.
- Press S5 to go back to START TIME setting screen.
- Press S1/S11 to set the END TIME. Hour digit will start to blink.
- Note:** Follow the procedure in setting the START TIME.
- Press S7 to exit to NIGHT ON setting screen.



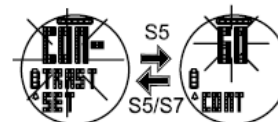
### Night mode settings:

- 10 SECONDS** – Press S11 will turn ON the Light for 10 seconds.
- 20 SECONDS** – Press S11 will turn ON the Light for 20 seconds.
- NIGHT ON** – Light will continuously ON when CHRONO is running in preset duration time (5:00 pm to 7:00 am). Start and End time can also be manually set to different times.

Note: When the chronograph is stopped, the light will turn off after 10 seconds.

## How to set the LCD display CONTRAST:

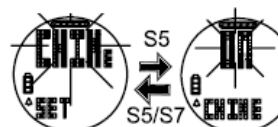
- Press S5 while **CONTRAST** is blinking. Contrast percentage will start to blink.
- Press S1/S11 to change to your desired value. LCD Contrast range is from 10 to 100%.
- Press S5/S7 to exit to CONTRAST setting screen



Contrast range: 10 to 100%

## How to set the CHIME:

- Press S5 while CHIME is blinking. The watch will display CHIME ON.
- Press S1/S11 to change to CHIME OFF or OFF.
- Press S5/S7 to confirm and exit to CHIME setting screen



When Chime is ON, there is an hourly chime.

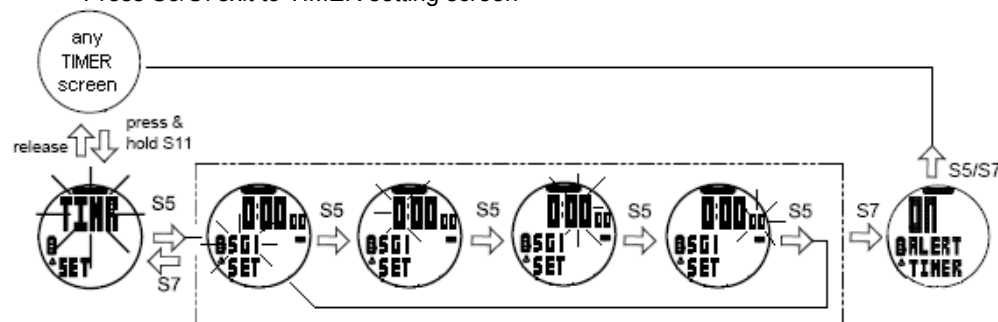
## How to set the ALARM:

- Press S5 while ALARM is blinking. AL-1 will start to blink.
- Press S1/S1 to toggle through Alarm 1 to alarm 5. The watch has 5 alarms which can be set individually
- Press S5 to set the selected Alarm number. The HOUR digit will start to blink.
- Press S1/S11 to change the hour digit.
- Press S5 to confirm and set the MINUTE digit. The minute digit starts to blink.
- Press S1/S11 to change the minute digit.
- Press S5 to confirm and set the T1 or T2 setting. T1 or T2 starts to blink. The alarm time will be referred to Time 1 or Time 2.
- Press S1/S11 to change setting
- Press S5 to confirm. Alarm ON or OFF will start to blink.
- Press S1/S11 to change the setting.
- Press S5 to confirm and go back to ALARM 1 setting screen
- Press S7 to exit.



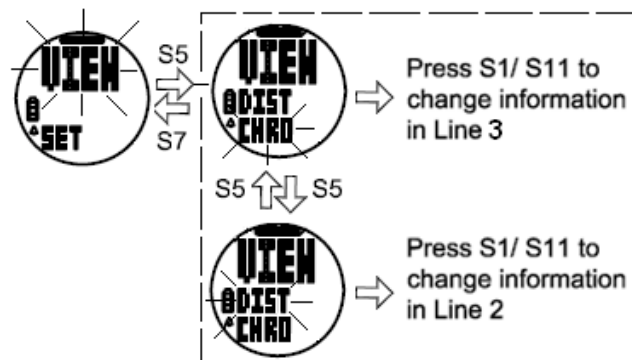
## How to set the TIMER:

- Press S5 while TIMER is blinking. The segment number will start to blink.
- Press S1/S11 to change the segment number
- Press S5 to set the HOUR. The hour digit starts to blink.
- Press S1/S11 to change the digits
- Press S5 to set the MINUTE. The minute digit starts to blink.
- Press S1/S11 to change the digits
- Press S5 to set the SECONDS. The second digit starts to blink.
- Press S1/S11 to zero the digits.
- Press S7 to set the Timer alert then press S1/S11 to turn ON or OFF.
- Press S5/S7 to exit to TIMER setting screen



## How to set the VIEW

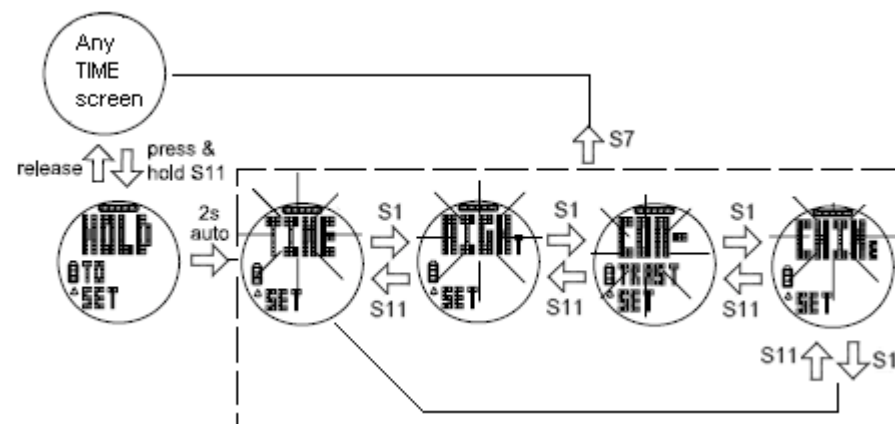
- Press S5 while VIEW is flashing. CHRONO will start to flash.
- While "CHRONO" is flashing, press S1/S11 to scroll the various parameters to set. The parameters are CHRONO, DISTANCE, PACE, SPEED, CALORIE, ALTIMETER, COMPASS and CLOCK.



