TRACEABLE® DECIMAL STOPWATCH INSTRUCTIONS

General Features
- Built-in operation
- Large LCD display with contrast adjustment
- 12/24 hour format
- Normal time and chronometer
- Timer function
- Alarm function
- Full 11:59 second chronometer with timing range from 0 to 19:59:59, 59.99 seconds with 100, 200 or 500 memory records of split and lap times
- Lincoln time: 11:59:55
- Recall function for recorded split and lap times
- CountDown timer with ranging rate from 10 to 99, 99.99 seconds
- Three operating modes (Countdown / Recall / Timer): Stop, Countdown, Restart, then count up for countdown
- Stroke measurement
- Electric second, minute and hour chronograph

As you choose each "mode", a message will be displayed for a second before you enter the mode:

Normal Time mode

Time mode

Alarm mode

Chronograph mode

Lap time racetrack mode

Data mode

The operation of the stopwatch is divided into modes (as noted above):

1. Normal mode
2. Alarm mode
3. Chronograph and Race mode
4. Data mode
5. Countdown timer mode
6. Stroke measurement mode

Butter Operation
- Mode: Used to change the mode of the stopwatch
- Start / Stop:用于开始和停止计时器或秒表功能
- Recall: 用于回放之前设置的秒和时间
- Lap / Split / Reset / Select: For taking the record of the split and lap time

This is only a brief description of those buttons. Detailed uses of the buttons are different in particular functions and will be described later in the manual.

Pressing MODE button will toggle among the modes above. Note that there is no automatic function in the stopwatch. Whenever you change modes, the stopwatch will remain in that mode until the MODE button is pressed again.

Each time you enter a mode, a message will be displayed for a second before you enter the mode:

Note: For the following descriptions, figures printed in gray stand for flashing digits.

Normal Time Mode

The starting point for operating your stopwatch is NORMAL TIME. IF NORMAL TIME is not displayed, press [MODE] button to enter the NORMAL TIME mode.

Year: 2001
Date: January 1
Day of week: Monday
Time: 12:00 am

The display format is as follows:

| 2001 | 1 - 3 |
| A 10:35:30 |

During clock display, press [START] to switch between 12-hour and 24-hour mode display. To toggle time ON or OFF, you can press [RESET]. The last 30 time will be the ON or OFF corresponding.

Normal Time Setting

Press and hold [RECALL] for 2 seconds to enter setting mode. The normal time setting starts with seconds. The second digit will be flashing. You can change the flashing digit by pressing [START] button. To select other digit, press [CONT] button. The setting order is: Second, Minute, Hour, Year, Month, Day, month-end (end of month), end of week, end of day (end of day). Sound ON or OFF, Contrast (brightness of the display), default is 5, then back to second, and repeat this cycle until the 6th, press [STOP] to record the new digits to the memory.

At the end of setting, press [RECALL] + [MODE] to exit from the setting mode and back to Normal Time Display.

Display for Sound ON or OFF setting:

| Soun d | O n |

Press [START] to toggle Sound ON or OFF.

Contrast adjustment:

| Con t | 5 |

Press [CONT] to advance the contrast up to 15. Then cycle back to 1. The contrast setting will be shown on the display.

Note:
- The hour digits may be displayed in 12 or 24 hour format.
- The year digits can be set from 2000 to 2099. The date will automatically back off to old and even months after February of 2000. The day of week also adjusts automatically after you set the date.

Alarm Time Mode

Press [MODE] until you enter Alarm mode. This mode is used for displaying day time alarm and allows you to enable or disable the alarm.

When you enter the Alarm Time mode, the display shows the alarm time on the upper line while the time data is shown in the middle of the display and the normal time is on the lower line.

| A L 3 : 3 0 |
| T U |
| A 1 0 : 3 5 | 3 0 |

To toggle the alarm ON or OFF, press [RESET]. When alarm ON, the indicator "(OFF)" will be on while it will be turned off when alarm is disabled. When the alarm signal will sound for 60 seconds. Press any button to stop the alarm sound.

Setting Alarm

Press and hold [RECALL] for 2 seconds to activate the alarm setting. The alarm "minutes" digit will flash as an indicator. Adjust the flashing digit by pressing [START]. To set the hour alarm digit, press [MODE] + [RECALL] to switch to hour digit and then press [START] to adjust. Press [RECALL] or [MODE] is used to switch alarm setting mode.

Chronograph and Recall Mode

Press [MODE] and hold for 2 seconds to activate the Chronograph mode. The stopwatch can measure up to 15 hours, 59 minutes, 59.99 seconds. When you enter the Chronograph mode, the display format is as below:

| 0 0 0 0 0 0 0 |
| 0 0 0 0 0 0 0 |
| 0 0 0 3 5 3 5 |

The upper line shows the split time, the lower line shows the lap time and the accumulated elapsed time is displayed on the lower line.

When the stopwatch stops running, the "STOP" indicator will be on. Press the button ([START] / [STOP]) to start the stopwatch. As time runs, the current elapsed time is shown on the lower line.

| 0 0 0 0 0 0 0 | 0 0 0 0 0 0 0 | 0 0 0 3 5 3 5 |

To view the current split / lap time, you can press [LAP/SPIT].

| 0 0 1 0 4 3 3 |
| 0 0 0 0 0 0 0 |
| 0 0 4 0 4 3 5 |

The number of split times 3 is shown on the upper left screen. The corresponding split and lap times are displayed on the upper and middle line. Press [LAP/SPIT] again, the next split time will be shown and the number of split time is updated.

