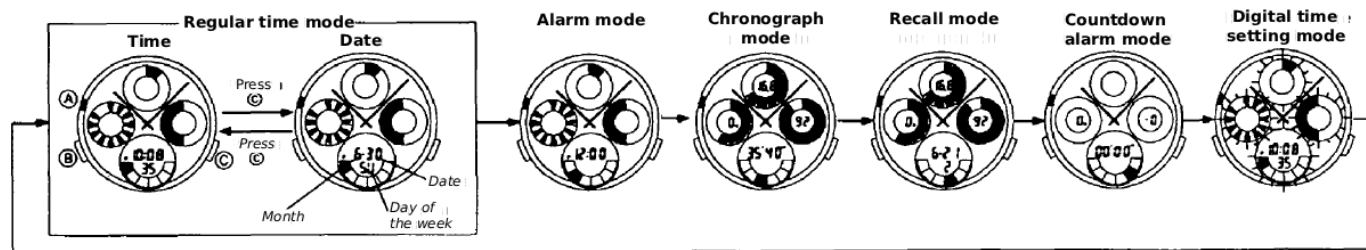
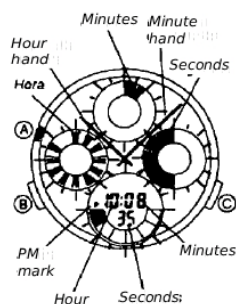


GENERAL GUIDE



DIGITAL TIME SETTING MODE



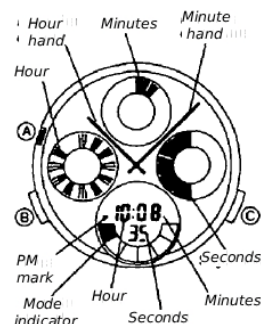
When setting the time, first set the digital time as described below, and then set the analog time (using the procedure described under "Regular Time Mode")

Setting the digital time and date

1. Press **B** to enter digital time setting mode.
 2. Press **A** while in digital time setting mode. The second digits begin flashing because they are selected.
 3. Press **B** to change the selection in the following sequence:

Seconds	Hour	Minutes	Year
12/24 hour format	Date	Month	
 4. While the seconds digits are flashing, press **C** to reset the seconds to 00. If pressed while the seconds count is in the range of 30 to 59, the count resets to 00 and adds one to the minutes, otherwise the minutes remain unchanged.
 5. While any digits other than seconds are flashing, press **C** to increment the number. Hold **C** to increment the number at speed. While the 12/24h setting is selected, press **C** to switch between the two formats.
 6. After setting the time, date, and format, press **A** to exit the digital time setting mode.
- * The day of the week is automatically adjusted according to the date.
 - * The date can be set between the range of 1/1/1990 to 12/31/2029. After then, set the date 28 years earlier to maintain the correct weekday.
 - * If a selection is left flashing for a few minutes with no input, the time setting mode will automatically return to the regular timekeeping mode.

REGULAR TIME MODE

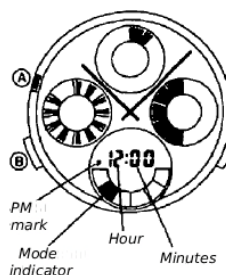


The analog time can be set to match the digital time, or it can be set to a different time. Note that the seconds are the same for both times.

Analog time setting

While in regular timekeeping mode, press **A** to advance the analog time setting. Holding **A** advances the analog setting at speed. The setting can only be advanced, there is no reverse.

ALARM MODE

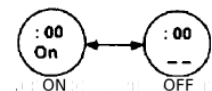


When the daily alarm function is activated, the alarm sounds every day for 20 seconds at the set time. Press any button to stop the alarm. When the hourly time signal is activated, the watch beeps every hour on the hour. Note that the daily alarm and hourly time signal are in relation to the digital time.

Setting the alarm and activating/deactivating hourly time signal

1. Press **A** while in alarm mode. The hour digits begin flashing because they are currently selected. At this time, the daily alarm is automatically activated.
2. Press **B** to change the selection in the following sequence:

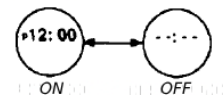
Hours	Minutes	Setting hourly signal
-------	---------	-----------------------
3. Press **C** to increment the hour and minute digits. Holding **C** increments the digits at speed.
- * The alarm time format (12/24h) matches the format selected for the regular digital time.
- * When setting the alarm time using the 12-hour format, take care to set the time correctly with regard to AM and PM.
4. While the time signal setting is selected, press **C** to turn the signal on and off.



5. Press **C** to change.
6. After setting the alarm time, press **A** to return to alarm mode.

Activating and deactivating daily alarm

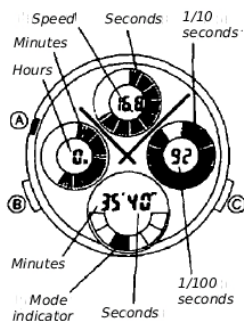
While in alarm mode, press **C** to turn the daily alarm on and off.



Testing the alarm

To sound the alarm, press and hold **C** while in alarm mode.

CHRONOGRAPH MODE



If the distance covered is entered, the watch automatically calculates the average speed. The time, date, distance, speed and finish data are automatically stored in memory each time the chronograph display is cleared to 00'00". Note that the chronograph continues to operate even if you change the display to a different mode.

Measuring elapsed time

1. Press **C** to start the chronograph.
2. Press **C** to stop the chronograph.
3. Press and hold **C** to clear the display to 00'00". At this time, the watch beeps and the REC indicator flashes to show that the cleared time is stored in memory (see Recall Mode).