You can select what information to display in Line 2 & Line 3 for RUN mode

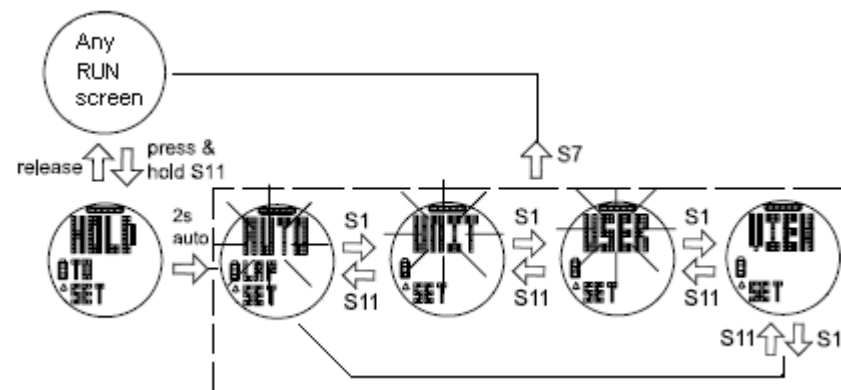
## 3.2) TIME, NIGHT, CONTRAST, & CHIME, can also be set in TIME quick set mode.

- Press and hold S11 while in Time mode. TIME will start to blink.
- Press S1/S11 to toggle through TIME, NIGHT, CONTRAST and CHIME.



## 3.3) AUTO LAP, UNITS, USER, and VIEW can also be set in RUN quick set mode.

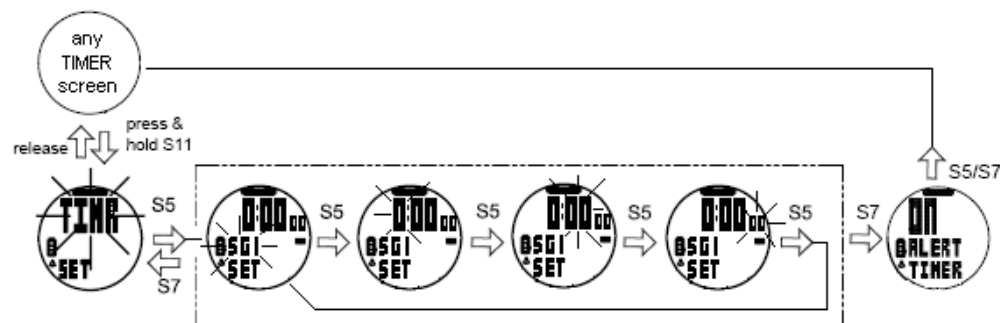
- Press and hold S11 until AUTO LAP blinks.
- Press S1/S11 to toggle through between AUTO LAP, UNIT, USER and VIEW.





### 3.4) TIMER can also be set in TIMER SET mode

- Press and hold S11 until SG 1 (segment 1) blinks.
- Press S5 to set the hour, minute and second.
- Press S7 to set the Timer alert then press S1/S11 to turn ON or OFF.



## Step 4) Acquire Satellite signals:

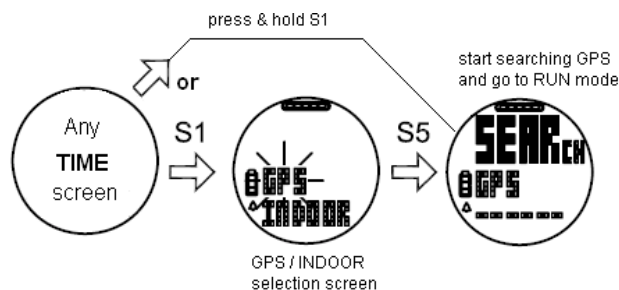
In order to get the correct time of day and begin using your watch, you have to acquire the Satellite signals. It may take a few minutes to get the signals.

4.1) Go outside to an open area away from tall buildings and trees. Orient the GPS antenna towards the sky for best reception. The antenna is located at the 12 o'clock position of the watch.

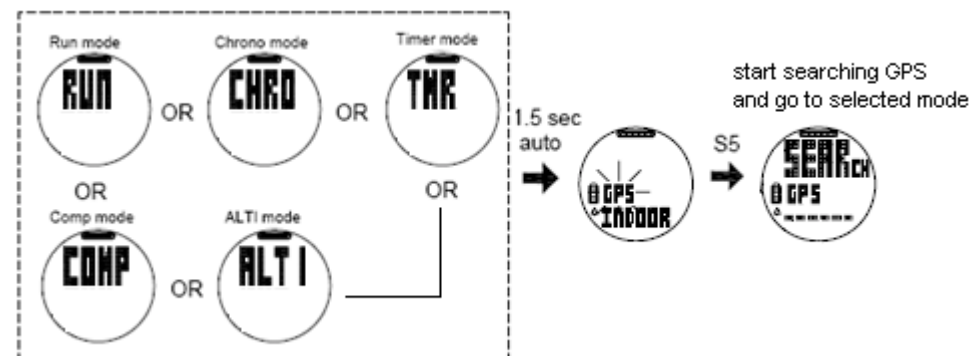
4.2) Stand still and do not begin moving while locating the Satellites until the GPS signals are already received.

4.3) How to Turn ON the GPS: Following are the possible ways to turn on the GPS.

4.3.1) Press S1 while in TIME mode. The Watch will display the GPS / INDOOR selection screen. Select GPS and press S5. Or press and hold S1 and the watch will start searching for GPS and go to RUN mode.



4.3.2) Press S7 to enter the exercise modes: RUN, CHRONO, TIMER, ALTI, or COMPASS mode.

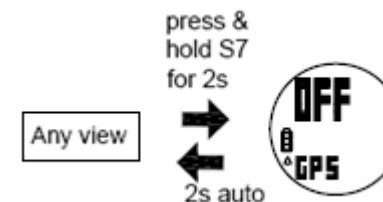


4.3.3) Press and hold S7 for 2 seconds from any mode while GPS is initially OFF.

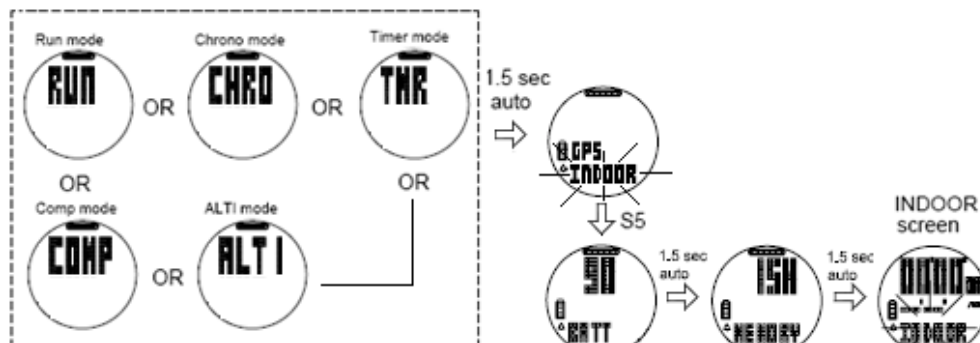


4.4) How to turn OFF the GPS:

4.4.1) Press and hold S7 for 2 seconds from any mode while GPS is initially ON.






