**Setting the normal time and date**

- Press and HOLD the LAP/RESET button for 3 seconds and the SECONDS will begin to flash.
- Press START/STOP to set seconds to zero.
- Press MODE the minutes will be flashing, press START/STOP to set the minutes.
- Press MODE the hour will be flashing, press START/STOP to set the hour.
- Press MODE 12 or 24 hour time will be flashing, press START/STOP to set the 12 or 24 hour time.
- Press MODE the month will be flashing, press START/STOP to set the month.
- Press MODE the date will be flashing, press START/STOP to set the date.
- Press MODE the year will be flashing, press START/STOP to set the year.
- Press LAP/RESET to finish setting.

**Setting the dual time function**

- In TIME MODE Press START/STOP to enter time 2 (T2) on your watch.

  - Press and HOLD the LAP/RESET button for 3 seconds and the minutes will begin to flash.
  - 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.

**Light function**

- In any mode press LIGHT and the screen will stay lit for three seconds.
Setting the alarm

- In ALARM mode. Press and HOLD the LAP/RESET button for 3 seconds and the hours will begin to flash.
- Press START/STOP to set the hour.
- Press MODE the minutes will be flashing, press START/STOP to set the minutes.
- Press LAP/RESET to finish setting.

- The Alarm indicator “⏰” will automatically appear.
- Press START/STOP to toggle on / off the Alarm “⏰” and hourly chime “⏰”

Chronograph mode (ST - stopwatch)

- In (ST) CHRONOGRAPH mode.
- Press START/STOP to start the chronograph.
- Press START/STOP to stop the chronograph.
- Press LAP/RESET to reset the chronograph to zero.

Using the Chronograph lap function

- Press START/STOP to start the chronograph.
- Press LAP/RESET to hold a lap time on the screen.
- Press LAP/RESET to restart the chronograph and display entire elapsed time since starting the chronograph.
- Press START/STOP to stop the chronograph.
- Press LAP/RESET to reset the chronograph to zero.
Setting the countdown timer

- In TIMER mode. Press and HOLD the LAP/RESET button for 3 seconds and the hours will begin to flash.
- Press START/STOP to set the hour.
- Press MODE the minutes will be flashing, press START/STOP to set the minutes.
- Press LAP/RESET to finish setting.

Using the countdown timer

- In TIMER mode. Press the START/STOP button and the countdown timer will begin.
- Press START/STOP to stop the countdown timer.
- Press LAP/RESET to reset the countdown timer.