



## NOMAD

Model FS81202  
Model FS81203  
Model FS81204

### FEATURES:

- 30 meters H2O
- Day/date/calendar
- Compass with degrees and direction
- Barometer with pressure trend
- Altimeter with cumulative ascent and descent
- 99 lap memory chronograph
- Countdown timer
- 5 Alarms
- EL backlight

### CONTROL BUTTONS

S1 – Start/split Button  
S2 – Stop/reset Button  
S3 – Mode Button  
S4 – Light/adjust Button



### DISPLAY MODES

The watch has eight display modes: TIME, COMPASS (COMP), ALTIMETER (ALTI), BAROMETER (BARO), CHRONOGRAPH (CHRO), TIMER, ALARM and TEMPERATURE (TEMP).

To change from one display mode to another, press S3 button once. The mode description will appear for around 2 seconds before the selected mode is activated.

### TO USE THE BACKLIGHT

Press S4 button to turn on the backlight for 3-5 seconds.

### OTHERS

In any setting/viewing mode, if there is no key manipulation for around 1-2 minutes, the watch will automatically

save the entered data and exit the setting/viewing mode.

### TO SET THE TIME AND CALENDAR

1. Press S3 button to select TIME mode.
2. Press S4 button for around 3 seconds. The message "Set-Time" will be displayed.
3. Press S3 button once, the hour digits will blink.
4. Press S1/S2 button to set the hour digits. Holding down the button will speed up the process.
5. Press S3 button once, the minute digits will blink.
6. Press S1/S2 button to set the minute digits.
7. Follow the same pattern to set the second, year, month, date and hour format.
8. To set the second digits, press S1/S2 button to reset the second digits to 00.
9. To set the hour format, press S1/S2 button to toggle between 12-hour and 24-hour format. The P.M. indicator may be displayed to indicate the time period 12:00 A.M. – 11:59 P.M. in 12-hour format.
10. After finish making all the settings, press S4 button to confirm.

### TO SET NIGHT, CHIME AND BEEP

1. In TIME mode, press S4 button for around 3 seconds. The message "Set-Time" will be displayed.
2. Press S1/S2 button to select option mode. The message "OPTION" will be displayed.
3. Press S3 button continuously to select among NIGHT, CHIME or BEEP mode.
4. Press S1/S2 button to activate or deactivate each mode.
5. After finish making all the settings, press S4 button to confirm.

NOTE: When NIGHT mode is activated, the NIGHT mode icon  will appear. The backlight will turn on for 3-5 seconds when any button is pressed. NIGHT mode will turn off automatically after 8 hours.

### TO SHOW DUALTIME (T1 OR T2)

1. In TIME mode, press and hold S2 button to view T1 or T2 time zone.
2. Press and hold S2 button for around 4 seconds to switch to display T1 or T2 time zone.
3. Follow the same pattern to toggle between displaying T1 and T2 time zones.

### TO SHOW CALENDAR OR TEMPERATURE

1. In TIME mode, press and hold S1 button to view calendar or

temperature.

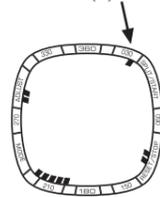
2. Press and hold S1 button for 4 seconds to switch to display calendar or temperature.
3. Follow the same pattern to toggle between temperature and calendar displays.

### TO USE THE COMPASS

1. Press S3 button to select COMPASS mode. The direction, degree and time will be displayed.

NOTE: In COMPASS mode, if there is no key manipulation for around 30 seconds, the compass sensor will be deactivated for power saving. Press S1/S2/S4 button to re-activate the compass sensor. If the compass sensor is deactivated for around 10 minutes, the watch will automatically return to TIME mode.

NOTE: This moving dot represents the direction of North (N).



### TO TAKE A NEW "MARK ANGLE"

In COMPASS mode, press S1 button to take a "mark angle". A new mark will blink to indicate the marked direction and a new "mark angle" (in degree) will be displayed.

1. Press S1 button to take another "mark angle".
2. Press S2 button to return to COMPASS mode.

### TO SHOW THE LAST "MARK ANGLE" OR TIME

1. In COMPASS mode, press S2 button to display to display the previous "mark angle". A mark will blink to indicate the previously marked direction and the previous "mark angle" (in degree) will be displayed.
2. Press S2 button again to return to COMPASS mode.

