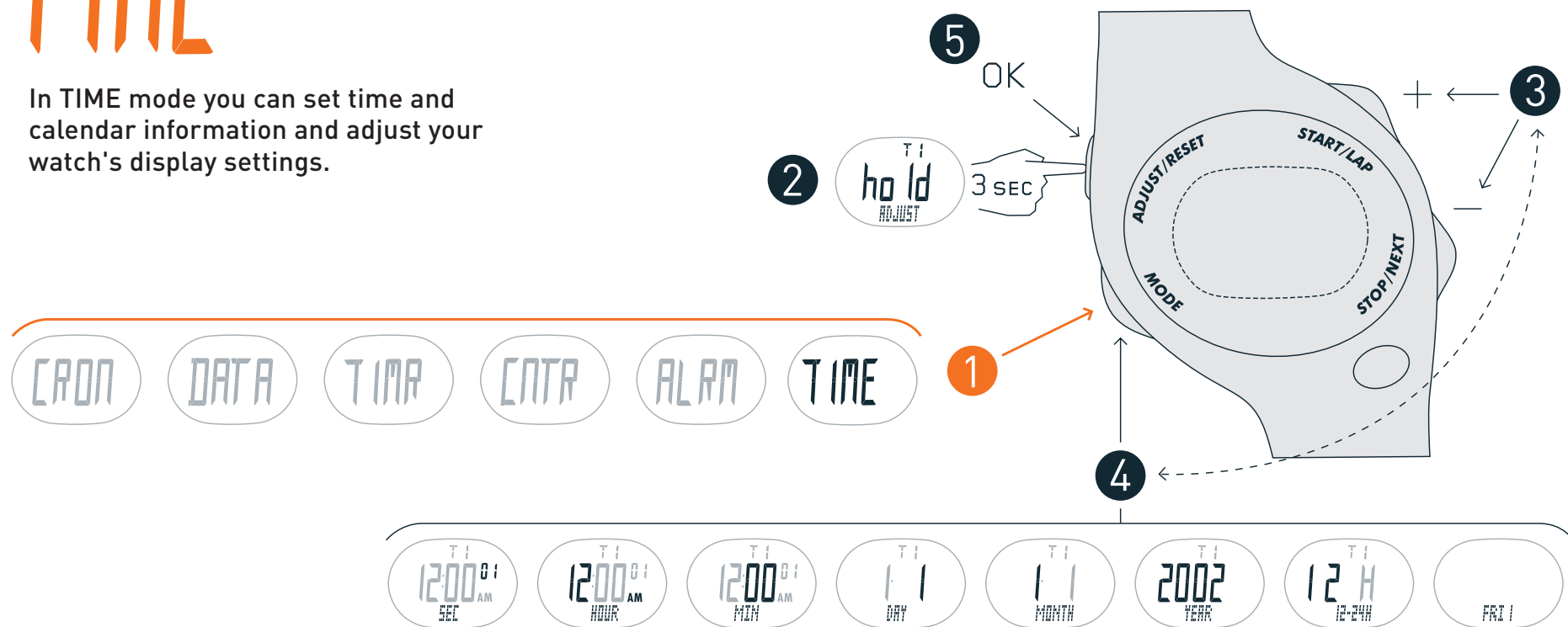


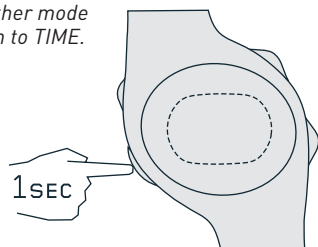
# TIME

In TIME mode you can set time and calendar information and adjust your watch's display settings.

