DIGITAL WATCHES

* Please make sure your watch matches the display shown.

DESCRIPTION OF MODES & FUNCTIONS

TIME, DATE, ALARM, STOPWATCH AND LIGHT

In Normal Time mode

• Press & HOLD LAP/RESET to display Alarm

• Press & HOLD START/STOP to display Date.

Light Function

• In any MODE you can simply push the LIGHT button and the whole screen will light up and stay on for 3 seconds.

Setting Normal Time and Date

• Press and HOLD the MODE button for 2 to 3 seconds and you will then be in the daily alarm setting screen, we will cover that later in the instructions. So once you are in the alarm setting screen you must push the MODE button again to be taken to the Normal time setting screen.

• The Seconds will be flashing, push LAP/RESET to set the seconds to zero.

• Push START/STOP the Minutes will be flashing, push LAP/RESET to set the Minutes.
Setting the normal time and date

- Press SET twice to enter time and date setting mode.
- Press MODE to adjust the MONTH.
- Press SET to advance to DAY, press MODE to adjust the DAY.
- Press SET to advance to HOUR, press MODE to adjust the HOUR.
- Press SET to advance to MINUTES, press MODE to adjust the MINUTES.
- Press SET to finish setting.

Normal operation

- Press START/STOP to set the minutes.
- Press MODE the hour will be flashing, press START/STOP to set the hour.
- Press LAP/RESET to finish setting.