



## INSTRUCTIONS

### FEATURES:

- CURRENT TIME (HR., MIN., & SEC.)
- DAY/MONTH/DATE
- CHRONOGRAPH WITH SPLIT & LAP TIMES
- DUAL ALARMS (1 DAILY REPEATING, 1 NON-REPEATING REMINDER.)
- COUNTDOWN, COUNTDOWN REPEAT, COUNTDOWN CHRONO
- LAP & COUNTDOWN CHRONO SPLITTIMERS
- DUAL TIME
- HOURLY CHIME
- OPTIONAL 24-HR. TIME (MILITARY TIME.)
- WATER RESISTANT TO 300 FT.
- 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.



### NORMAL TIME MODE

#### KEY TO SYMBOLS

- LT - Left Top (Light/Set)
- LB - Left Bottom (Mode)
- RT - Right Top (Start/Stop)
- RB - Right Bottom (Lap/Reset)

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

**Note:** While in the setting mode, the Night Vision™ backlight will remain illuminated. 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. "CH" flag will be displayed. Reset the chronograph to zero by pressing **Lap/Reset** button **RB**. Press the **Light/Set** button **LT** to switch between Lap and Split mode.



("LAP" flag will be displayed for lap mode and "SPL" 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, "SPL" flag must be displayed. Press **Start/Stop** button **RT** to start chronograph. "SPL" flag will begin flashing. Press **Lap/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 **Lap/Reset** button **RB**.



Each press of **Lap/Reset** button **RB** will display a split time.

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



To stop chronograph, press **Start/Stop** button **RT**. Reset the chronograph to zero by pressing the **Lap/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 **Lap/Reset** button **RB** will toggle between alarm 1, indicated by "A1" flag, and alarm 2, indicated by "A2" 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 next to alarm. "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 activate the alarm (•) and/or hourly chime (♫).



Note the setting sequence is: alarm on, chime on, both alarms on, both alarms and chime off. Again, press **Lap/Reset** button **RB** to toggle between alarm 1 and alarm 2. Alarm 2 is set and activated the same way as alarm 1. A1 (•) = alarm 1 set. A2 (•) = alarm 2 set. A1 A2 (••) = alarm 1 & 2 set. ♫ = hourly chime on.

### 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

*continued...*

upper row. "TR" 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 **Lap/Reset** button **RB** until the desired function (noted by its respective flag) is displayed.

**TIMER COUNTDOWN** - "TR" 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 **Lap/Reset** button **RB**; "TR" and "RE" 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 **Lap/Reset** button **RB**, "CH," "LAP" and "TR" 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 "LAP" mode.



**TIMER COUNTDOWN CHRONO**

**SPLIT** - Press **Lap/Reset** button **RB**; "CH," "SPL" and "TR" 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 "SPL" mode.

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 **Lap/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. 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 NIGHT VISION™ 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**

1. Back case cover should only be removed by an authorized watch repair specialist.
2. 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 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 O-ring, 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
2. Your printed name and address
3. Your telephone number
4. A brief description of the problem
5. If your watch was purchased within the last year, there is no charge for processing and handling; if your watch was purchased more than 12 months ago, please include \$8.00 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 ARTICLE OF PERSONAL ARTICLES OF VALUE IN YOUR SHIPMENT.

Send to the following address and be sure to mark ATTN: INDIVIDUAL RETURNS.

Freestyle  
Attn: Individual Returns  
5855 Olivas Park Drive  
Ventura, CA 93003

(805) 477-1200 ext.204

Please allow 20 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.

Visit our website at:  
[www.freestyleusa.com](http://www.freestyleusa.com)

