A.

B.

C.

General Description

1. 3.0 Volt operating voltage (1 x CR-2032)
2. For setting and recall mode, it will auto return to previous mode after 30 sec unattended.
   For other modes, it will auto return to Time Display (A) mode after 30 seconds unattended,
   exept when Timer/Chrono is running.

*Use the "MODE" key to move back and forth to different modes.

A. Time Display (Display looks like **Picture A** above)

1. Hold the "SET" key for 3 seconds or until digits start blinking.
2. Use the "ST.STP" key to set the desired time.
3. Use the "MODE" key to select next digit.
4. After you finish setting up the time, pressing "MODE" will allow you to set up the date
   (MONTH - DATE - Day of the week). Use steps 2 & 3 to set date.
5. When time is set press 'ST.STP" key to toggle 12/24 hr format.
6. To set up second clock press "LAP.RESET" key for 3 sec, using steps 1-3 to set up time.
   *If "Time 1" is selected, a T1 will appear on the screen. If "Time 2" is selected a T2 will appear.
   *To Switch between T1 and T2 Hold "LAP.RESET" key for 3 sec.

B. Count Up (Display looks like **Picture B** above)

1. Press the "ST.STP" key to start & stop count up.
2. When counter is not running, press the "LAP.RESET" key to clear counter to Zero.

C. Count Down (Timer) Mode (Display looks like **Picture C** above)

-Shows "HR : MIN SEC on the lower row and the clock on the upper row.

1. Press the "SET" key for 2 seconds or until digits start blinking.
2. Use the "MODE" key to select next digit.
3. Use the "ST.STP" key to set the desired time.
4. Press the "SET" key to stop set up.
5. Press the "ST.STP" key to start & stop count down.
6. When count down reaches Zero, timer will begin counting up
   and "UP" will be shown on the upper right.
7. When time is stopped, press the LAP.RESET" Key to reload previous time.

****Please Note: This Watch has an alarm mode and may display an alarm symbol.
The alarm, however, has been disabled, preventing this watch from emitting sound.**