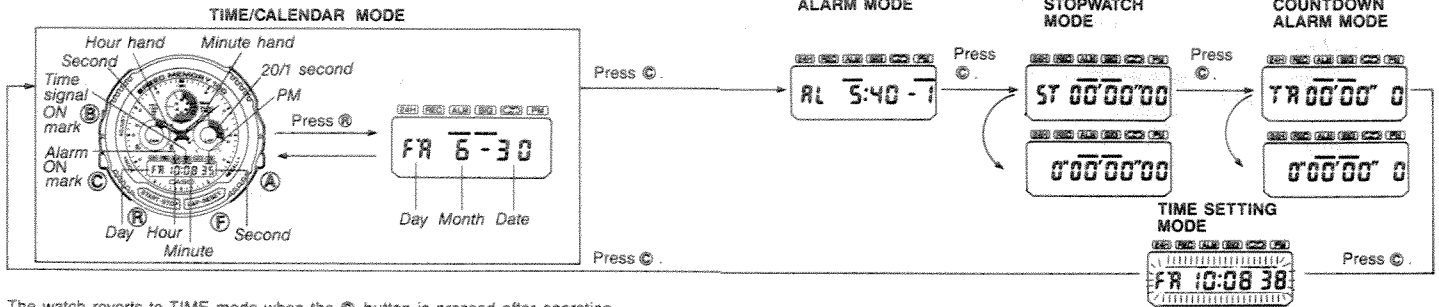


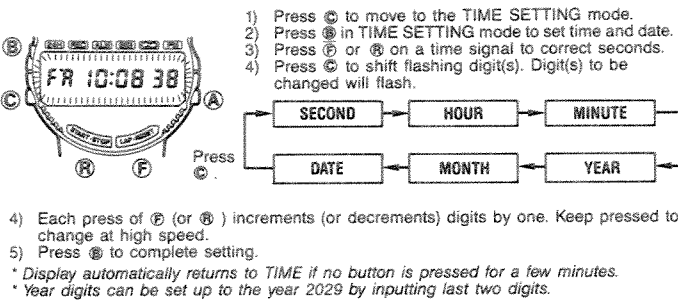
# Module No. 384

## READING THE DISPLAY



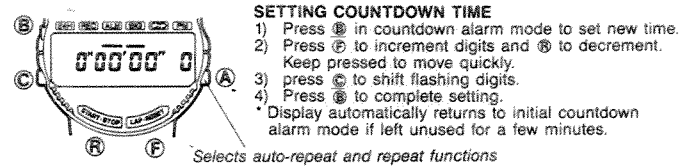
The watch reverts to TIME mode when the (C) button is pressed after operation.

## SETTING TIME AND DATE



## USING COUNTDOWN ALARM

The countdown can be set from 1 second to 24 hours (Display shows 0<sup>H</sup> 00' 00" 0), and times to an accuracy of 1/10th of a second. Start/stop operation is possible by pressing the (A) button and is confirmed by a signal. When the display reaches zero, the buzzer sounds for 10 seconds unless any button is pressed.



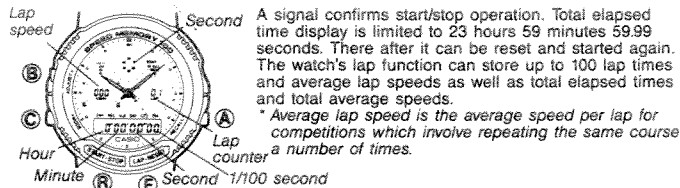
### REPEAT FUNCTION

Pre-entered time is retrieved when display reaches zero.

### AUTO-REPEAT FUNCTION

Pre-entered time is retrieved and started again when display reaches zero.

## USING STOPWATCH



- 3) Press (F) to take your 1st lap time and average lap speed. Every press of (F) automatically stores lap time and average lap speed in memory.
- 4) Press (R) to take your 2nd lap time.
- 5) Press (F) to take your 3rd lap time.



- 6) Press (C) to stop. Lap time and average lap speed of the 4th lap is taken. Now these 4 laps and average lap speed are automatically stored in the memory.

### RECALLING LAP TIMES AND AVERAGE LAP SPEED

Example 2) Recalling lap times and average lap speed of a 4-lap run.



- 1) Press (A) to recall 1st lap time and average lap speed. Each additional press of (A) advances the lap times and average lap speed by one. Keep pressing for quick advance.
- 2) Press (C) to delete all memory contents, if necessary.

\* When left on, the lap time and average lap speed display automatically returns to the total elapsed time and total average speed display after several seconds.

### NOTE

- \* The stopwatch can measure times of up to 23 hours, 59 minutes and 59.99 seconds. When this time is exceeded, laps can no longer be taken and the error display "E" appears.
- \* The "E" display appears when the average speed exceeds 1,000 kph (or mph).
- \* When the average speed is 295-999 kph (or mph), the entire display area around the average speed lights.
- \* The total average speed is calculated from the preset course distance and number of laps, and the total measured time; therefore, accurate calculations are not possible when lap measurements have been made with different numbers of laps. If a course distance error or number of laps error is discovered after a measurements has been made, the distance or number of laps can be reset if the (A) button has not yet been pressed to reset, allowing correct calculations to be obtained.

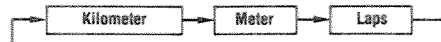
### USING THE MEMORY FUNCTION

When the course distance and number of laps are set, the average lap speed is automatically calculated from the measured lap times and stored to memory. The lap times and average lap times stored in memory can be recalled by pressing (A).

\* Course distances of up to 99.999km (or 99.999 miles) and up to 100 laps can be set.

### SETTING THE COURSE DISTANCE AND LAPS

- 1) Press (A) in stopwatch mode to set course distance and laps.
- 2) Press (C) to shift flashing digit(s). Digit(s) to be changed will flash.

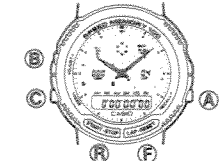


- 3) Pressing (F) (or (R)) increments (or decrements) the digits by one. Keep pressed for high speed change.
- 4) Press (C) to complete setting.

### MEASURING LAP TIMES AND AVERAGE LAP SPEED

Example 1) Storing 4 lap times and average lap speed

- 1) Press (A) in stopwatch mode to reset the display if the measuring results appear. The memory will be cleared.
- 2) Press (A) to start timing.



## USING 3 DAILY ALARMS



Three daily alarms can be set independently. The beeper sounds for 20 seconds at the preset time. Press any button to stop beeper. If the time signal is set, the watch sounds every hour on the hour.

### ALARM ON/OFF SETTING

In each alarm mode, press **A** to activate or deactivate the alarm. When the time signal is ON, the watch chimes every hour on the hour.

### SOUND DEMONSTRATION

Press and hold **F** or **C** in alarm mode to sound beeper.

### SETTING ALARM TIME

1) Press **B** or **F** in alarm mode to select alarm No 1, 2 or 3.



2) Press **B** to set new alarm time.

3) Pressing **B** (or **F**) increments (or decrements) digits by one. Keep pressed for high speed change.

4) Press **C** to shift flashing position. The digit(s) to be changed will flash.

5) Press **B** to complete setting.

\* Display automatically returns to initial daily alarm mode display if no button is pressed for a few minutes.

## SETTING ANALOG TIME

Press **B** in TIME mode to advance the hands. Keep pressed for quick advance.