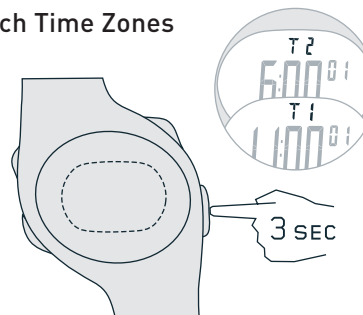


## Time Warp

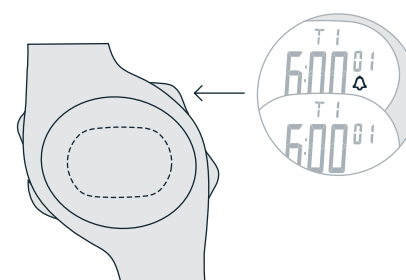
Hold for 1 second in any other mode to return to TIME.



## Switch Time Zones



## Chime ON/OFF



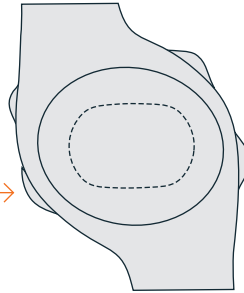
Electrolite

# CRON

In CHRONOGRAPH mode you can capture lap, split and run times. Save your times for review in DATA mode.

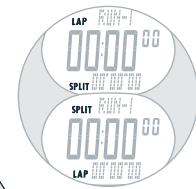
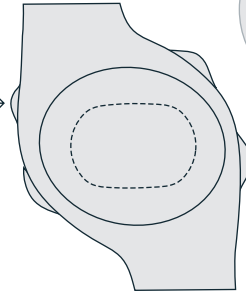
CRON

1



Choose Display:  
Lap / Split

2



Mark Laps

LAP 1



LAP 2



LAP 3



LAP 4



or

Mark Splits

SPLIT 1



SPLIT 2



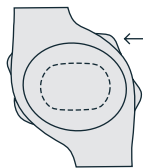
SPLIT 3



SPLIT 4

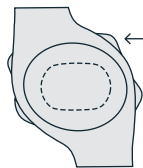


Start



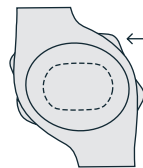
3

Mark Lap/Split



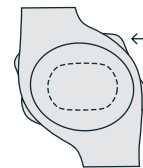
4

Mark Lap/Split



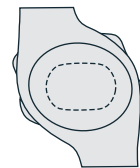
4

Mark Lap/Split



4

Stop Run

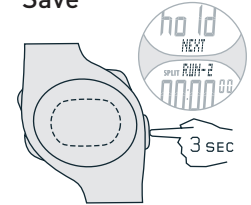


5

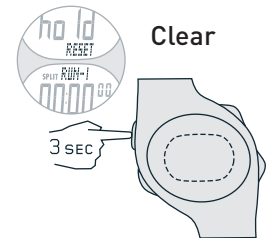
You will have 7 seconds to read your lap or split time.

