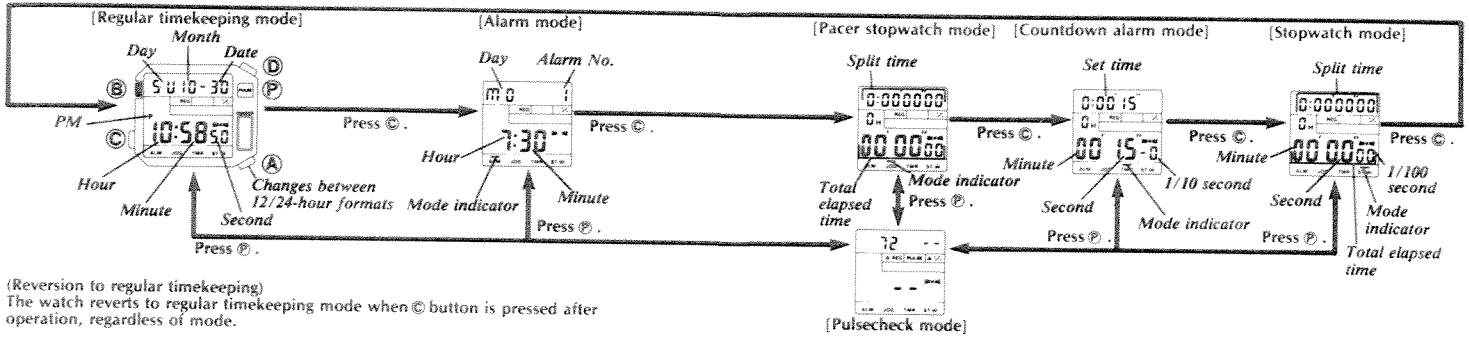
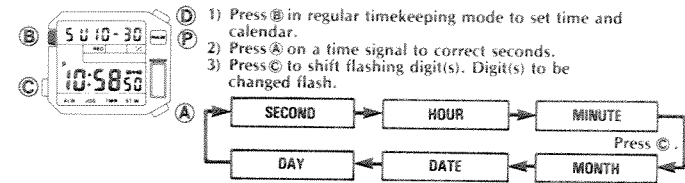


Module No. 509

READING THE DISPLAY

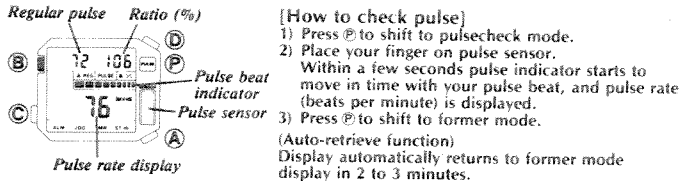


SETTING TIME AND CALENDAR



- 4) Each press of **A** (or **D**) increments (or decrements) digit. Keep pressed for high speed change.
- (Auto-retrieve function)
Display automatically returns to regular timekeeping mode display if no button is pressed for 2 to 3 minutes.
- (Independent correction)
Correction of any digit(s) can be skipped by pressing **C**.
- 5) Press **B** to complete setting.

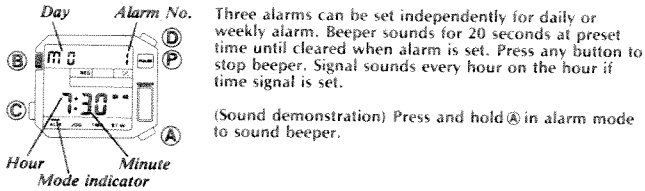
PULSECHECK FUNCTION



- 1) Press **B** to shift to pulsecheck mode.
 - 2) Press **B** to set regular pulse.
 - 3) Each press of **A** (or **D**) increments (or decrements) digit. Keep pressed for high speed change.
 - 4) Press **B** to complete setting.
- (Auto-retrieve function)
Display automatically returns to former mode display if no button is pressed for 2 to 3 minutes.
- NOTE**
*Cover entire sensor with finger. Do not press hard.
*Do not move finger while taking pulse.
*As frequency of human pulse vary slightly within time, pulse rate changes on display.

[Setting regular pulse]
By setting regular pulse rate, ratio of regular pulse and current pulse rate is automatically calculated and displayed.

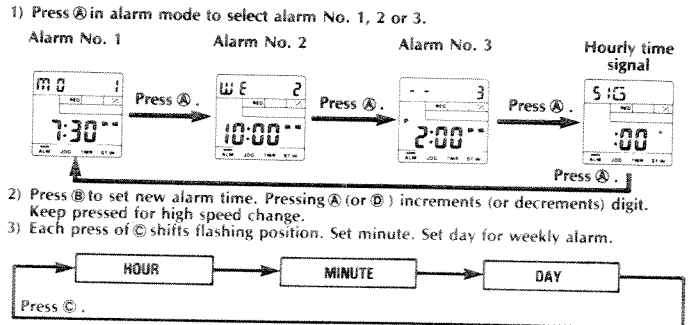
ALARM OPERATION



• 2 types of alarms

Daily alarm		Day not set	Beeper sounds at preset time every day
Weekly alarm		Day set	Beeper sound on preset day and time once a week.