### TO CALIBRATE THE COMPASS

1. In COMPASS mode, press and hold S4 for around 3 seconds. The message "CALIB" will be displayed.
2. Press S3 button to start the calibration.
3. When the message "2-TURN" is displayed, a series of moving dots will be displayed at the rim of the display and increase in clockwise direction. Rotate the watch horizontally in counter-clockwise

direction in order to freeze the last moving blinking dot to stay at 12-hour position.

4. When the watch is rotated completely for 360 degrees, the message "1-TURN" will be displayed. Rotate the watch again in counter-clockwise direction.
5. To interrupt and stop the calibration, press S4 button. The message "DISTORT" will be displayed and the watch will return to COMPASS mode after 3 seconds.
6. When the calibration is done, the message "DONE" will be displayed and the watch will return to COMPASS mode after 2 seconds.

### TO SET THE DECLINATION ANGLE

1. In COMPASS mode, press and hold S4 button for around 3 seconds. The message "CALIB" will be displayed.
2. Press S1/S2 button to select declination angle setting mode. The message "DECLIN" will be displayed.
3. Press S3 button, E will blink.
4. Press S1/S2 button to toggle between E (East) & W (West).
5. Press S3 button. The declination angle will blink.
6. Press S1/S2 to set the degree from 0° to 90°.
7. After finish making all the settings, press S4 button to return to COMPASS mode.

### TO USE THE ALTIMETER

1. Press S3 button to select ALTIMETER mode.
2. The latest altitude will be displayed in numeric and graphic formats.

### TO SET UP THE ALTIMETER

1. In ALTIMETER mode, press and hold S4 button for around 1 second. The message "SET-ALTI" will be displayed.
2. Press S1/S2 button to select among altitude setting mode (SET-ALTI), sea level pressure setting mode (SEA-Lv) or units setting mode (UNITS).
3. Press S3 button once to enter into each setting mode. Press S3 button again to return to the mode selection screen.
4. In altitude setting mode, press S1/S2 button to set the altitude digits.
5. In sea level pressure setting mode, press S1/S2 button to set the sea level pressure digits.
6. In units setting mode, press S1/S2 button to toggle between M (meter) and Ft (feet).
7. After finish making all the settings, press S4 button to return to ALTIMETER mode.

### TO SHOW THE LOG DATE AND TIME

1. In ALTIMETER mode, press S2 button to display log date and time.
2. Press S3 button or leave the watch idle for 5 seconds to return to ALTIMETER mode.

### TO CLEAR THE DATA

1. In ALTIMETER mode, press and hold S2 button for around 3 seconds to clear all statistic data and graphic data.

NOTE: After clearing the data, the first new data will be updated after 2 seconds and another data will be taken in every 30 minutes.

### TO VIEW ALTITUDE AND OTHER INFORMATION

1. In ALTIMETER mode, press S1 button to select displaying the data of accumulative ascent (ASCENT), accumulative descent (DESCENT), difference in altitude (DIFFER), rate (RATE) or time (TIME).
2. After showing the individual data at the bottom for around 2 seconds, the data in bar chart (graphic) format will be displayed at the top.

NOTE: To reset the difference in altitude to zero, press and hold S1 button for around 3 seconds when the difference in altitude data is displayed.

### TO VIEW DATA IN DETAIL

1. In ALTIMETER mode, press S4 button once. The message "VIEW DATA" will be displayed.
2. After 3 seconds or by pressing S1/S2 button, the message "Highest" will be displayed.
3. Press S1 button to select displaying the data of highest altitude (Highest), lowest altitude (Lowest), accumulative ascent (ASCENT), accumulative descent (DESCENT), difference in altitude (DIFFER) or the individual statistic and graphic data recorded. Press S2 button to cycle the selection backward.
4. When displaying highest altitude, lowest altitude and the individual statistic and graphic data recorded, the corresponding log time and date will be swapping in every 2 seconds.
5. Press S3/S4 button or leave the watch idle for 1 minute to return to ALTIMETER mode.

### TO USE THE BAROMETER

1. Press S3 button to select BAROMETER mode.
2. The latest sea level pressure will be displayed in numeric and graphic formats.

### TO SET UP THE BAROMETER

1. In BAROMETER mode, press and hold S4 button. The message "Sea-Lv" will be displayed.
2. Press S1/S2 button to select among sea level pressure setting mode (Sea-Lv) or units setting mode (UNITS).
3. Press S3 button once to enter into each setting mode. Press S3 button again to return to the mode selection screen.
4. In sea level pressure setting mode, press S1/S2 button to set the sea level pressure digits.
5. In units setting mode, press S1/S2 button to toggle between blinking mbar (millibar) and inHg (inch of Mercury).
6. After finish making all the settings, press S4 button to return to BAROMETER mode.

