Module No. 471

READING THE DISPLAY

[Regular timekeeping mode]
Day
PM   Date
Ⓑ
Ⓒ
Second
Ⓛ Ⓡ (Changes between
Hour   12/24 hour formats)
Minute

Press Ⓒ .

[Pacer stopwatch]
Pacer setting
Mode indicator   1/100 sec.
Ⓑ
Ⓒ
Hour   Second
Minute

Press Ⓒ .

[Exercise countdown timer]
Mode indicator
Rhythm indicator
Second
Minute

Press Ⓒ .

[Daily alarm mode]
Mode indicator
Hour   Minute
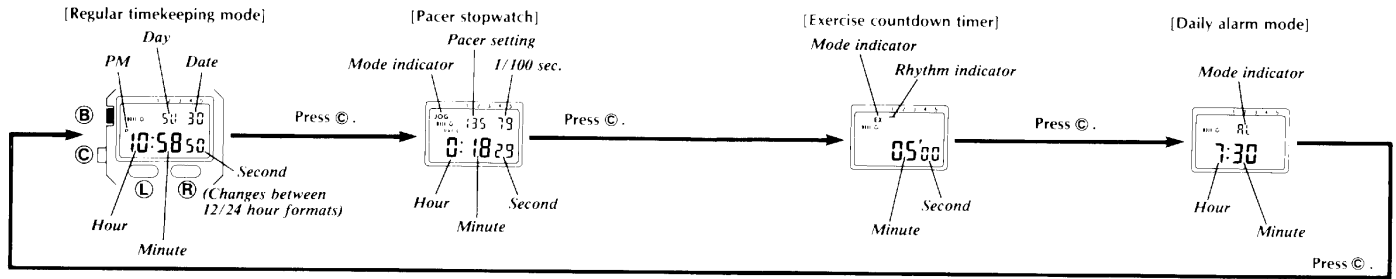
Press Ⓒ .

SETTING TIME AND CALENDAR

Day
PM   Date
Ⓑ
Ⓒ   Second
(Changes
between
Hour   12/24 hour
Minute   formats)
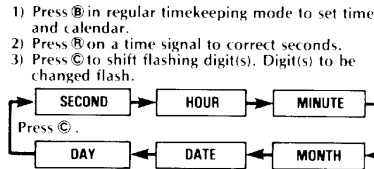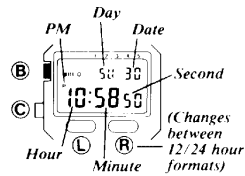
1) Press Ⓑ in regular timekeeping mode to set time and calendar.
2) Press Ⓡ on a time signal to correct seconds.
3) Press Ⓒ to shift flashing digit(s). Digit(s) to be changed flash.

| SECOND | → | HOUR | → | MINUTE |
Press Ⓒ .
| DAY | ← | DATE | ← | MONTH |

4) Each press of Ⓡ increments digit. Keep pressed to change at high speed.
(Auto-retrieve function)
Display automatically returns to regular timekeeping mode display if no button is pressed for 2 to 3 minutes.
(Independent correction)
Correction of any digit(s) can be skipped by pressing Ⓒ .
5) Press Ⓑ to complete setting.

PACER STOPWATCH

Pacer setting
Mode indicator
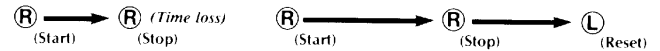1/100 sec.
Ⓑ
Ⓒ
Hour   Second
Minute
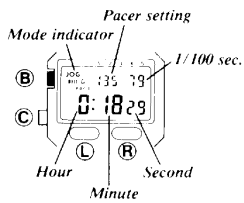
A signal confirms start/stop and split/reset operation. Speed of pacer signals can set form 60 times per minute to 210 times per minute. (Working range) Total elapsed time display is limited to 23 hours 59 minutes 59.99 seconds. For longer times reset and start again.
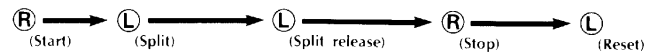
[Setting pacer signals]
1) Press Ⓑ in pacer stopwatch mode.
Unless pacer signal function is canceled (display show "--"), pacer signals at speed shown on display.
2) Each press of Ⓡ (or Ⓛ) increases (or decreases) speed of signals by 5. Keep pressed to change at high speed.
*Setting "--" switches pacer signals off.
3) Press Ⓑ to complete setting.
*Pacer signal speed can be changed or canceled during stopwatch timing.
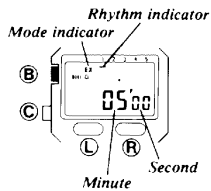
a) Net time measurement
Ⓡ → Ⓡ (Time loss) Ⓡ → Ⓡ → Ⓛ
(Start)   (Stop)   (Start)   (Stop)   (Reset)

