

FEATURES

• CURRENT TIME (HR., MIN.,

- & SEC.)
- DAY/MÓNTH/DATE
- CHRONOGRAPH WITH SPLIT & LAP TIMES
- DUAL ALARMS (1 DAILY REPEATING, 1 NON-REPEATING REMINDER.)
- COUNTDOWN, COUNTDOWN REPEAT, COUNTDOWN CHRONO
- LAP & COUNTDOWN CHRONO SPLIT TIMERS DUAL TIME
- HOURLY CHIME
- OPTIONAL 24-HR. TIME (MILITARY TIME.)
- WATER RESISTANT TO
- 300 FT. OR 100M NIGHT VISION™ ELECTRO-LUMINESCENT BACKLIGHTING

NORMAL TIME MODE

(The term "Mode" means the function status of the watch.) Normal time mode shows hours, minutes, seconds, day and date. To set time, see operating instructions on How to Set Normal Time.



KEY TO SYMBOLS LT - Left Top (Light/Set) LB - Left Bottom (Mode)

- **RT** Right Top (Start/Stop) **RB** Right Bottom (Reset)

HOW TO SET NORMAL TIME, DATE AND 24-HOUR FORMAT

Note: If no buttons are pressed for approximately ten seconds, the watch will exit the setting mode.

From Normal Time mode, press and hold the Light/Set button LT for approximately three seconds; the seconds digits will flash.

Pressing the Start/Stop button RT will reset the seconds digits to 0. If seconds are greater than 30, one will be added to the minutes digit.



To set minutes, press Mode button **LB**; single minutes digit will flash. To advance flashing minutes digit, press Start/Stop button RT; hold for rapid advance.

To set tens of minutes, press Mode button LB; tens of minutes will flash. To advance flashing tens of minutes press Start/Stop button RT; hold for rapid advance.

Continuing through the setting mode, the setting sequence is a continuous loop of: seconds • single minutes • tens of minutes • hours • day/month/date • 12/24-hour mode, and looping back to seconds. When setting is complete, press Light/Set button LT to return to normal time mode.

HOW TO OPERATE CHRONOGRAPH/STOPWATCH

The chronograph will record a maximum of 99 hours, 59 minutes and 59 seconds. Press Mode button LB once from normal time mode to enter the chronograph mode. Normal time will remain on the lower row, chronograph on the upper row. The "C" flag will be displayed.

Reset the chronograph to zero by pressing Reset button **RB**. Press the Light/Set button **LT** to switch between Lap and Split mode. ("LP" flag will be displayed for lap mode and "C" flag will be displayed for split time mode.)



Split time is the time elapsed since the start of the chronograph. To use the split time feature, """ flag must be displayed. Press Start/Stop button **RT** to start chronograph. "(•)" flag will begin flashing. Press Reset button **RB** to view split time. Chronograph will continue to count while split time is displayed. To release split time and return to running chronograph, press Reset button **RB**.

Each press of Reset button **RB** will display a split time. To stop chronograph, press Start/Stop button RT. Reset the chronograph to zero by pressing the Reset button **RB**. Lap time is the time elapsed since the previous lap. To use the lap time feature, "LP" flag must be displayed. Reset the chronograph to zero by pressing the Reset button RB. Enter Lap mode by pressing Light/Set button LT. Press Start/Stop button RT to start chronograph. "LP" flag will begin flashing. Press Reset button RB to view lap time. The chronograph will start counting next lap while lap time is displayed. To release lap time and return to running chrono, press Reset button RB. Each press of Reset button

RB will display a lap time.

To stop chronograph, press Start/Stop button **RT**. Reset the chronograph to zero by pressing the Reset button RB.

HOW TO SET AND OPERATE THE ALARMS AND HOURLY CHIME

From normal time mode, press Mode button LB twice to enter the alarm mode. Normal time remains on the lower row, alarm time on the upper row. Pressing Reset button RB will toggle between alarm 1, indicated by the left "(), " flag, and alarm 2, indicated by the right

I flag. Alarm 1 is a daily, repeating alarm, and alarm 2 is a one time only reminder alarm.



Press and hold Light/Set button LT for approximately three seconds to enter alarm setting mode. The minutes digit will flash. Press Start/Stop button RT to advance the flashing minutes digit.

Press Mode button **LB** to advance tens of minutes. Press Start/Stop button RT to advance the flashing tens of minutes digit.

Press Mode button LB to advance the hours digit. Press Start/Stop button RT to advance the flashing hours digit. While setting the flashing hours digit, "A" or "P" is displayed on the right side. "A" designates a.m. and "P" designates p.m.

Press Light/Set button LT to exit the alarm setting mode. To activate the alarm while in alarm mode: Press Start/Stop button RT to arm or disarm the alarm "^{III}" and/or hourly chime "**▲**". Note the setting sequence is: alarm on, chime on, both alarms and chime on, both alarms and chime off.



Again, press Reset button RB to toggle between alarm 1 and alarm 2. Alarm 2 is set and activated the same way as alarm 1.



HOW TO OPERATE THE **COUNTDOWN TIMER**

Press Mode button LB three times from the normal time mode to enter the countdown timer mode. Normal time will remain in the lower row and the timer will appear on the upper row. "O" flag will be displayed. (Minimum time setting is one minute; maximum time setting is 99 hours, 59 minutes).