6 Choose Save Run or Clear Run

Save



Clear

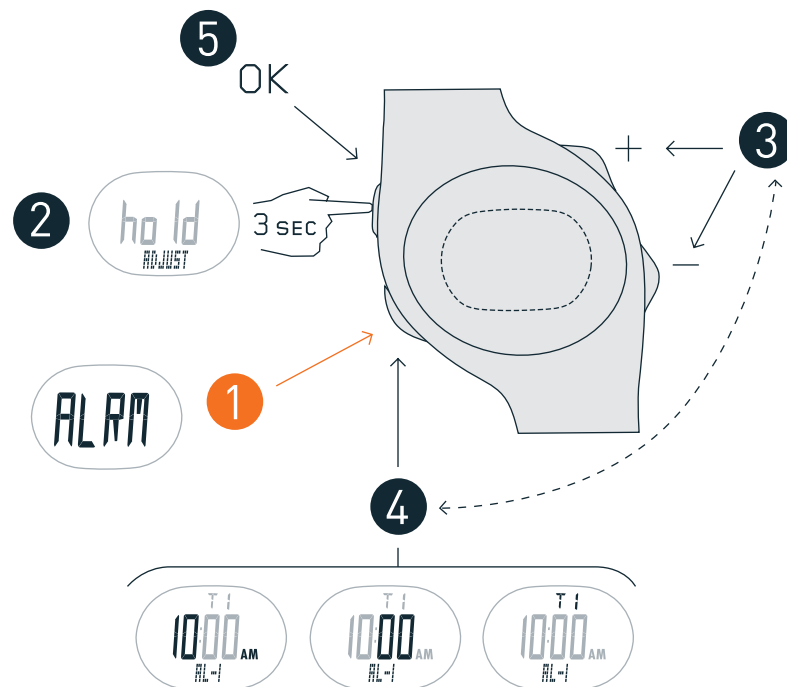
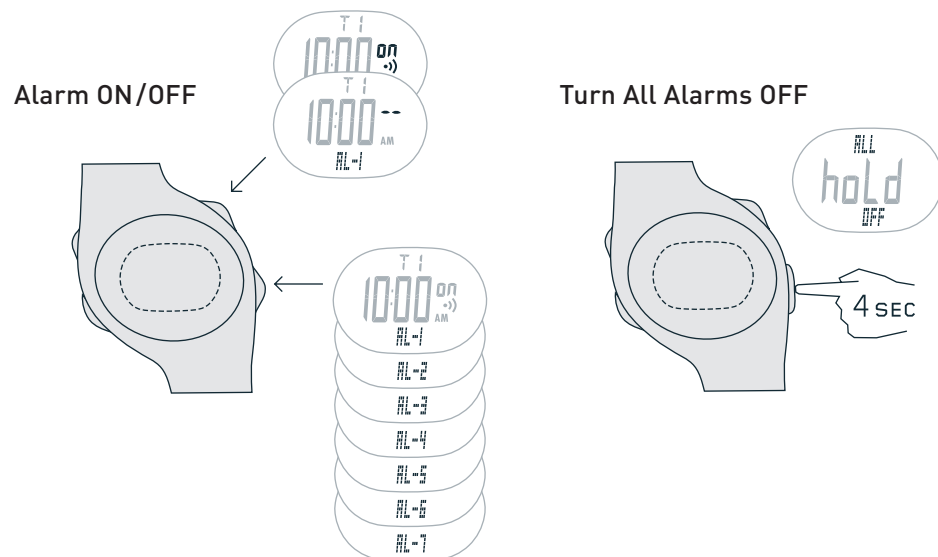


RUN-5  
FULL  
NEXT

If watch is full, delete runs in DATA mode

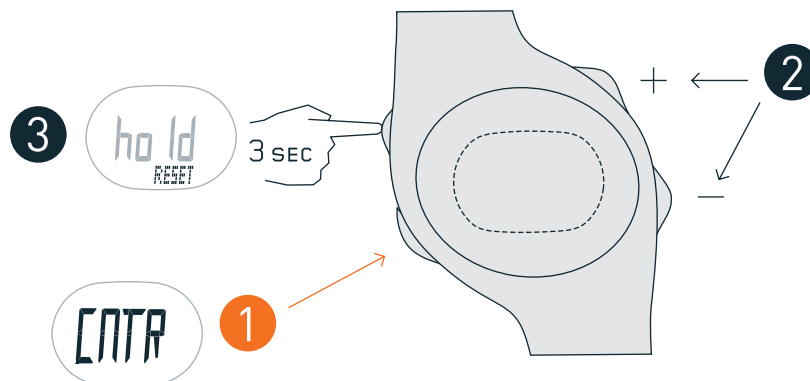
# ALARM

In ALARM mode you can set 7 alarms within 2 time zones.  
Press any button to stop alarm. Alarm will stop after 20 seconds.