### TO SHOW THE LOG DATE AND TIME

1. In BAROMETER mode, press S2 button to display log date and time.
2. Press S3 button or leave the watch idle for around 5 seconds to return to BAROMETER mode.

### TO CLEAR THE DATA

1. In BAROMETER mode, press and hold S2 button for around 3 seconds to clear all statistic data and graphic data.

NOTE: After clearing the data, the first new data will be updated after 2 seconds and another data will be taken in every hour.

### TO VIEW BAROMETER AND OTHER INFORMATION

1. In BAROMETER mode, press S1 button to select displaying the data of sea level pressure (SEA-Lv), sea level pressure change per hour (dP/dt) or time (TIME).
2. Press S1 button continuously to view data of Sea level pressure, dP/dt (sea level pressure change per hour) and Time.
3. After showing the individual data at the bottom for around 2 seconds, the data in trend (graphic) format will be displayed at the top.

### TO VIEW DATA IN DETAIL

1. In BAROMETER mode, press S4 button once. The message "VIEW DATA" will be displayed.
2. After around 2 seconds or by pressing S1/S2 button, the message "MAX" will be displayed.
3. Press S1 button to select displaying the data of maximum absolute pressure (MAX), minimum absolute pressure (MIN) or the statistic and

graphic data recorded. Press S2 button to cycle the selection backward.

- When displaying maximum absolute pressure, minimum absolute pressure and the individual statistic and graphic data recorded, the corresponding log time and date will be swapping in every 2 seconds.
- Press S3/S4 button to return to BAROMETER mode.

**TO USE THE CHRONOGRAPH**

- Press S3 button to select CHRONOGRAPH mode.
- The chronograph will then be displayed in its current state – reset, running or stopped.
- To resume a counting, press S1 button to resume from where it left off.
- To start a new counting, reset the chronograph to zero first. Press S2 button to stop counting, then press and hold S2 button for around 3 seconds to reset the counter to zero.

**FOR THE MEASUREMENT OF ELAPSED TIME**

In CHRONOGRAPH mode,

- Press S1 button to start counting.
- To stop counting, press S2 button. Press S1 button to resume from where it left off.
- To reset to zero, press S2 button to stop counting, then press and hold S2 button for around 3 seconds to reset the counter to zero.

**FOR THE MEASUREMENT OF SPLIT TIME AND LAP TIME**

In CHRONOGRAPH mode,

- Press S1 button to start counting.
- While the chronograph is running, press S1 button once to register a lap. Both the split time and lap time will be displayed. After 3 seconds, the currently accumulated split time and lap time will be displayed.
- Repeat the last step until all the laps have been registered.
- To stop counting, press S2 button. Press S1 button to resume from where it left off.
- To reset to zero, press S2 button to stop counting, then press and hold S2 button for around 3 seconds to reset the counter to zero.

NOTE: The watch can record up to a maximum of 99 laps. During a measurement of split time and lap time, the message "FULL" will be displayed when the memory is full.

**TO USE THE RECALL FUNCTION**

- After the measurement of split time, press S4 button to select

RECALL mode when the chronograph is stopped.

- After 2 seconds or by pressing S1/S2 button, the sum of time of all lap counting (TOTAL) will be displayed.
- Press S1/S2 button to select displaying the sum of time of all lap counting (TOTAL), best lap (BEST), average time (AVERAGE) or individual lap record (LAP-XX).
- Press S4 button to return to CHRONOGRAPH mode or press S3 button to return to TIME mode.

NOTE: The lap record(s) will be cleared when chronograph is reset.

NOTE: The average time (AVERAGE) is the total time of all lap counting over the number of lap count.

**TO SET THE TIMER**

- Press S3 button to select TIMER mode.
- Press and hold S4 button for around 3 seconds, the second digits will blink.
- Press S1/S2 button to set the second digits. Holding down the button will speed up the process.
- Press S3 button, the minute digits will blink.
- Press S1/S2 button to set the minute digits.
- Press S3 button, the hour digits will blink.
- Press S1/S2 button to set the hour digits.
- Press S3 button, the mode selection will blink.
- Press S1/S2 to select among countdown stop mode (Cd-STOP), countdown up mode (Cd-UP) and countdown repeat mode (REP-00).
- After finish making all the settings, press S4 button to confirm.