4.4.2) Press S7 to enter RUN, CHRONO, ALTI, COMPASS, or TIMER mode. Select INDOOR and press S5 to confirm.



4.4.3) When the chronograph is stopped or reset in any mode, it will go to TIME mode after 10 minutes and the GPS will be on Standby mode (GPS ring icon flashing). The GPS will auto turn OFF after 1 hour (GPS ring icon is OFF).

GPS signals and its meaning:

GPS signal searching	
GPS signal received	
No GPS signal	
GPS Standby	

You will hear a beep sound when the Watch has received a GPS signal or when the GPS signal has been lost. LOST GPS signal will also be displayed in the screen.

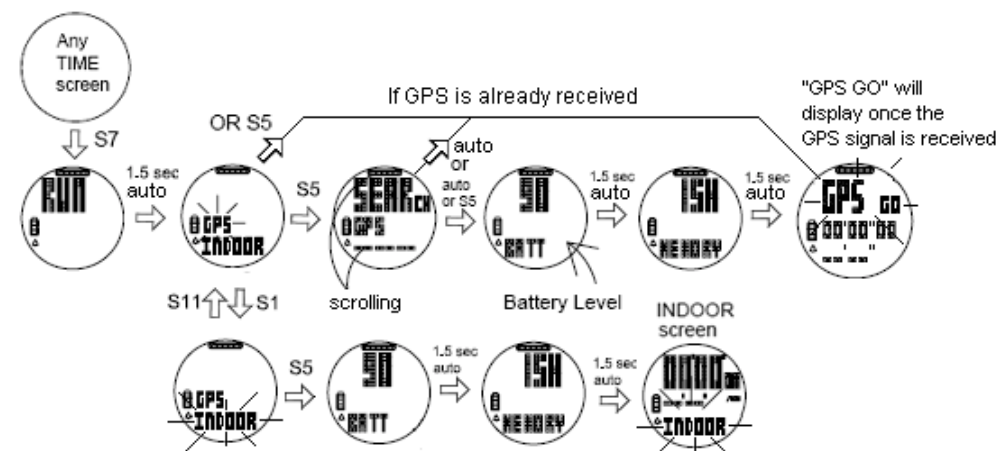
## Step 6) Go for a RUN:

6.1) Using RUN mode:

### 6.1.1. How to enter RUN mode

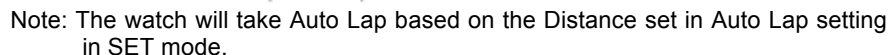
- Press S1 or press & hold S1 or press S7 from Time mode to go to RUN mode.

The watch will prompt you to **GPS GO** (if Satellite signal already received) or **INDOOR** (if no signal received).



- When GPS is not yet received when you enter RUN mode, the watch will display "SEARCH GPS". It will be later replaced with "GPS GO" when GPS signal is already received.

- Press S1 to start or re-start.
- Press S5 to take LAP. If auto lap function is set, the watch will take lap automatically based on auto lap setting and there is a beep sound during taking of auto lap.
- Press S1 to stop after completing your run.
- Press and hold S1 or press S11 to save your data.



- Press S5 to change the information displayed in **Line 1**. Following are the information displayed as you press S5:

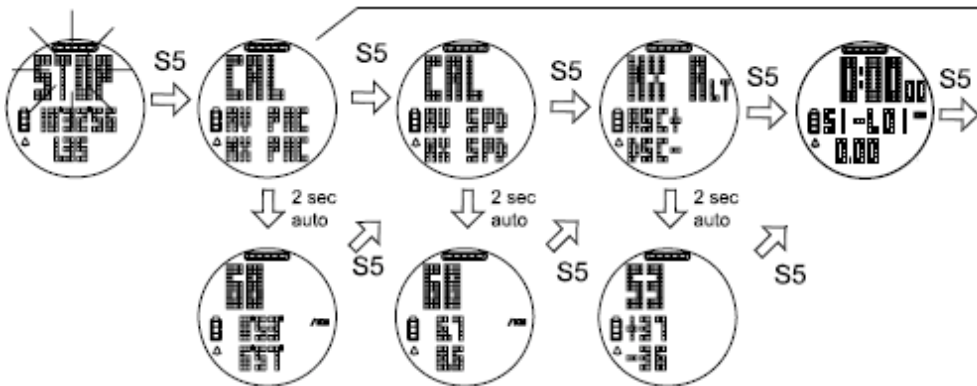


- Information displayed in Lines 2 and 3 can be changed in **SET** mode/ **VIEW**.
- The watch will remember your previous screen view the next time you come back to RUN mode.



#### 6.1.4. How to view your current data before saving while the chronograph is stopped.

- Following are the information as you press S5:



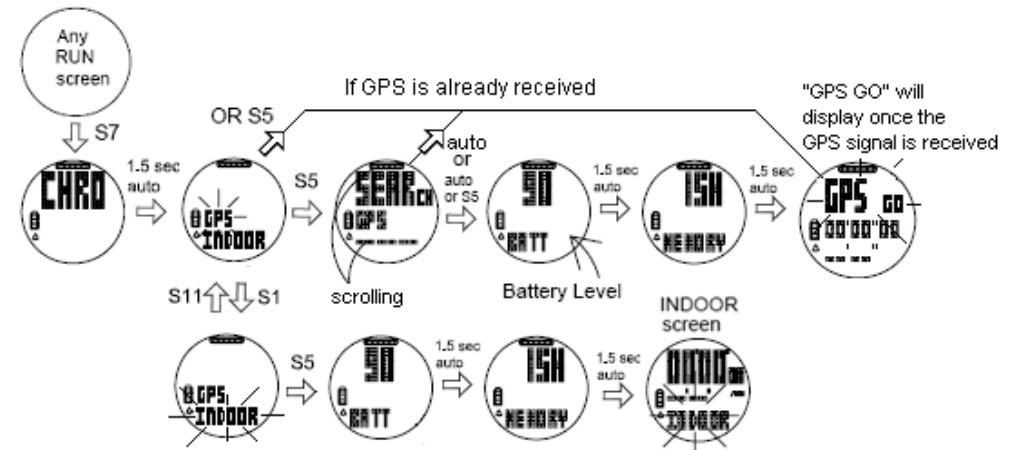
#### Notes:

- Before going for an exercise, it is highly recommended that you set your user profile first so that the calories will be calculated properly. Go to **SET mode/USER**.
- When the Chronograph is stopped and reset in RUN mode, if no activity for 10 minutes, it will return to TIME mode and the GPS will be on Standby mode (GPS ring icon flashing)
- While in RUN mode, then the GPS signal suddenly becomes weak lost for any reason, the Watch will display LOST GPS signal until it receives GPS signal again.
- Maximum of 15 hours of track record / 30 data files/ 100 laps for each data file can be saved in memory.