The stopwatch can store up to 500 split / lap times. The split/lap times can be stored into the memory as you press [LAP/SPIT] to view the current split/lap times. Meanwhile, the lap and split times will be frozen for 5 seconds. After this 5-second period, the lap and split time will return to normal. In addition, the fastest lap, the slowest lap, and the average of all laps will also be recorded. As you press [STOP] to stop the chronograph, the last split/lap time will be stored simultaneously the last split/lap time will be stored to the memory.

When the stopwatch starts running from reset state, all the lap times will be accepted.

Decimal Timing

1. The stopwatch can operate as a decimal 1/100 second chronograph as well as decimal minute, decimal second, and decimal hour chronograph.

As you press [MODE] to enter the chronograph mode, the normal 1/100 second chronograph display will be shown.

Press the [RECALL] button to view the last split/lap time.

| 0 0 0 0 0 0 0 | 0 0 0 0 0 0 0 |

From the 1/100 minute chronograph mode, press [LAP/SPIT] again, (1/10000) function.

| 0 0 0 0 0 0 0 |

To stop the chronograph, press [STOP]. The indicator "STOP" will come on again to display the status. When the stopwatch is timing, press [STOP] to stop the stopwatch. The minute, hour, and second digits will be kept in memory. When the stopwatch starts running from reset state, all the lap times will be accepted.

Decimal Chronograph Data Recall Mode

Press [RECALL] to enter the Chronograph Data recall stopwatch split time memory. The mode message will be shown up for one/two seconds as mode message display is enabled.

| 0 0 0 0 1 2 3 4 |
| 0 0 0 0 0 0 0 0 |
| 0 0 0 0 0 0 0 0 |
| 0 0 0 0 0 0 0 0 |
| 0 0 0 0 0 0 0 0 |

The split and lap times are displayed on the upper and middle lines respectively. The lower line shows the current stopwatch counting. During data recall, the last split/lap time will be reviewed first.

Press [RECALL] to enter the time average.

| 0 0 0 0 0 0 0 0 |
| 0 0 0 1 6 1 6 |
| 0 0 0 0 0 0 0 0 |
| 0 0 0 0 0 0 0 0 |

When the stopwatch has started running (or is running), no selection for chronograph operating mode can be made until the stopwatch has been stopped and reset.

Segmented memory for split time storage:

When stop the stopwatch running, a user can make up to 99 splits. Each split can be timed individually. After selecting the chronograph mode, press [REC] to enter the chronograph mode.

Press [RECALL] again to view the average lap time.

| 0 0 0 0 0 0 0 0 |
| 0 0 0 0 0 0 0 0 |

Then comes the average data by time pressing of [RECALL].

Press [RECALL] continuously to recall the average split timing. The sequence starts from the last record to the first record when the stopwatch is running and vice versa when the stopwatch has been stopped.

| 0 0 0 0 0 0 0 0 |
| 0 0 0 0 0 0 0 0 |
| 0 0 0 0 0 0 0 0 |
| 0 0 0 0 0 0 0 0 |

Continued (over)
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During memory recall, you can press either [STOP] or [LAP/SPLIT] to skip from chime recall mode and jump to the chronograph lap or split times specifically.

**Delta Mode**

Press [MODE] to enter Delta mode. The mode message "DDEL" will be shown for one to two seconds before the number of two minutes is set to be shown.

You can press [START] to scroll through all segments. The current segment will come first.

The header consisting of the time and date stamp will be shown. The number of laps in the segment will appear in the upper left while the segment number is displayed in the right side. If the segment shown is not your desired segment, press [STOP] to reach the desired segment. The current segment will be accessed first, then it will cycle back to the 1st, then 2nd and so on.

When you have found the segment you want, you can press [CONTROL] button consecutively to read the lap records from the first lap to the last lap.

When you press [STOP] during the display of the last lap, you can advance to the next segment by pressing [START]. The first page of the segment will be shown. The next segment is SEG a.

**How to delete individual memory segments:**

Sets the desired segment first as described above. During the display of the segment front page, press [RESET] for 2 seconds to activate Delete One function. "DELETE ONE" will be shown in blinking and beep sound will be generated.

A "ready" period of 2 seconds will be counted. At the end of the ready period, all the lap records of the corresponding segment will be erased. And a long beep sound will be heard. Then, the display will show the next segment. If you don’t want to delete the records, you can press any key to exit from delete ready state before the end of the ready period and resume the display of the segment front page.

**How to delete all memory segments:**

Instead of deleting one segment, you can also delete all memory segments. When you enter the Delta mode, you see the screen "FREE 55 LAPS". Press and hold [RESET] for 5 seconds. You will hear "Deep, deep, deep", for 5 seconds, and a long "Deep". At this point all data in the memory will be deleted and "DELETE ALL:" will be shown on the display.

If you can not delete the segments, you can press any key to exit "DELETE ALL" state before the end of the ready period and resume the display of the segment front page.

**Timer Mode**

Press [MODE] until you enter the Timer mode. 3 count-down operation modes are available on this stopwatch:

- **Count down display (CR):**
  - Count down,
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