**TO USE THE TIMER**

In countdown stop mode (Cd-STOP),

- Press S1 button to start counting. The timer icon will appear.
- To stop counting, press S2 button. Press S1 button to resume from where it left off.
- To reload the timer, press S2 button to stop counting, and then press S2 button again to reload the timer to the preset value.
- After reaching zero in a countdown, a beep sound will be emitted and the timer icon will blink for 10 seconds. The timer will then be reloaded to the preset value.

In countdown up mode (Cd-UP),

- Press S1 button to start counting. The timer icon will appear.
- To stop counting, press S2 button. Press S1 button to resume from

where it left off.

- After reaching zero in a countdown, a beep sound will be emitted and the time icon will blink for 10 seconds. The timer will start counting up simultaneously.
- Press S2 button once to stop counting. Press S2 button again to reload the timer to the preset value.

In countdown repeat mode (REP-00), for time value < 1 minute:

- Press S1 button to start counting.
- To stop counting, press S2 button. Press S1 button to resume from where it left off.
- After reaching zero in a countdown, a beep sound will be emitted for 1 second. The timer will repeat counting at the preset value simultaneously.
- Press S2 button once to stop counting. Press S2 button again to reload the timer to the preset value.

for time value > 1 minute:

- Press S1 button to start counting.
- To stop counting, press S2 button. Press S1 button to resume from where it left off.
- After reaching zero in a countdown, a beep sound will be emitted and the timer icon will blink for 10 seconds. The timer will repeat counting at the preset value simultaneously.
- Press S2 button once to stop counting. Press S2 button again to reload the timer to the preset value.

NOTE: In countdown repeat mode, the maximum number of repetition is 100 (REP-00 to REP-99).

NOTE: When timer beep sound is emitted, press any button to disable the beep sound.

**TO SELECT AND SET ON/OFF THE ALARM**

- Press S3 button to select ALARM mode.
- Press S2 button to select from ALARM 1 (AL-1) to ALARM 5 (AL-5). Each alarm can be set as different modes - time alarm, altitude alarm or pressure alarm.
- Press S1 button to toggle between on and off of the alarm. If the alarm is on, the alarm icon will appear.

**TO SELECT THE ALARM MODE OF INDIVIDUAL ALARM**

- In individual alarm (AL-1 to AL-5), press and hold S4 button for around 3 seconds. The message "Time-AL" will be displayed.
- Press S1/S2 button to select time alarm setting mode (Time-AL), altitude alarm setting mode (ALTI-

- AL) or pressure alarm (BARO-AL).
- Press S3 button to enter into each setting mode.
- Press S4 button to return to ALARM mode.

**TO SET THE TIME ALARM**

In time alarm setting mode,

- Press S1/S2 button to set the hour digits. Holding down the button will speed up the process.
- Press S3 button once, the minute digits will blink. Press S1/S2 button to set the minute digits.
- Press S3 button to set the time zone. Press S1/S2 button to toggle between T1 and T2 time zones.
- After finishing making all the settings, press S4 button to return to ALARM mode.

**TO SET THE ALTITUDE ALARM**

In altitude alarm setting mode,

- Press S1/S2 button to set the altitude value (in units M (meter) or Ft (feet)). Holding down the button will speed up the process.
- After finishing making all the settings, press S4 button to return to ALARM mode.

NOTE: When altitude arrives or over the set value, a beep sound will be emitted for 20 seconds. Then the alarm will be deactivated automatically.

NOTE: The altitude value can be set from -1600 ft. (-500m) to 29500 ft. (9000m).

**TO SET THE PRESSURE ALARM**

In pressure alarm setting mode,

- Press S1/S2 button to set the pressure value (in units mbar (millibar) or Ft (feet)). Holding down the button will speed up the process.
- After finishing making all the settings, press S4 button to return to ALARM mode.

**WHEN AN ALARM GOES OFF**

When any alarm alerts, press any button to stop the alarm.

NOTE: Individual alarm will automatically be activated after being set.

**TO SHOW THE TEMPERATURE**

- Press S3 button to select TEMPERATURE mode.
- Press S1/S2 button to toggle between °C and °F.

**TO SET THE OFFSET**

In TEMPERATURE mode,

- Press and hold S4 button for around 3 seconds, the temperature value will blink.

- Press S1/S2 to offset the temperature value (in units °C or °F).
- After finishing making all the settings, press S4 button to return to TEMPERATURE mode.

NOTE: The temperature offset range is +/- 5 °C or +/- 10°F.

NOTE: The temperature measuring range is -10 °C - 60 °C or 14 °F - 140 °F.