## 6.2) Using Chronograph mode:

**RUN mode & CHRONO mode** has the same chronograph counter. When the chronograph is started or stopped in RUN mode, the same thing happens in CHRONO mode.

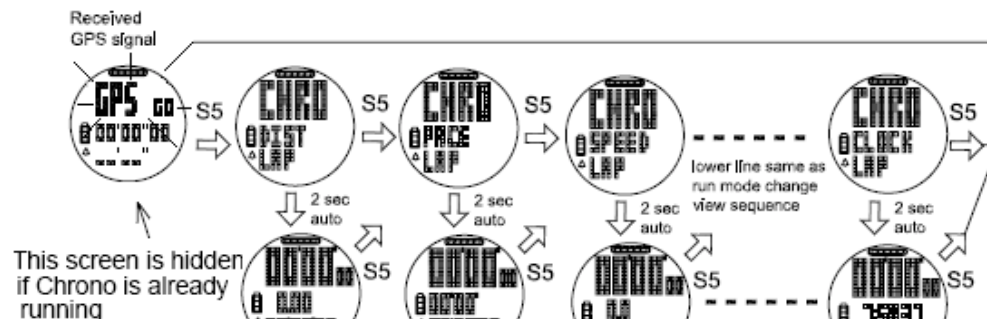
### 6.2.1. How to enter CHRONO mode



- When GPS is not yet received when you enter CHRONO mode, the watch will display "SEARCH" GPS. It will be later replaced with "GPS GO" when GPS signal is already received.

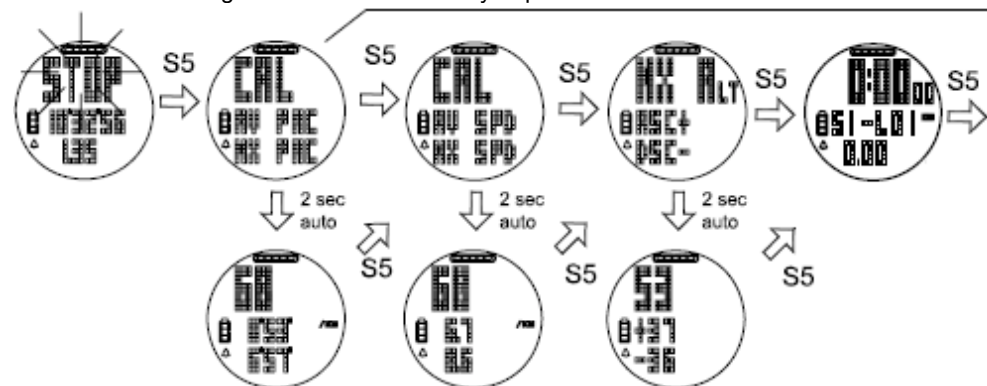
### 6.2.3. How to change views in CHRONO mode:

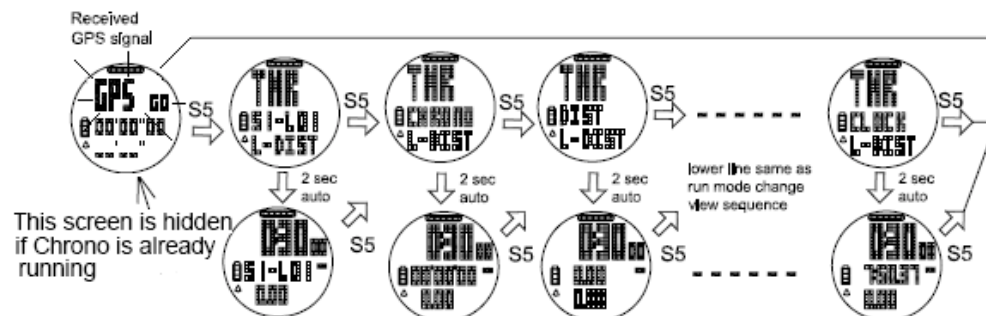
- Press S5 to change the information displayed in **Line 2**.



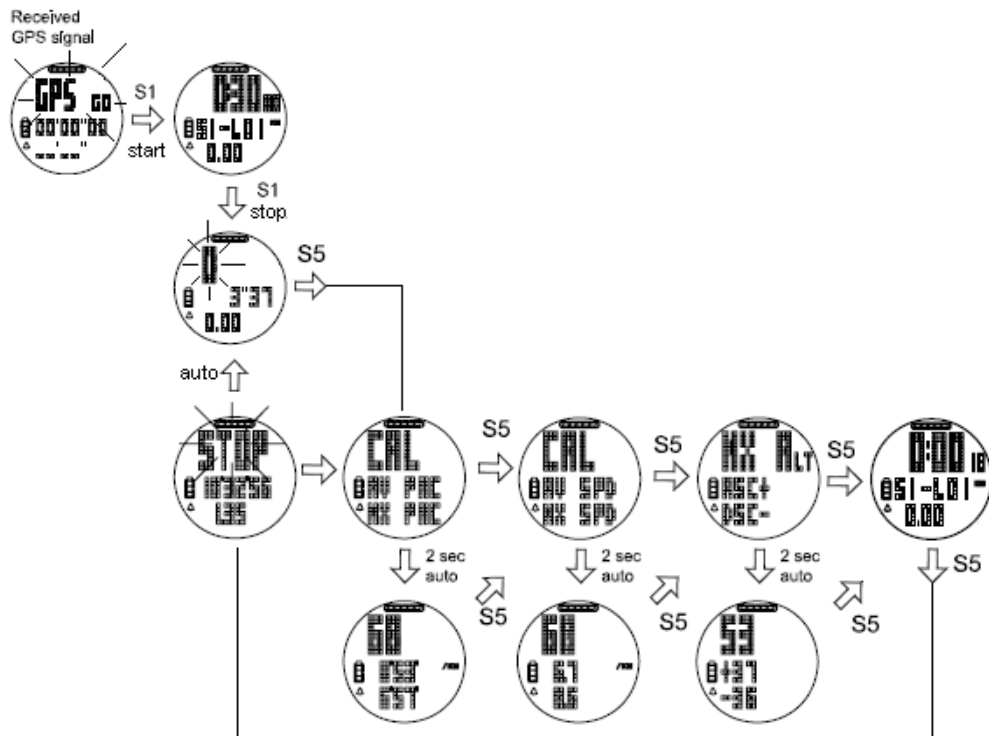
#### 6.2.4. How to view your current data before saving while the chronograph is stopped.