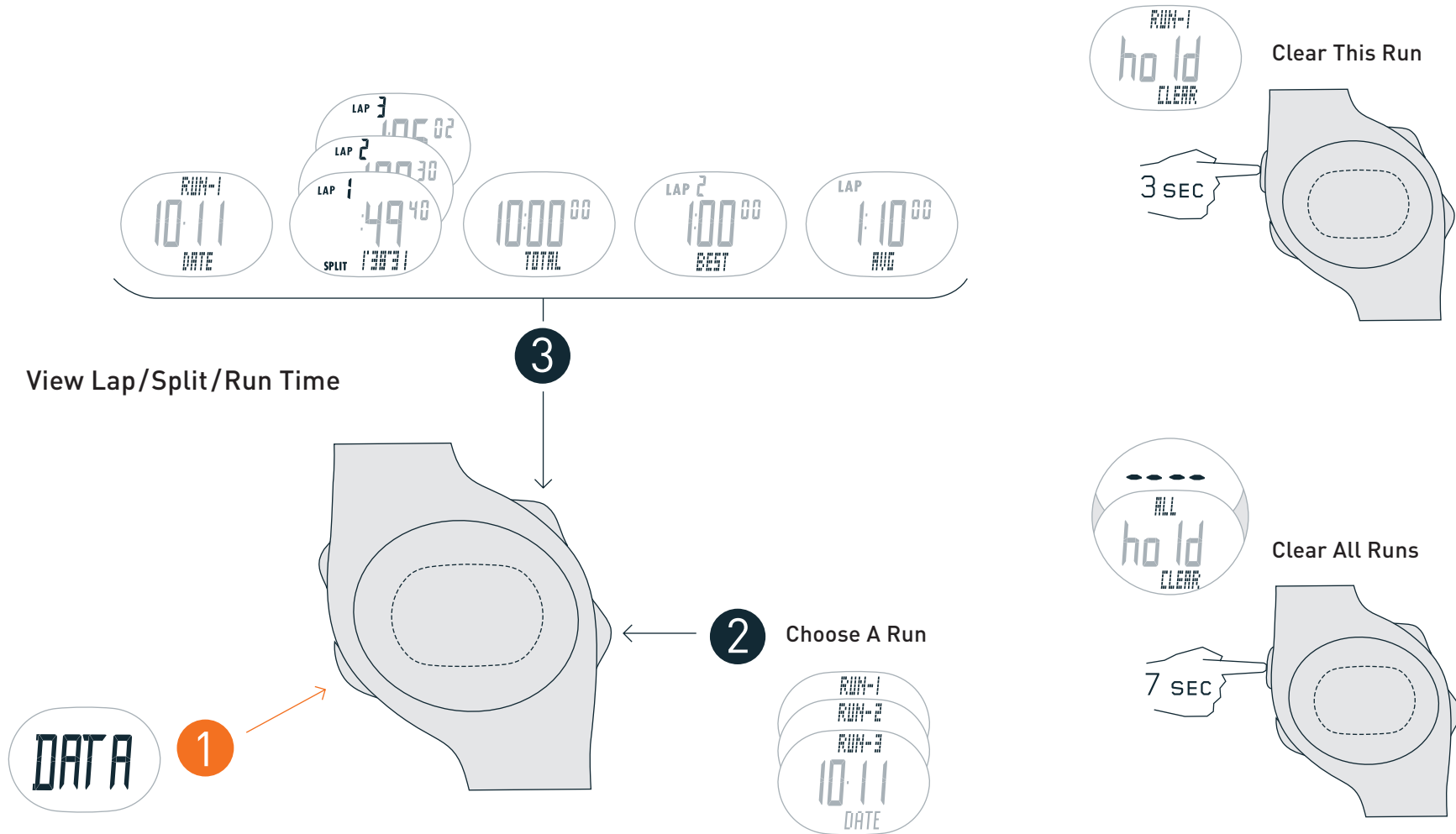
# CNTR

In COUNTER mode you can count in positive and negative increments. Use COUNTER to keep track of golf strokes, baseball innings, running miles or other.