[Setting alarm]

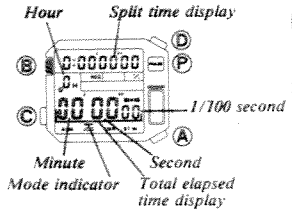


- 4) Press **B** to complete.

[On or off setting of alarm and time signal]
Press **A** in alarm mode to select alarm No. 1, 2, 3 or time signal. Press **D** for each alarm No. 1, 2 or 3 to set alarm on (●) or off (no mark). Press **D** on time signal to set time signal on (●) or off (no mark).
*Pressing **A** in alarm mode automatically sets alarm on.
*Alarm time is displayed in the 24-hour system when timekeeping is in 24-hour system.

PACER STOPWATCH

Maximum of 9 split time records and stop time record can be automatically stored into memory. Pacer signals sound for 20 seconds every 5 minutes so runner can check pace during a run. Also, 5-second alarm sounds 10 times at 1 minute intervals after stopping stopwatch to signal pulse check.



[Setting pacer signals]

- 1) Press **(D)** in pacer stopwatch mode. Unless pacer signal function is canceled (display shows "..."), pacer signals at speed shown on display.
- 2) Speed of pacer signals can be set from 5 times per minute to 240 time per minutes. Pressing **(A)** (or **(B)**) accelerates (or decelerates) speed of signals. Keep pressed to change at high speed. * Press **(A)** and **(B)** simultaneously to cancel pacer signal function.

- 3) Press **(D)** to complete setting.
- * Pacer signal speed can be changed, or canceled during stopwatch timing.

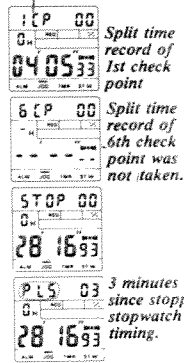
[Stopwatch timing and storing split time records]

A signal confirms start/stop and split/reset operation. (Working range) Total elapsed time display is limited to 19 hours 59 minutes 59.99 seconds. For longer times reset and start again.



- 1) Press and hold **(D)** for 5 to 6 seconds to delete split time memory contents and reset stopwatch display.
- 2) Press **(A)** to start stopwatch timing.
- 3) Press **(D)** at check points to take split time records. Up to 9 split time records can be stored automatically with each press of **(D)**. * After 3 seconds, display automatically returns to current stopwatch timing.
- 4) Press **(A)** to stop stopwatch timing. Stop time is automatically stored in memory. * If **(D)** was pressed more than 9 times, the first 9 split times and stop time is stored in memory.

Check point No.



[Recalling split time records]

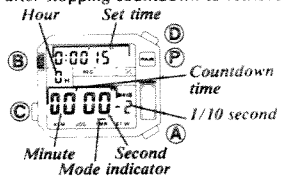
- 1) Starting from split time record of 1st check point, each press of **(D)** displays split time record stored in memory one by one. * Pressing **(D)** shows empty pages if there are no split time records in memory; * Do not hold **(D)** down. Entire memory contents will be deleted.
- 2) Display shows stop time after displaying 9th split time record.

[Pulsecheck alarm function]

This function is useful to check recovery time. After stopping stopwatch timing, 5-second alarm sounds every minute for 10 minutes to signal pulse checking. Check pulse by pressing **(D)** and shifting to pulsecheck mode. Display shows minutes elapsed from stopping stopwatch timing.

COUNTDOWN ALARM OPERATION

Countdown can be set from 1 second to 19 hours 59 minutes 59 seconds, and times to an accuracy of 1 second. Start/stop operation is possible by pressing **(A)**, and is confirmed by a signal. When display reaches zero, beeper sounds for 10 seconds, and countdown is repeated from pre-entered time. Press any button to stop beeper. Press **(D)** after stopping countdown to retrieve pre-entered time.



[Setting countdown time]

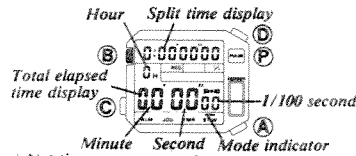
- 1) Press **(D)** in countdown alarm mode to set new time.
- 2) Pressing **(A)** (or **(B)**) increments (or decrements) digit(s). Keep pressed for high speed change.
- 3) Press **(C)** to shift flashing digit(s).



(Auto-retrieve function) Display automatically returns to initial countdown alarm mode display if no button is pressed for 2 to 3 minutes.

- 5) Press **(D)** to complete setting.
- * When 10 seconds or shorter time is set, only "beep" sound is heard instead of 10-second beeper.

STOPWATCH OPERATION



A signal confirms start/stop and split/reset operation. (Working range) Total elapsed time display is limited to 19 hours 59 minutes 59.99 seconds. For longer times reset and start again.