Following are the information as you press S5:





### 6.5) Using Altimeter mode:

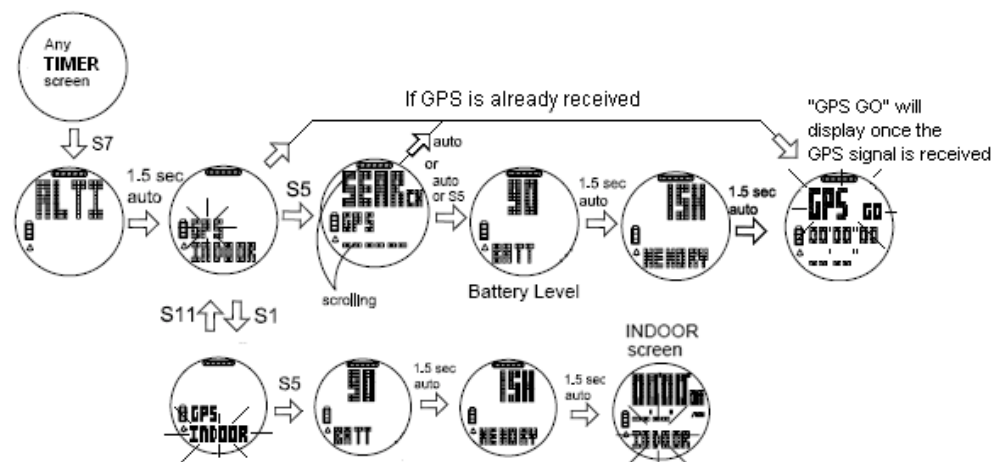


**RUN mode & Altimeter mode** has the same chronograph counter. When the chronograph is started or stopped in RUN mode, the same thing happens in Altimeter mode. The Altimeter function is GPS based so you need to select GPS when you enter this mode.

### 6.5.1. How to enter **ALTI** mode.

- Press S7 to go to Altimeter mode.

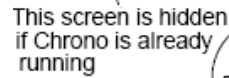
The watch will prompt you to **GPS GO** (if Satellite signal already received) or **INDOOR** (if no signal received).



- When GPS is not yet received when you enter Altimeter mode, the watch will display “SEARCH”. It will be later replaced with “GPS GO” when GPS signal is already received.

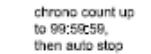
- Press S5 to change the information displayed in Line 2.

- Press S5 to change the information displayed in Line 2.



- Information displayed in Line 2 will change as you press S5.
- The watch will remember your previous screen view the next time you come back to Altimeter mode.

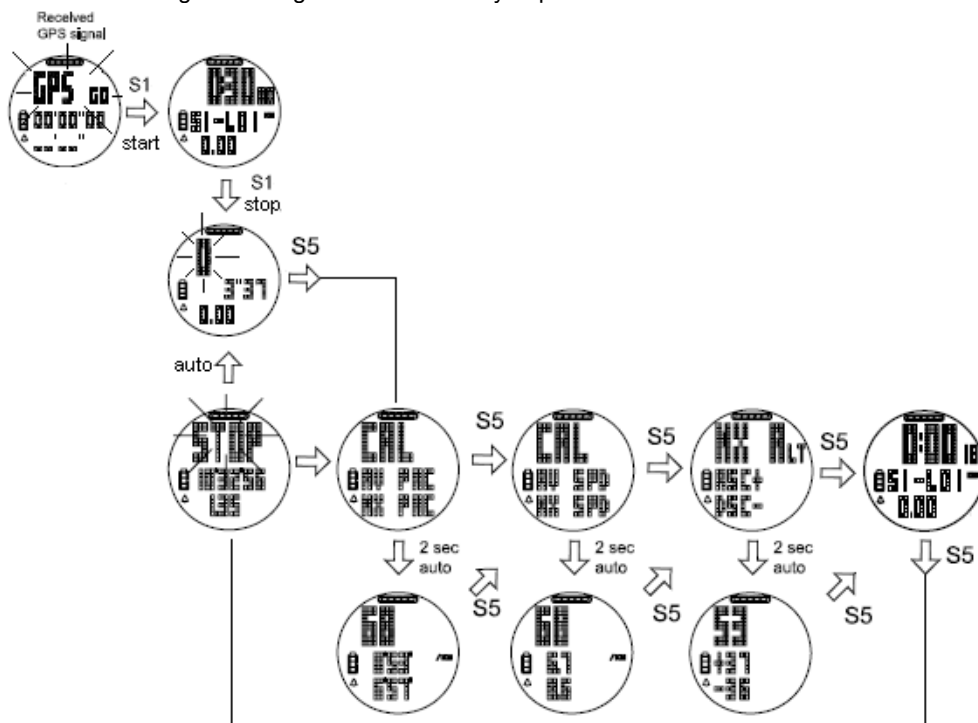
- Press S1 to start or re-start.
- Press S5 to take LAP. If auto lap function is set, the watch will take lap automatically based on auto lap setting and there is a beep sound during taking of auto lap.
- Press S1 to stop after completing your run.
- Press and hold S1 or press S11 to save your data.



- The watch will take Auto Lap based on the Distance set in Auto Lap setting.



6.5.4. While the chronograph is stopped, press S5 to view your current data before saving. Following are the views as you press S5:



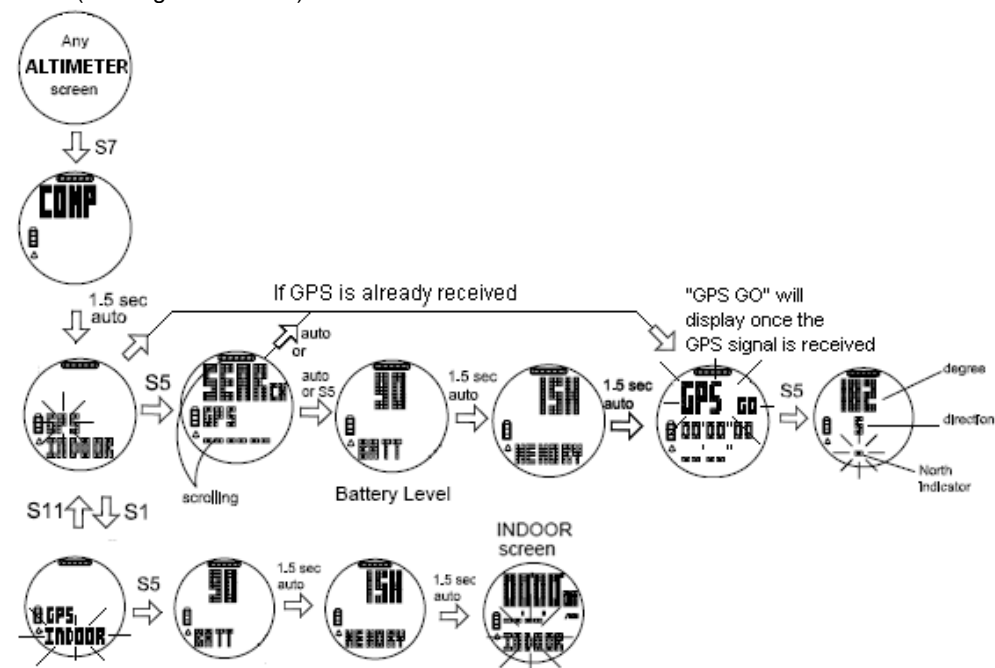
## 6.6) Using COMPASS mode:

**RUN mode & COMPASS mode** has the same chronograph counter. When the chronograph is started or stopped in RUN mode, the same thing happens in Compass mode. The Compass function is GPS based so you need to select GPS when you enter this mode.