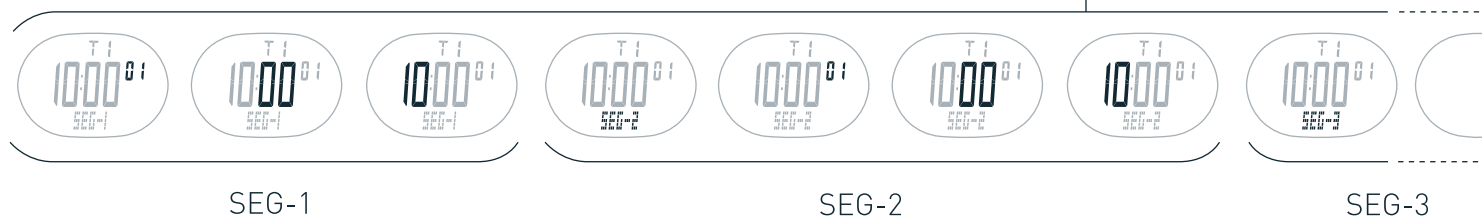
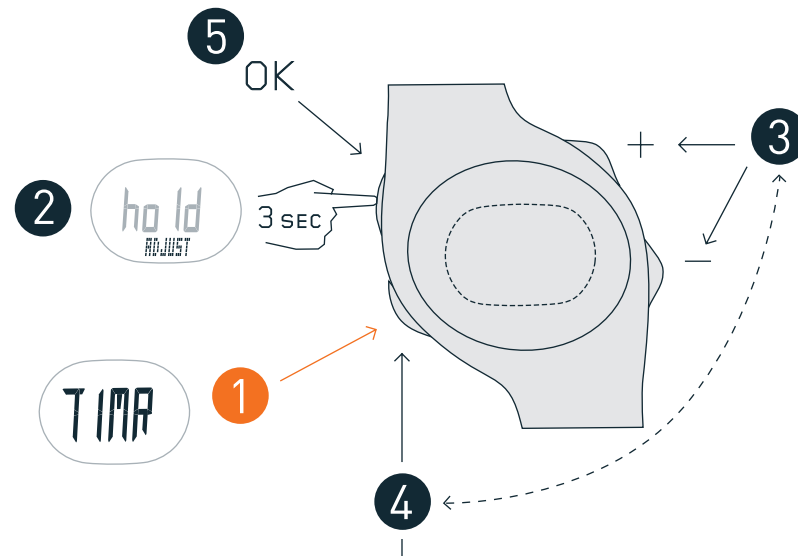
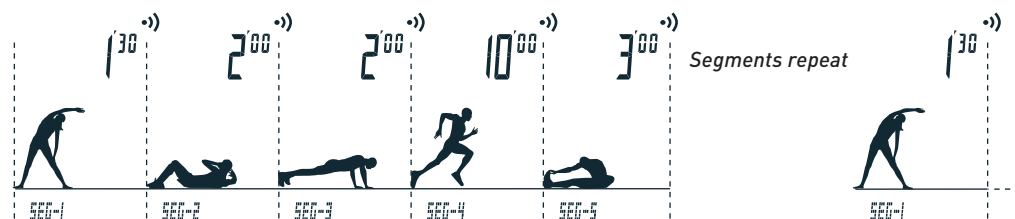
# DATA

In DATA mode you can review lap, split and run times.  
Record your times in CHRONOGRAPH mode.

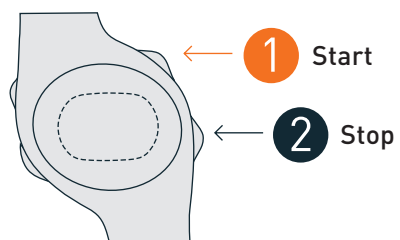


# TIMER

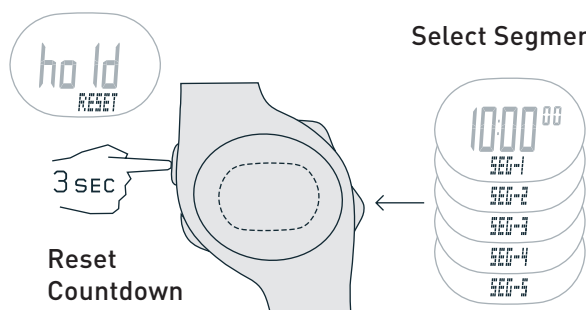
In TIMER mode you can set up to 5 timed training segments.



Start & Stop  
Countdown



Select Segment



Clear All  
Segments

