

Inner card

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SPORTY WR Aussie Fit Sport Science Warranty Customer Satisfaction is our guarantee

Your new stopwatch is manufactured to very high International Standards and comes guaranteed against manufacture defect for one year from the date of purchase. If you have a problem with the stopwatch which is not from misuse, neglect or battery failure please contact us with a description of the problem and with your return address & Phone number post the stopwatch to:

Aussie Fit Sport Science, 3 Vantage point Drive, Burleigh Heads, Queensland 4220, Australia .
Tel/Fax (07) 5576 3688 email sales@aussiefitsport.com.au

In clock/standby mode only, the lithium battery has a life of five years from date of manufacture. Understandably, actual battery life depends on the amount of stopwatch use. For example, one minute of alarm every day + clock mode reduces battery life to two years.
The CR2030 lithium battery can be self replaced after carefully removing the back cover (check correct polarity is up) or replaced by a battery kiosk or watchmaker.

Although water resistant, do not operate the stopwatch underwater and always place the lanyard around the neck to avoid impact damage.

Wishing you happy training and record times.

Stopwatch Instructions

Time/Calendar display:

Hour, minutes, seconds, month, date and day.
Stopwatch: 1/100 sec. for 30 min. , 1 sec. up to 24 hours.
Changeover between 12 and 24 hour format.

Note: Depress **A** to select the desired mode.

NORMAL MODE

TIME

Hour, minutes and seconds are displayed

ALARM

Keep **C** depressed to read the alarm time.
(This illustration shows that the alarm keeps at 6:30am).

ALARM ON/OFF

☑ Alarm engaged.
Keep **B** and **C** depressed at the same time.

CALENDAR

Month/Date
Keep **B** depressed, month, date and day are displayed.

12 or 24 HOUR FORMAT

Select 12 or 24 hour cycle option when setting normal time, hour by advancing figure to **A** for 12 hour mode or H for 24 Hour mode

STOPWATCH MODE:

Depress **A** to activate this mode.
B: Start/Stop **C**: Split/Split release/Reset
Depress **C** to reset the stopwatch to "0.00₀₀" before using the stopwatch

Accumulated elapsed time measurement: **B-B-B-B-C**



Split time measurement: **B-C-C-B-C**



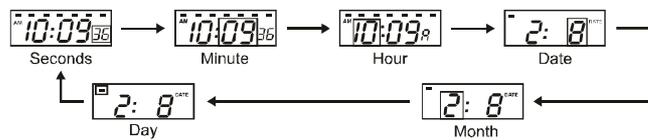
Measurement between two competitors: **B-C-B-C-C**



Depress **A** to return to the normal mode.

TIME/CALENDAR SETTING MODE:

Depress **A** three times to activate this mode.
Depress **C** to select the digits to be adjusted (flashing).



Depress **B** to reset the seconds to 00 or to set other digits. Keep **B** depressed to advance the digits quickly.

Note: When the seconds count any number from "30" to "59" and **C** is depressed, one minute is added. Depress **A** to return to the normal mode.

ALARM SETTING MODE

HOUR

Depress **A** twice to activate this mode.
Depress **B** to advance the hour.



MINUTE

Depress **C** to activate this mode.
Depress **B** to advance the minute.
Depress **A** to return to the normal mode.



HOW TO SET THE HOUR CHIME ON

Depress **C**, alarm time is displayed. Hold it.
Depress **A**, until day of the week appears.
The hour chime is on. The stopwatch is set with hour chime.



HOW TO SET THE HOUR CHIME OFF

Depress **C**, alarm time is displayed. Hold it.
Depress **A**, all above day of the week disappear.
the hour chime is off. No hour chime.



HOW TO SET THE SNOOZE FUNCTION ON

When the alarm is on, depress **B**, then the alarm will be off. About 5 minutes, the alarm will be on again.

HOW TO SET THE SNOOZE FUNCTION OFF

If you do not need the snooze function, depress **C**, when the alarm is on. The alarm will be off, and the snooze function also off. When the alarm is on about one minute, if no button is depressed, the alarm will be off and the snooze function is also off automatically.

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