### 6.6.1. How to enter **COMPASS** mode.

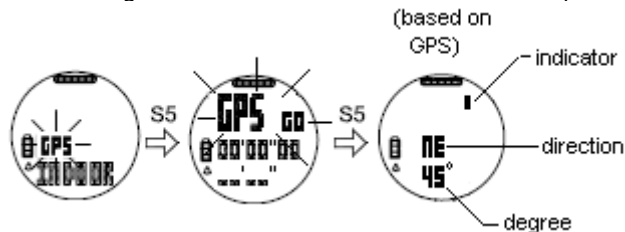
- Press S7 to go to Compass mode.

The watch will prompt you to **GPS GO** (if Satellite signal already received) or **INDOOR** (if no signal received).



- When GPS is not yet received when you enter Compass mode, the watch will display "SEARCH". It will be later replaced with "GPS GO" when GPS signal is already received.

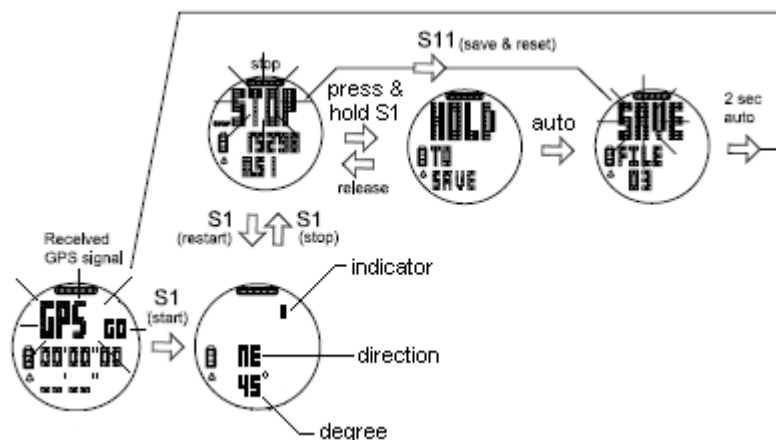
**6.6.2.** Press S5 to change the view from GPS GO screen to Compass screen.



- The indicator will blink and will point to the north east direction.
- When Chronograph is already running, GPS GO screen will not be shown.

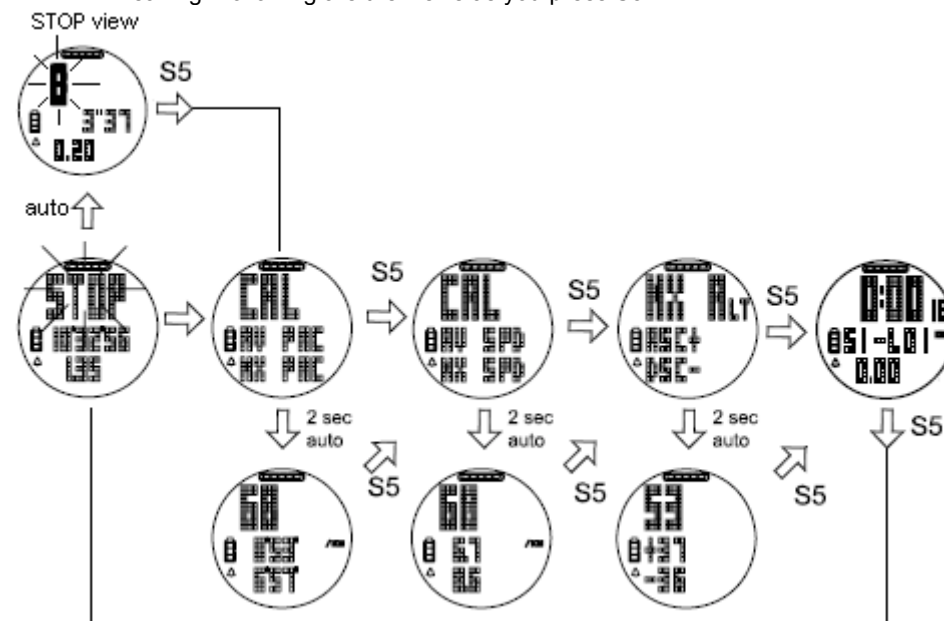
**6.6.3. How to Start, take Lap, Stop and Save in COMPASS mode**

- Press S1 to start or re-start.
- Press S5 to take LAP. If auto lap function is set, the watch will take lap automatically based on auto lap setting and there is a beep sound during taking of auto lap.
- Press S1 to stop after completing your run.
- Press and hold S1 or press S11 to save your data.



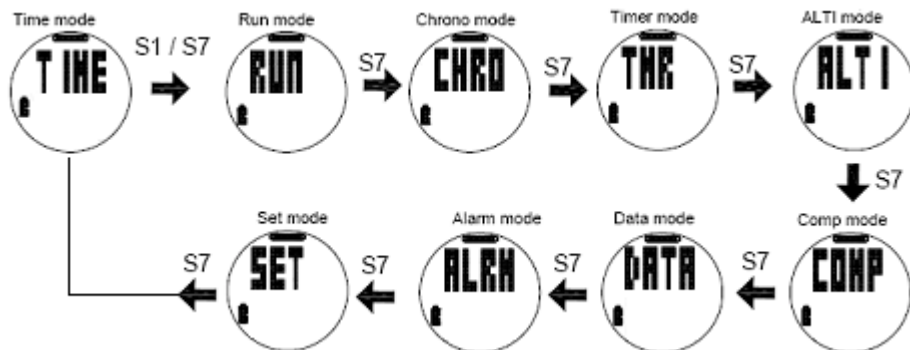
- The watch will take Auto Lap based on the Distance set in Auto Lap setting.

**6.6.4.** While the chronograph is stopped, press S5 to view your current data before saving. Following are the views as you press S5:



## General Operations

The Watch has the following main modes: Time, Run, Chronograph, Timer, Altimeter, Compass, Data, Alarm and Set modes. Press S7 to scroll through these modes. Press S1 from Time mode will also go to RUN mode.