NOTE: If the measured temperature value is out of measuring range, the temperature value will be shown as "..."

WATER RESISTANCE GUIDE	
WATER RESISTANCE	SUITABLE ATMOSPHERE
3 ATM / 50 METERS / 100 FEET / 30 METERS H2O	Suitable for washing hands and light splashing
5 ATM / 50 METERS / 165 FEET / 50 METERS H2O	Suitable for light swimming. E.g.: Bathing in a pool or low tide waters, but not suitable for diving
10 ATM / 100 METERS / 330 FEET / 100 METERS H2O	Suitable for most water sports. E.g.: Swimming, surfing and snorkeling, but not suitable for deep water diving
20 ATM / 200 METERS / 660 FEET / 200 METERS H2O	Suitable for most water sports including deep water diving

**FOLLOW THESE 8 TIPS TO GET THE MOST OUT OF YOUR NEW WATCH!**

- Never pull out the crown or operate the pushers/buttons under water.
- Make sure your crown is returned to the original position before you expose your watch to water.
- If your watch is exposed to saltwater it is very important to wash it thoroughly under tap water and wipe dry with a soft cloth. Keep it clean!
- Severe impacts or drops may affect your watches water resistance and performance.
- Avoid exposing your Freestyle watch to extreme temperatures such as in a hot shower, Jacuzzi, sauna or hot tub. The combination of extreme heat and water may cause your watch to lose some of its water resistance.
- Avoid exposing your watch to chemicals, soaps or solvents as they deteriorate the water resist seals in your watch.
- Never try to remove the caseback, leave this to a certified watch repair technician or Freestyle service center. This will help in preventing water leakage from improper battery replacement.
- It is advisable to have your watch pressure tested annually and to re-furbish your watch every 2-3 years to extend the life of the watch.

**LIMITED LIFETIME WARRANTY**  
 Freestyle U.S.A. warrants, to the original purchaser, that its watches are free from defects in materials and workmanship for the lifetime of the watch (under normal use) from date of original purchase. The following are not covered under warranty: battery, strap/bracelet/ band and crystal.

Accidental breakage or damage due to normal wear or misuse of the product, including but not limited to the mathematical accuracy of the product, is not covered under this warranty. Some states do not allow limitations on how long an implied warranty lasts, or the exclusions of or limitations on consequential damages, so the above limitation may not apply to you. This warranty gives you specific legal rights, and you may have other rights, which vary from state to state.

Under this warranty FREESTYLE will make any necessary repairs, if applicable, at no cost to you the consumer. Any repair needed that is not under warranty will be at the cost of you the consumer. Proof of purchase and / or original receipt it needed to validate your warranty.

Your warranty is voided by any servicing out by a non-authorized agent. Any other form of guarantee to you by the retailer is his / her responsibility. This warranty applies to watches purchased in the United States. For watches purchased outside the United States, please contact you authorized FREESTYLE dealer for warranty information.

Please send to the address below and include the following (w/ the form included on either this page or the flipside)

- 1) A copy of your original sales receipt
- 2) Your printed name, address, phone number and a brief description of the problem.
- 3) A Check, Money Order payable to Freestyle USA in the amount of \$8.50 for processing and handling. If using a Credit Card, be sure to include card number and expiration date on included form.

**FREESTYLE**  
 Attn: Individual Returns  
 47-50 33rd Street  
 Long Island City, NY 11101  
 1-888-222-5230 ext.502  
[www.freestyleusa.com](http://www.freestyleusa.com)

Should the warranty on your watch no longer be valid or found to be voided, please see the enclosed mailing form (on this page or flipside) for replacement costs per item. Please do not include any special watchband or any other items of personal value in your shipment. Allow 30 days for processing and the return of your serviced watch.



**Freestyle**

Attn: Individual Returns  
 47-50 33rd Street  
 Long Island City, NY 11101  
 1-888-222-5230 ext.502  
[www.freestyleusa.com](http://www.freestyleusa.com)

Battery	\$ 4.00
Case	10.00
Bezel	6.00
Band(Polyurethane)	12.00
Band(Leather)	12.00
Band(Metal)	20.00
Band(Nylon)	7.00
Processing and handling	8.50
Total	\$ _____

- Check or Money Order  
 Master Card  
 Visa

Card # \_\_\_\_\_

Exp Date \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_  
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 \_\_\_\_\_

Phone # \_\_\_\_\_

Signature \_\_\_\_\_

visit our site  
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