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## FEATURES:

## SERVE AS STOPWATCH

- $1 / 100$ decimal second is the minimum unit
- Split time, total time and lap time can be displayed
- Able to measure 9 hours, 59 min and 59.999 seconds
- It can scroll back and forth when to read out the memory digits
- Able to display the fastest, slowest or the average split time and corresponding rows
- The first 8 (10/30/60/90/120/150/180)
and the last data can be read out from memory after resetting
- Able to record the split times (00-199)



## SERVE AS TIMER

- Can preset countdown timing and count up to 10 hours
- Automatic cycling timing and time display
- 30 seconds suspending countdown timing


## SERVE AS PEDOMETER/PACER

- Able to preset paces from 10 paces per minute to 320 paces per minute
- Able to display frequency and times


## SERVE AS TIME DISPLAY

- Able to display hour, minute, second, year, month, day, week
- Able to set the Alarm
- 12-hour or 24 -hour time display



## SERVE AS STOPWATCH

##  7:7ningig

- Press D to enter "TIMER" mode." TIMER" will be displayed on the left corner of the display.


##  7:757ning

-Press B to select the digits. Every time you press A once, the digits you can change will go up by 1 ; hold $A$ for 2 seconds, the digits will go up rapidly. Press A to confirm after adjusting the second digits, or press $D$ to confirm while adjusting.

##  7:72 16"56

-Press A to run the countdown timer or to stop it.

- When the timer reaches 0 , there will be a 15 -second beeping sound.(When your preset time $\leqq 29$ seconds, there will be only one beeping sound.) The recorder will go up by 1 automatically, and the stopwatch will start running automatically.
- When the timer pauses, Press C to start a 30 -second countdown timing (when the match pauses) and it will be displayed at the first line. When the countdown timer stops, there will be a sound and the display will get back to the pause mode. Or press C to stop the 30 -second timing, and the display will recover the pause mode.


## SERVE AS TIMER

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- Press D to run the stopwatch// Press D to switch to timer mode.( "LAP"and CHRONO"will appear)


## 00 0:70 0 Oio

 Ouma- Press A to start timing, press it again to stop it. Press A for the third time to continue timing and you may repeat the process.
- Press B to record the first split time. And the split time is displayed in the upper row and the lap time in the lower row.
-Press B again to record the second split time. The split times will be displayed in the upper left hand.


##  

- Press B for the third time to record the third split time, and the rest can be done as the same. Up to 30 data could be memorized. Press A to stop the timer. "STOP" will appear.
- Press C to read out the data of the first split data. "RECALL" will appear. The split time will be displayed in the first row and the total elapse time the second row.
- Press C again to read out the data on the second split time and it will be displayed in the upper row. The first 2 split time will be displayed in the lower row.
- Press C for the third time to read out the data on the third split time and it will be displayed in the upper row. The first 3 lap time will be displayed in the lower row.


## $020: 70^{2} 4123$ 7:71958

## In the"RECALL"mode:

- Press A to display average split time.E.G., as show in the above picture mode, press $A$, the second spilt time data will be displayed (as show this picture), press A again, the last spilt time date will be displayed.


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## ANY TIME WHEN "RECALL" APPEARS:

- Press A to display the fastest split time, the first line displays the fastest split time, the second line displays split times.


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-Press B to display the slowest split time. the first line displays the slowest split time, the second line displays split times.
-Press B again to display average split time. Press B repeatedly, and it will display the slowest time or the fastest time or average split time accordingly..


- Note: If total split time accumulated to over 10 hours, then it cannot display the fastest and slowest time. (As show)


-Press D to get back to the STOP mode of the timer, or press $D$ to recover when "RECALL" appears. In the STOP mode, press B to reset, BUT all the data can be "RECALL"


## SERVE AS PEDOMETER/PACER

## PRCE <br> 

-Press D to enter pedometer mode. "PACE" will be displayed in the upper line. The 2 digits in the left lower corner will be flashing.

## PRTE <br> F-320

-Press B to select the pedometer frequency: 10, 20, 30, 40, $50 \ldots$


- Press A to run the pedometer. When selecting 320/ minute, the paces will be displayed in the upper line and the frequency chosen will be displayed in the lower line.
-Press A to pause the pedometer, and press B to reset, and press A again to restart

Note: If you're going to switch to other modes, the data of the pedometer will not be saved.

## SERVE AS TIME DISPLAY



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- Press A to display alarm time. It will get back to normal time display after 2 seconds.


## TH R 12:7ERL ก12:75"36

-Press $B$ to enter setting mode. The digits you can change will be flashing. Press A to adjust the digits and press B to scroll through the digits you're going to change. Setting orders are as follows: Alarm hour-alarm minute-year-year-month-day-day of week... Repeat it until you get the right parameter.

Note: It will switch to normal time display after adjusting the second digits. Or press D to get back to normal time display while adjusting

--Press $C$ to start the alarm clock when it's in normal time display, the sign at the right upper corner means it's on or it's off. Press any button to stop it when it meets the alarm time.

## Note:

1) The alarm time will be displayed at the upper line and the current time the lower line.
2) "A" stands for morning and " $p$ " stands for afternoon.

## STOP MODE:

While the product for a long time is not in use, you can use the following method to make the program to the stop mode, close the program to save power. If you want to use the product, in accordance with the following method, you can wake up the program.

## ENTER THE STOP MODE:



1. Press the D key to switch to pacer mode, shown in figure.
2. Continue to hold down the $\mathbf{C}$ key for more than 3 seconds, until you see "all-off" character, then release the $\mathbf{C}$ button.
RLL - ©FF
3. Press the $\mathbf{A}$ button for one time to turn off the display, shown in figure.

Note: after entering the stop mode, memory data will be cleared, the clock will be restored to its original state

## Wake up:



In the STOP mode, continued to hold down the $\mathbf{C}$ button for more than 3 seconds, until it shows like the left, then release the $\mathbf{C}$ button.

## - INSTRUCTIONS ON BATTERY REPLACEMENT

When the data displayed on the screen was dim or disappear, you should do like this:

1. Remove the back cover
2. Remove the battery mounting
3. Install AG13/ LR44/ 357A/ SR44/ A76/ LR1154 lithium battery or battery of the same type
4. Press A, B, C, D once to reset
5. Replace the battery mounting and back cover

Our company sincerely seeks the views of customers so that we can further improve the products. Any questions, please feel free to contact our local dealers or our head office!