## EL backlight:

This Watch has a **Night mode function**. Following are the options in SET mode and their functions:

**10 SECONDS** – Press S11 will turn ON the Light for 10 seconds.

**20 SECONDS** – Press S11 will turn ON the Light for 20 seconds.

**NIGHT ON** – Default Start Time / END Time for NIGHT ON setting is 5 PM to 7 AM. Following are the characteristics of **NIGHT ON** setting:

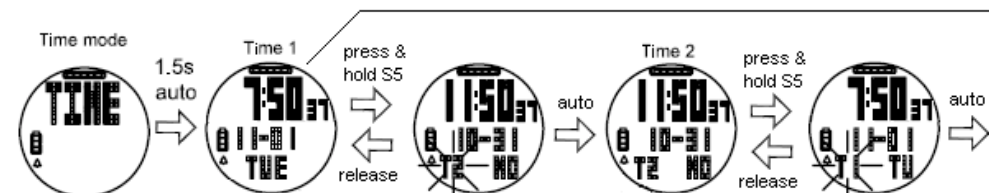
- Start Time and END TIME for NIGHT ON setting can be changed in SET mode/ NIGHT.
- When the Night setting is ON, pressing any button within the Start Time / End Time will turn ON the EL for 10 seconds.
- Outside the Start time / End Time, only press S11 will turn ON the EL for 10 seconds.
- When the chronograph is running within the Start Time/ End Time, the EL will be always ON. It will turn OFF 10 seconds after the chronograph is stopped.

## TIME mode

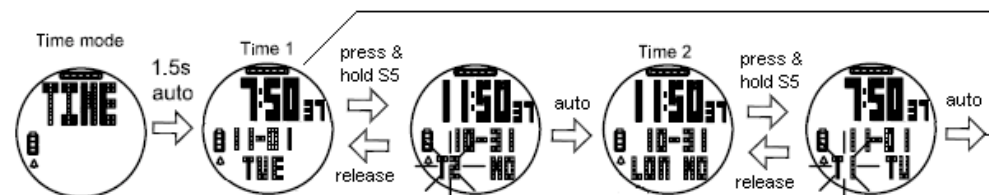
### How to enter TIME mode:

While in Time mode, press and hold S5 to change the view from Time 1 to Time 2 and vice versa. And press S5 to momentarily display (3 seconds) from Time 1 to Time 2 and vice versa.

### TIME set on MANUAL:



### TIME set on GPS:



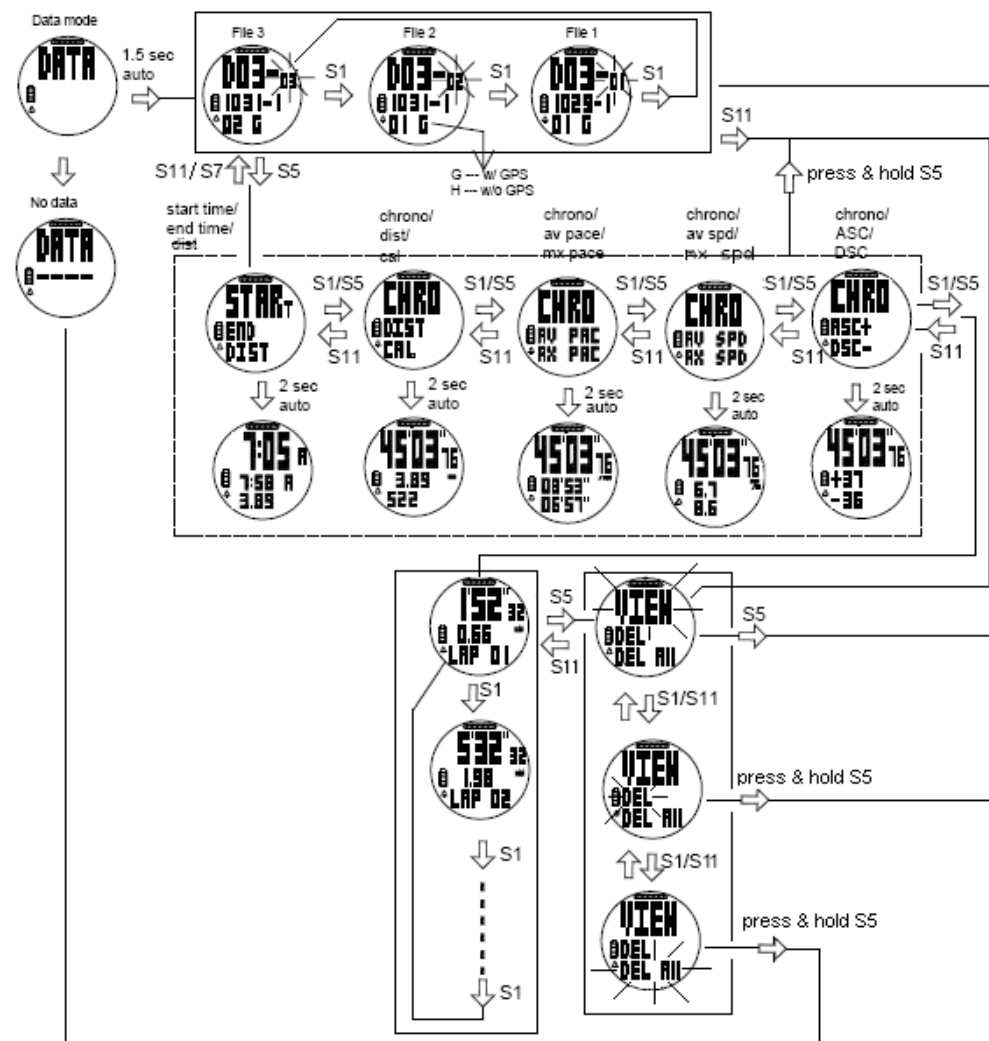
## Travelling between different Time zones

- When you are traveling to a different Time zone, you have to set your GPS Watch to your destination Time zone. We recommend setting **Time 1** to your current location and **Time 2** set to your destination Time zone.
- When you arrive to your destination Time zone, press & hold S1 for 2-3 seconds to change the time to **Time 2**.
- When you go back to your original location (Time 1), press & hold S1 for 2-3 seconds to change the time back to **Time 1**.
- The Time of the Watch will be synchronized with **GPS TIME** when you turn **ON** the **GPS**.
- Make sure that the Watch is set to the correct **CITY CODE** and **DST ON** or **OFF** setting so that it can display the correct time.