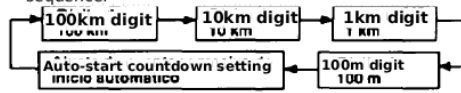
Measuring cumulative elapsed time

1. Press **C** to start the chronograph.
2. Press **C** to stop the chronograph.
3. Press **C** again to resume timing from the time shown on the display. Steps 2 and 3 can be repeated as many times as desired.
4. Press **C** to stop the chronograph.
5. Press and hold **C** to clear the display to 00'00". At this time, the watch beeps and the REC indicator flashes to show that the cleared time is stored in memory (see Recall Mode).

Setting the distance

Once the distance is set, the watch automatically calculates the average speed based on the measured times. The following setting is only necessary if you want to calculate speeds.

1. Press **A** while in chronograph mode. The display shows the currently set distance, with the 100km digit flashing on the display because it is currently selected.
2. Press **B** to change the selection in the following sequence:

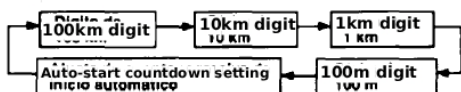


3. While any number is selected (flashing), press **C** to increase. Press and hold **C** to increase the number at speed.
 4. After setting the distance, press **A** to return to the chronograph mode display.
- * When the watch calculates speeds, one decimal place is displayed for speeds from 0 to 99km/h, otherwise only whole numbers are displayed.
 - * "----" is shown if the average speed is above 999km/h.
 - * "-E-" is shown if the distance is not set.

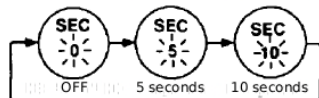
Selecting the auto-start countdown time

The auto-start countdown time can be used to count down the time to the start of the race. Once the countdown time reaches zero, the chronograph starts automatically.

1. Press **A** while in chronograph mode. The display shows the currently set lap distance, with the 100km digit flashing because it is currently selected.
2. Press **B** to change the selection in the following sequence:



3. When an auto-start time is selected, press **C** to change the selection as shown below.



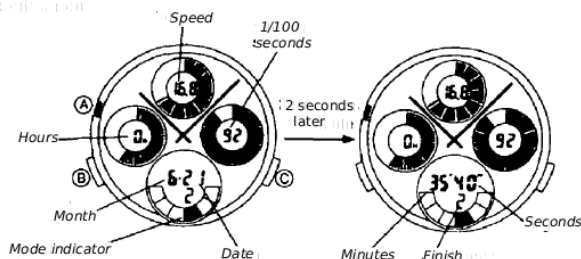
4. After selecting the auto-start countdown time, press **A** to return to the chronograph mode display.

Using the auto-start countdown function

1. After selecting the auto-start countdown time, press **C** in chronograph mode. The watch begins counting down from the set time. When the countdown time reaches zero, the chronograph starts measuring time automatically.
2. To interrupt the countdown, press **C**. Press **C** again to resume the countdown.

RECALL MODE

Use this mode to retrieve data from memory and to erase data. When recovery mode is entered, the display changes as illustrated below.



Retrieving data from memory

In recovery mode, each press of **C** displays the data stored in memory, starting with the newest data. The display changes as illustrated above only if the data retrieved by pressing the **C** button is on a different date than the data being displayed.

About the Finish Display

Finishes are only displayed when recovery mode is entered while a distance is set for chronograph mode. Finishes are only displayed for measured times over distances that match the set distance.

Example: When chronograph mode is set to a distance of 10km.

Date	Time	Distance	Speed	Finish
6-21	0H 35' 40" 92	010.0 km	16.8 kph	→ 2
	0H 00' 34" 77	000.3 km	31.1 kph	
6-18	0H 00' 41" 03	000.3 km	26.3 kph	
	0H 05' 39" 24	001.0 km	10.6 kph	
	0H 36' 40" 11	010.0 km	16.4 kph	→ 3
	0H 35' 40" 15	010.0 km	16.8 kph	→ 1

Deleting data from memory

1. In recall mode, press the **C** button to locate the data you want to delete.
2. Press **A** and the display will begin to flash, indicating the data to be deleted.
3. While the display is flashing, press and hold **B** and **C** simultaneously. Once the flashing data is deleted, the next data will appear on the display.

Important

When data is deleted, the watch may require some time (1 to 6 seconds) to recall the remaining data.

About data memory

The memory can hold up to 50 data settings. When the 51st data setting is stored, the oldest setting is deleted automatically. Once the memory is full, this "first-in-first-out" system constantly replaces the oldest data with the newest. The watch also automatically deletes data once it becomes one year old.

COUNTDOWN ALARM MODE

The countdown timer can be set within a range of one second to 24 hours. When the countdown reaches zero, an alarm sounds for 10 seconds or until any button is pressed.

Setting the countdown time

1. Press **A** while in countdown alarm mode. The hour digits flash on the display because they are currently selected.
2. Press **B** to change the selection in this sequence:



3. Press **C** to increment the selected digits. Holding **C** changes the digits at speed.
4. After setting the countdown time, press **A** to return to countdown alarm mode.

* To set the countdown time start value to 24h, set to 0H 00'00".

Using the countdown timer

1. To start the countdown timer, press **C** while in countdown alarm mode.
 2. Press **C** again to stop the countdown timer.
 3. Press and hold **C** to reset the countdown timer to its initial value.
- * The countdown time automatically resets to its initial value after the alarm stops.

