











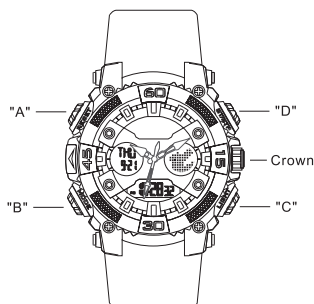


-  Quartz Movement  EL Backlight
-  Stopwatch  Countdown Timer
-  Chime  5 Alarms
-  Dual Time  Pacer
-  100 Years Calendar  Battery(CR2025)
-  100M Water Resistant  +SR626SW

BUTTONS

• Button operations are indicated using the letters shown in the illustration below.



- A -- Reset
- B -- Mode
- C -- EL Backlight
- D -- Start/Stop

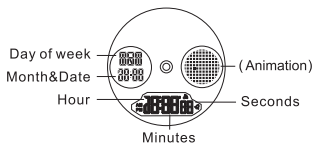
IS46A

ATTENTION

1. Never try to open the case or remove its back cover.
2. Do not operate buttons underwater.
3. Should moisture appear inside the watch, please have it checked immediately by your local jeweller as this can cause erosion of the metal parts of the watch.
4. Though the watch is designed to withstand normal use, you should avoid rough use or dropping the watch.
5. Avoid exposing the watch to temperature extremes.
6. Wipe the watch with a dry and soft cloth only. Avoid allowing the watch to come into contact with chemical materials, which may cause deterioration of the plastic parts of the watch.
7. Please avoid wearing your watch in electromagnetic or static conditions.

DISPLAY

• The screen shown below:



ADJUST HANDS

- Pull out the crown, turn to adjust the hour and minutes hands;
- Push the crown back to the normal position after the time is set;



MODE SELECTION

- Press "B" to change from mode to mode in the following sequence: Timekeeping Mode -- Stopwatch Mode -- Countdown Mode -- Alarm Mode -- Dual Time Mode -- Pacer Mode.

a TIMEKEEPING

- 12/24H Format;
- Hour, Minutes, Seconds, Month, Date, Day of week;
- 100 years Calendar(2000~2099).



b STOPWATCH

- 1/100 second unit;
- Measuring range: 0'00"00 - 23:59'59".



c COUNTDOWN

- Countdown range: 23:59'59" - 0'00"00.



d ALARM

- 5 Alarms;
- Hourly time signal;
- The alarm sounds at the preset time each day.



e DUAL TIME

- The time for another time zone.



f PACER

- 10 tempo.



a TIMEKEEPING

12/24H Format

- In the timekeeping mode, press "D" to switch between 12/24 formats.



Time Setting

1. In the timekeeping mode, press and hold "A", the seconds will begin to flash indicating you are in the 'set' mode;
2. Press "D" to reset the seconds;
3. Press "B" to change the next selection;
4. Press "D" to increase the number, press and hold to increase at high speed;
5. Repeat steps 3 and 4, the selection is made in the following sequence: Seconds - Hour - Minutes - Year - Month - Date;
6. Press "A" to exit the 'set' state after you have finished setting the time (the day of the week is auto displayed in accordance with the year, month and date setting).



BACKLIGHT

- The back light uses an EL (electroluminescent) which causes the display to glow for easy reading in the dark.

Use EL Backlight

- In time keeping mode, press "C" to illuminate the display (duration of approximately 3 seconds).



b STOPWATCH

A Lap Time

1. In the stopwatch mode, press "D" to start the stopwatch;



2. To stop the stopwatch press "D" again;



3. Press "A" to reset the stopwatch.



Split Time

1. In the stopwatch mode press "D" to start the stopwatch;



2. Press "A" to display the split time, stopwatch timing continues internally;



3. Press "A" to clear the split time and to continue time measurement;



4. Repeat steps 2 and 3 to measure multi split time;
5. Press "D" to stop the stopwatch.

c COUNTDOWN

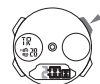
- When the countdown reaches zero, the alarm sounds for approximately 60 seconds (press any button to stop the alarm).

Countdown Timer Setting

1. In the countdown mode, press "A" and the hour will begin to flash indicating 'set' mode;



2. Press "D" to increase the hour, press and hold to increase at high speed;



3. Press "B" to select the minutes;



4. Press "D" to increase the minutes, press and hold to increase at high speed;



5. Repeat steps 3 and 4, the selection is made in the following sequence: Hour - Minutes - Seconds;

6. Press "A" to exit the set state.

Use Countdown Timer

1. Press "D" to start the countdown;



2. To pause the countdown press "D" again.

d ALARM

- The alarm sounds at the preset time each day for approximately 60 seconds (press any button to stop the alarm).

Alarm and Chime

- In the alarm mode, press "C" to select chime, Alarm1 ~ Alarm5.



- In the chime state, press "D" to turn the chime on/off.



- In the Alarm1 ~ Alarm5 state, press "D" to turn the alarm on/off.



Alarm1 Setting

1. In the alarm mode, press "A" and the hour will begin to flash indicating 'set' mode;



2. Press "D" to increase the hour, press and hold to increase at high speed;



3. Press "B" to select the minutes;



4. Press "D" to increase the minutes, press and hold to increase at high speed;



5. Press "A" to exit the 'set' state.
- Setting and operation of the Alarm1~Alarm5 are the same.

e DUAL TIME

Dual Time Setting

1. In the dual time mode, press "A" and the hour will begin to flash indicating 'set' mode;
2. Press "D" to increase the hour, press and hold to increase at high speed;
3. Press "B" to select the minutes;
4. Press "D" to change the minutes.
5. Press "A" to exit the 'set' state.



f PACER

Use The Pacer

1. In the pacer mode, the tempo number will flash.
2. Press "A" select the tempo in the following sequence: 10 - 20 - 30 - 40 - 60 - 80 - 120 - 160 - 240 - 320;
3. Press "D" to start;
4. To stop the pacer press "D" again.

