TRACEABLE® STOPWATCH/CHRONOGRAPH INSTRUCTIONS

Specifications

Timing Capacity: 23 Hours, 59 Minutes, 59 Seconds.

Timing Increments: 1/100th of a second (under 30 minutes) 1 second (over 30 minutes)

Timing Features: Single Action, Time-In/Time-Out, Continuous, Cumulative Split, Time-Of-Day, Date, Alarm.

SINGLE ACTION TIMING

1. Press the MODE button until you are in the stopwatch mode (The stopwatch mode is indicated by flashing bars).
2. Press the LAP/RESET button to clear the display to zero.
3. The first press of the START/STOP button starts the stopwatch timing. (This is indicated by the blinking colon)
4. The second press of the START/STOP button stops the stopwatch timing. (This is indicated by the non-blinking colon)
5. After the time is recorded, pres the LAP/RESET button to clear the display to zero. RESET will only clear the display to zero after the stopwatch has been stopped.

TIME-IN/TIME-OUT TIMING

1. Press the MODE button until you are in the stopwatch mode. (Flashing bars)
2. Press the LAP/RESET button to clear the display to zero.
3. The first press of the START/STOP button starts the stopwatch timing. (Blinking colon)
4. The second press of the START/STOP button stops the stopwatch timing. (Non-blinking colon) The stopwatch will hold the reading where stopped (Time-Out).
5. The third press of the START/STOP button starts the stopwatch at the point that it was previously stopped (Time-In). Any number of Time-Out/Time-In intervals may be taken.
6. At the end of the timing, press the START! STOP button to stop the stopwatch, record the time, and then press the LAP/RESET button to clear the display to zero. RESET only clears the display to zero when the stopwatch has been stopped.

CONTINUOUS TIMING

For timing which lasts for over 24 hours, the stopwatch instantly rolls over to zero when the maximum display is reached, and continues timing. Simply make note of the days which have elapsed.

CUMULATIVE SPLIT TIMING

Cumulative split timing freezes the display for partial times while the internal dock continues to run and measure total elapsed time. Each press of the LAP/RESET button captures the split cumulative timing or displays the running time.

1. Press the MODE button until you are in the stopwatch mode. (Flashing bars)
2. Press the LAP/RESET button to clear the display to zero.
3. The first press of the START/STOP button starts the stopwatch timing. (Blinking colon)
4. The first press of the LAP/RESET button "freezes" the display for recording a time while the internal clock continues to run. The blinking colon indicates the internal dock is running.
5. The second press of the LAP/RESET button releases the display. The display is instantly updated to the cumulative running time.
6. Successive presses of the LAP/RESET button will "freeze" or release the display. Any number of splits may be taken.
7. At the end of the last event, press the START/STOP button to stop the stopwatch and press the LAP/RESET button to clear the display to zero. RESET only clears the display to zero when the stopwatch has been stopped.

While the stopwatch is running, you can save two fast times by pressing the LAP/RESET button first and the START/STOP button second. The non-blinking colon indicates the event time is stopped. The display will show the time of the first event. Release this "frozen split" by pressing the LAP/RESET button again. The total time of the last event will be displayed. Press the LAP/RESET button to clear the display to zero.

SETTING TIME-OFDAY/DATE

1. Press the MODE button until you are in the clock mode.
2. Press the MODE button twice. The unit will display the alarm time with the hour digits flashing and a flashing bar will appear above MO.
3. Press the MODE button again. The unit will display the time-of-day with the seconds flashing and a flashing bar will appear above TU.
4. Press the START/STOP button to set the seconds to zero. (If the seconds are above 30, then pressing START/STOP will reset the seconds to zero and advance the minutes by one).

5. Press the LAP/RESET button and the minutes will flash.
6. Press the START/STOP button to advance the minutes. Note: Pressing the button a single time will advance the display by one, press and hold the button to advance the display rapidly.
7. Repeat steps 5 and 6 to set hours, month, date, and day. Note: When setting hours, an A or P next to the minutes indicates AM! PM time, an H indicates 24-hour time. To display the time in 24-hour format; when hours Is selected, press the START/STOP button until H appears next to the minutes.
8. When finished, press the MODE button to record the changes and return to the clock mode.

To display the date, press and hold down the START/STOP button. (Note: You must be in the clock mode)

TO SET ALARM TIME

1. Press the MODE button until you are in the dock mode.
2. Press the MODE button twice. The unit will display the alarm time with the hour digits flashing and a flashing bar will appear above MO.
3. Press the START/STOP button to advance the hours. Note: Pressing the button a single time will advance the display by one, press and bold the button to advance the display rapidly.
4. Press the LAP/RESET button. The minutes will flash.
5. Press the START/STOP button to advance the minutes. Note: Pressing the button a single time will advance the display by one, press and hold the button to advance the display rapidly.
6. Press the MODE button to return to the clock mode.

To display the alarm time, press and hold down the LAP/RESET button. (Note: You must be in the clock mode)

ALARM

To turn the alarm on or oft, press the MODE button until you are in the time-of-day display. Press and continue to hold down the LAP/ RESET button and press the START/STOP button. Each press of the START/STOP button successively turns the alarm @))) on or off. When the alarm is activated, @))) will appear in the box above the seconds. When the alarm time is reached, the alarm will sound for one minute and then automatically turn off to preserve the battery life. A sounding alarm may be turned oft by pressing either of the buttons on top of the unit.

BATTERY INFORMATION

A faint display, incorrect display or no display are all indicators that the battery must be replaced. To replace the battery, turn the battery cap on the back counter-clockwise from the CLOSE position to the OPEN position. Remove the battery cap, Remove the exhausted battery and place a new battery in the unit with the positive side visible to you. Replace the battery cap. Turn the battery cap from OPEN position to the CLOSE position. Equivalent replacement batteries are Ray-O-Vac 392, Everready 392 or Duracell D392.

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