*Note: there are four timer functions in this mode. To select between these features, press Reset button RB until the desired function (noted by its respective flag) is displayed.

TIMER COUNTDOWN - "@" flag will be displayed. This function will countdown from a preset time. When the countdown time is reached, the timer will beep and will automatically reset to the preset time.

TIMER COUNTDOWN REPEAT-

Press Reset button RB; "O" and "D" flags will be displayed. This function will countdown from a preset time. When the countdown time is reached, the timer will beep. automatically reset, and begin counting down repeatedly until the Start/Stop button RT is pressed.

TIMER COUNTDOWN CHRONO

LAP- Press Reset button RB, "C ", "LP" and "©" flags will be displayed. This function will countdown from a preset time. When the countdown time is reached, the timer will beep and automatically start a chronograph. This chronograph has a chrono lap timer, identical to that in the chronograph/stopwatch "LP" mode.

TIMER COUNTDOWN CHRONO SPLIT- Press Lap/Reset button RB; "C", "(■)" and "ⓒ" flags will be displayed. This function will countdown from a preset time. When the countdown time is reached, the timer will beep and automatically start a chronograph. This chronograph has a chrono split timer, identical to that in the chronograph/stopwatch "

To set the countdown time, press and hold the Light/Set button **LT** for three seconds. The minutes digit will flash. To advance the flashing minutes digit, press Start/Stop button RT.



Press Mode button LB to advance to the tens of minutes digits, and hours digits. Press Start/Stop button RT to advance the flashing digit. When desired timer time is set, press Light/Set button LT to exit the setting mode. To start or stop timer, press Start/Stop button RT. To reset a stopped timer, press Reset button RB.

HOW TO SET DUAL TIME

Press Mode button **LB** four times to enter the dual time mode from the normal time mode. The dual time mode is indicated by the "T2" flag. Normal time will remain in the lower row and dual time will appear on the upper row.

Press and hold the Light/Set button LT for approximately three seconds; the minutes digits will flash. Press Start/Stop button RT to advance. Continue through the setting sequence as done in normal time setting by cycling between Mode button LB and Start/Stop button RT.

Press Light/Set button **LT** to exit the setting mode.

Note: Press and hold Start/Stop button **RT** to temporarily display the day and date of the normal time mode. Note: The alarm and chime flags are visible in this mode, however, they are set to the normal time mode.

HOW TO OPERATE THE NIGHTVISION™ ELECTROLUMINESCENT BACKLIGHT

Press Light/Set button LT to activate the Night Vision™ electroluminescent backlight. This light will remain illuminated for approximately four seconds.

CARE AND MAINTENANCE

- Back case cover should only be removed by an authorized watch repair specialist.
- Always rinse your watch in fresh water after immersion in salt or chlorinated water.
- 3. Do not expose watch or band to chemicals such as gasoline,
- aerosol sprays, paint or solvents. 4. Periodically clean with a soft cloth and fresh water.

WARRANTY INFORMATION

Freestyle U.S.A. warrants, to the original purchaser, that its watches are free from defects in materials and workmanship for a period of ten (10) years under normal use. The warranty excludes batteries, crystal, watch case plating, and strap/ bracelet/ band. The warranty excludes normal wear and tear and abuse.

Special note: Freestyle[®] watches are designed and engineered to be highly water-resistant, and to withstand the most active of lifestyles. The most important component in keeping your watch water-resistant is the case back Oring, which prevents water from entering the watch through the case back.

Water leakage most often occurs after improper battery replacement. We strongly recommend having a certified jeweler, watch repair technician or Freestyle's service center replace your battery. Water leakage due to improper battery replacement is not covered under warranty. Should your Freestyle[®] watch require warranty service, send it along with the following:

- 1. A copy of your sales receipt
- Your printed name and address
 Your telephone number
- 4. A brief description of the problem
- Please include \$8.50 for processing and handling, using one of the following payment methods:

-Check -Money order -Credit card (be sure to include card number and expiration date)

REMEMBER: NEVER INCLUDE A SPECIAL WATCHBAND OR ANY OTHER PERSONAL ARTICLES OF VALUE IN YOUR SHIPMENT.

Send to the following address:

Freestyle Attn: Individual Returns 47-50 33rd Street Long Island City, NY 11101

(718)-729-8890

Please allow 30 days for return of your watch.

Neither this warranty, nor any other warranty expressed, is assumed for any incidental or consequential damages, including but not limited to the mathematical accuracy of the product. 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 limitations may not apply to you. This warranty gives you specific legal rights, and you may have other rights which vary from state to state.

This warranty applies to watches purchased in the United States. For watches purchased outside the United States, please contact your authorized Freestyle[®] dealer for warranty information.

If your watch requires servicing not covered under our warranty (battery, crystal, strap/bracelet/band, watch case plating), or refurbishing, complete the return form (next column) and return with your watch.



Attn: Individual Returns 47-50 33rd Street Long Island City, NY 11101 (718)-729-8890

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

Account#

Expiration Date

Printed Name

Address

Phone Number

Signature