sportquip



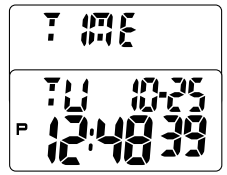
STOPWATCH
PRO 30 LAP

CONTENTS

Congratulations on your new 30 Lap Stopwatch! The stopwatch is a user-friendly tool to keep track of your time in multiple ways in various situations. To develop basic understandings and gain maximum benefit from the stopwatch, please read this user manual.

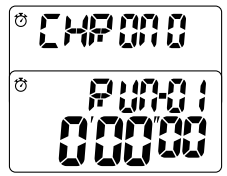
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FEATURES



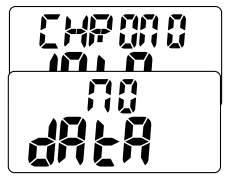
TIME

Displays hour / minute / seconds (in 12-hour or 24-hour format), plus Month / Date / Day of week



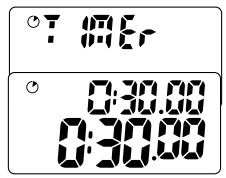
CHRONOGRAPH

Measures elapsed time and allows viewing of split or lap times



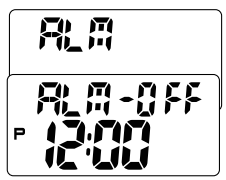
CHRONO DATA

Browse every run and laps with Total, Best, and Average time display



TIMER

Settable timer, with a range from 1 minute to 24 hours



ALARM

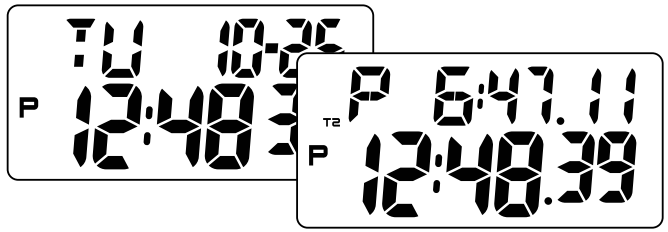
Daily settable alarm
Handy one touch ON / OFF toggle

KEYS & FUNCTIONS



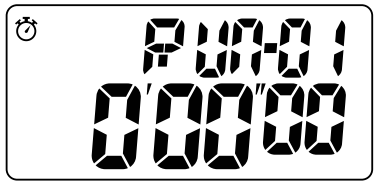
S2|Split/Reset	S1|Mode	S3|Start/Stop
+ Enter Settings	+ Scroll Modes	+ Start/Stop/End chronograph
+ Split	+ Confirm	+ Start/Stop alarm
+ Clear chronograph data		+ Store chrono data
+ Decrease Digits		+ Toggle
		+ Increase Digits

TIME



- Press S3 to toggle Time 1 and 2.
- To set TIME: Press S1 to scroll to Time Mode if not already there.
- Press and hold S2 for 2 seconds to enter settings. Time 1(T1) will start flashing. Toggle with S3 to select Time 1 or 2. Press S1 to confirm and proceed to hours.
- Press S3 to increase, S2 to decrease digits. Hold the button for fast scrolling. Press S1 to confirm. The same setting method is applied to Minutes, Seconds, Year, Month and Day (Press either S2 or S3 to reset Seconds). Press S1 to confirm.
- Press S3 to toggle 12/24 hour formats. If 24 hour format is selected, there will be no AM/PM symbols. Press S1 to confirm.
- Press S3 to toggle ON/OFF. Press S1 to confirm.

CHRONOGRAPH

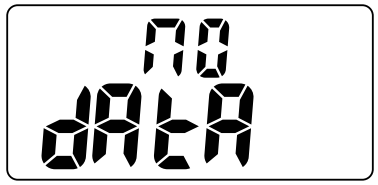


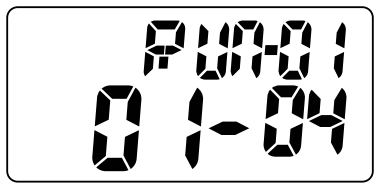
Measure and record lap times and split times up to 30 laps, with Fastest lap alarm.