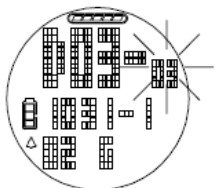
## DATA mode

### How to enter DATA mode, view details, and delete Data:

- Press **S7** to go to DATA mode. The watch will momentarily display DATA and then display the data files. The file counter will be flashing.
- Press **S1** to select which file to view. Notice the flashing number will change and will loop back to the first file after reaching the last file.
- Press **S5** to enter. The watch will display START/ END/ DIST.
- Press **S1/S5** to view START TIME/ END TIME/ DISTANCE going to CHRONO/ ASC+/ DSC- screen and followed by individual LAP times/ Individual LAP distances. Press **S11** to reverse the sequence
- When you are in the LAP #/ LAP distance/ LAP time screen, the lap # is flashing.
  - Press **S1** to view the details of other lap numbers
  - Press **S5** to go to VIEW/ DEL/ DEL ALL screen.
- When VIEW /DEL / DEL ALL sub menu will display, Press **S1** to select which action you want to do.
- Press & hold **S5** to confirm and execute the action.
- Press **S7** to exit



## Data numbering system/ Legend:



Sample data number: **D03 03 1031 – 1 02 G**

D	Data
03	Total number of files
03	File number counter
10	Month
31	Date
1	Refer to Time 1 or 2 for time 2
02	File number of the day
G	GPS workout, H for INDOOR workout

## ALARM mode

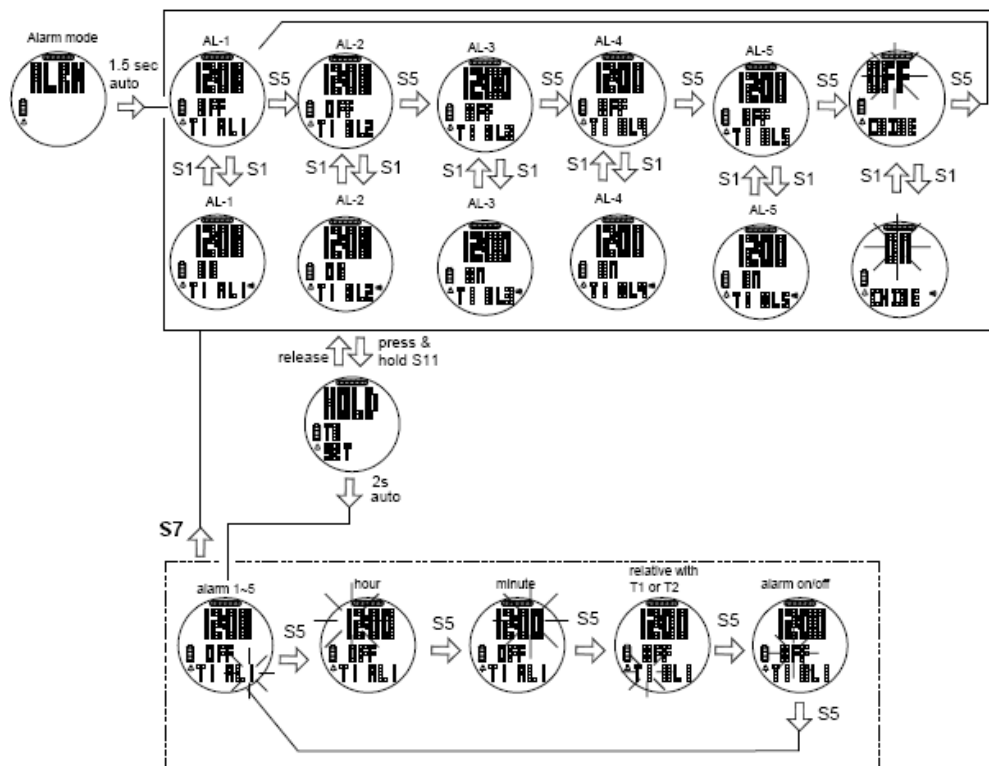
### How to enter ALARM mode:

- Press S7 to go to **ALARM** mode. The watch will momentarily display ALRM and then alarm 1. The watch has five alarms that can be set individually.
- Press S5 to view Alarm 1 to Alarm 5 and Chime. Press S1 to turn ON or OFF the selected alarm or CHIME.

### How to set the Alarm in ALARM mode:

- Press and hold S11 and the watch will display HOLD TO SET. AL-1 will start to blink.
- Press S1/S1 to toggle through Alarm 1 to alarm 5. The watch has 5 alarms which can be set individually
- Press S5 to set the selected Alarm number. The HOUR digit will start to blink.
- Press S1/S11 to change the hour digit.
- Press S5 to confirm and set the MINUTE digit. The minute digit starts to blink.
- Press S1/S11 to change the minute digit.
- Press S5 to confirm and set the T1 or T2 setting. T1 or T2 starts to blink. The alarm time will be referred to Time 1 or Time 2.
- Press S1/S11 to change setting
- Press S5 to confirm. Alarm ON or OFF will start to blink.
- Press S1/S11 to change the setting.
- Press S5 to confirm and go back to ALARM 1 setting screen
- Press S7 to exit





Note: Alarm will sound for 20 seconds at alarm time. Pressing any button will stop the alarm sound without the button function. When Alarm is ON, the alarm icon is displayed in all modes.

### Battery:

The Watch is using a rechargeable Lithium Ion battery that will require approximately 4 to 5 hours charging time using the USB cable. While battery is charging, the Watch cannot be used and all buttons are disabled. User needs to recharge the battery when the Watch indicates a "low battery".

Battery Life (full charge): 8 hrs typical (continuous GPS).

### GPS watch troubleshooting guide:

PROBLEM/ QUESTION	SOLUTION/ ANSWER
I cannot get a GPS signal	Take your GPS Watch outdoors and away from trees and tall buildings. Remain stationary and try acquiring GPS signal again. Be sure that the antenna is pointing towards the sky for better signal reception.
Can I reset the Watch?	You can reset the Watch by pressing S1, S5, S7, and S11 together. The date and time will be reset to default values. You can set it again manually or automatically thru GPS.
Will my data and personal settings be lost after Watch reset?	Your data and personal settings are saved in the flash memory and will not be lost after Watch reset.
The battery indicator does not seem to be accurate	Allow your GPS Watch to fully discharge and then fully charge it without interruption. It is recommended to regularly re-charge your battery every 1-2 months even if it is not used to maintain good battery condition.
	-

### How to SET your GPS Watch:

- 1) Setting the GPS Watch manually in **SET mode**
  - Press S7 from ALARM mode to enter SET mode.
  - Press S1/S11 to select which parameter to set
  - Press S5 to enter the selected parameter
  - Press S1/S11 to change or SET the value.
  - Press S7 to exit.
  - Refer to the Instruction manual for the detailed setting procedure.