To measure times with the chronograph:

- Press S3. The lap/split time display begins with 1/100 seconds, then seconds, then minutes. If the accumulated times in a run proceed to hours, the elapsed hours appear above the primary display and replace 1/100 seconds in the secondary display.
- The upper row of digits display the lap time, and the lower row of digit display the split time. The current lap number will flash on the top row.
- Every time you finish one lap, press S2 to record the lap time. The current recorded lap will be flashing for 2 second. For any fastest lap achieved, "FASTEST" will flash on the top row for 2 seconds.
- The upper row of digits will return to show the elapsed time for the next lap after the flash. The lower row of digits will remain displaying the split time non-stop.
- Press S3 to pause / stop the stopwatch. Prompt "PAUSE" will be displayed and the total elapsed time + current lap number will flash alternatively. You can either press S2 to resume the stopwatch, or you can press S3 to end the stopwatch.
- If you want to store the chronograph data, you can hold S3 for 2 seconds, and the prompt "STORE DATA" will appear. It will switch to another run after the data is stored. (only when the session has ended.)
- If you want to clear the data, you can hold S2 for 2 seconds to clear the chronograph data. The prompt " CLEAR ALL" will be displayed while you hold the key, and it will return to RUN –01. Please
  note that ALL the data inside the Chrono data will be erased, and the display will return to RUN –01.

CHRONOGRAPH DATA

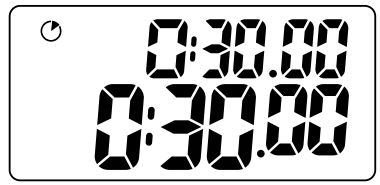




Recall lap and split times for each individual runs, lap times, total time, fastest lap, and average times.

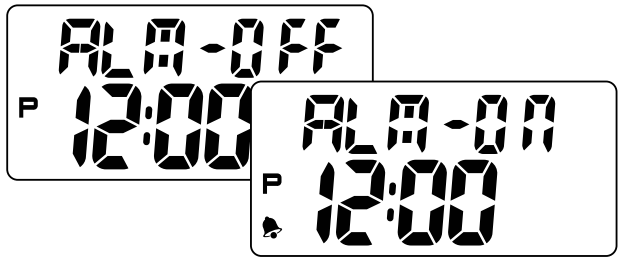
- To recall the chronograph data, press S2 to browse the number of Runs you want to recall. Press S3 to browse the data of the Run session.
- Press S3 to browse the data lap by lap and the sequence will be from: individual lap time, total elapsed time, best lap time and average lap time.

TIMER



- Press and hold S2 for 2 seconds to enter Set Mode. "HOLD / ADJUST" prompt will be displayed for 1 second. The hour digit will begin to flash.
- Press S3 to increase the digit, S2 to decrease the digit. Hold the button for fast scrolling. Press S1 to confirm and move to Minute adjustment.
- After all adjustments are complete, press S1 to exit set mode.
- Press S3 to start the countdown. Use S3 to pause and resume the countdown.
- Press S1 to reset the countdown.
- Once the countdown reaches zero, the stopwatch will start counting up to record how long time has elapsed since the countdown ended. Press S3 to pause and S1 to reset.
- There will be an alert 5 seconds before the countdown ends.

ALARM



- You can toggle between ON/OFF by pressing S3. If the alarm function is "ON", the alarm icon will be visible.
- Press and hold S2 for 2 seconds to enter Set Mode. "HOLD / ADJUST" prompt will be displayed for 1 second. The hour digit will begin to flash.
- Press S3 to increase the digit, S2 to decrease the digit. Hold the button for fast scrolling. Press S1 to confirm and move to Minute adjustment.
- After all adjustments are complete, press S1 to exit set mode.
- The alarm will sound for 30 seconds when the alarm function is "ON". Press any button to stop the alarm sound.

CARE & MAINTENANCE

- Never attempt to disassemble or service your stopwatch.
- Protect your stopwatch from extreme heat, shocks and long time exposure to direct sunlight.
- The stopwatch can be wiped clean with a lightly moistened cloth. Apply mild soap to the area if there are stubborn stains or marks. Do not expose your stopwatch to strong chemicals such as gasoline, clean solvents, acetone, alcohol, insect repellents, as they may damage the unit's seal, case and finish.
- Store your stopwatch in a dry place when you are not using it.
- Avoid allowing the stopwatch to come into direct contact with hair liquids, colognes, sun block creams, and other toiletries, which can cause deterioration of the plastic parts of the stopwatch. Whenever the stopwatch comes into contact with these or other toiletries, wipe it off immediately with a dry, soft cloth.



ART. NO. SQ38021B