b) Split time measurement
Ⓡ → Ⓛ → Ⓛ → Ⓡ → Ⓛ
(Start) (Split) (Split release) (Stop) (Reset)

c) 1st-2nd place times
Ⓡ → Ⓛ → Ⓡ → Ⓛ → Ⓛ
(Start) (Split) (Stop) (Split release) (Reset)
         First   Second finisher. Record time of
         finisher. Record time of   second finisher.
                    first finisher

EXERCISE COUNTDOWN TIMER

Rhythm indicator
Mode indicator
Ⓑ
Ⓒ
Ⓛ Ⓡ
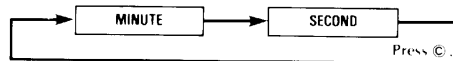Minute   Second

The 5 different rhythmic patterns in this mode can be used as pacer signals for a variety of sports, such as aerobics, jogging, etc.
Countdown can be set from 1 second to 60 minutes. Press Ⓡ to start or stop countdown. If no rhythm is selected, beeper sounds for 10 seconds when display reaches zero. Press any button to stop beeper. If rhythm is selected, set time is automatically retrieved when display reaches zero and repeats countdown with next rhythm.
*Rhythm can be changed during countdown by pressing Ⓛ .

[Rhythm demonstration]
Each rhythm can be selected by pressing Ⓛ and sounds as long as Ⓛ is held down.

| 1. Electronic pop | → | 2. Salsa | → | 3. Shuffle |
| No rhythm | ← | 5. Rock | ← | 4. Disco |

[Setting countdown time]
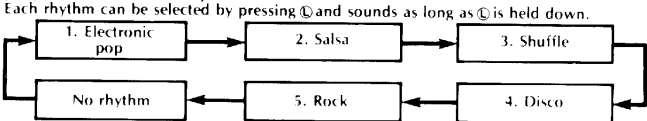1) Press Ⓑ in exercise countdown mode to set new time.
2) Pressing Ⓡ increments digit(s). Keep pressed for high speed change.
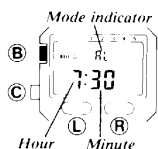3) Press Ⓒ to shift flashing digit(s).

| MINUTE | → | SECOND |
Press Ⓒ .

(Auto-retrieve function)
Display automatically returns to initial daily alarm mode display if no button is pressed for 2 to 3 minutes.
4) Press Ⓑ to complete setting.

DAILY ALARM OPERATION
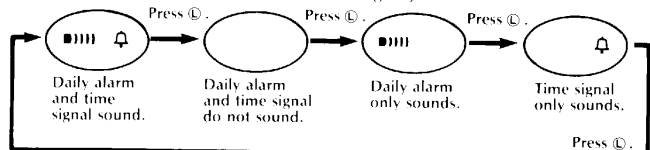
Mode indicator
Ⓑ
Ⓒ
Hour   Minute

Beeper sounds for 20 seconds at preset time every day until cleared when daily alarm is set. Press any button to stop beeper. Signal sounds every hour on the hour if time signal is set.
(Sound demonstration) Press and hold Ⓡ in alarm mode to sound beeper.

[Setting daily alarm]
1) Press Ⓑ in daily alarm mode to set hour. Pressing Ⓡ increments digit(s). Keep pressed for high speed change.
2) Press Ⓒ to set minute digits. Pressing Ⓡ increments digit(s). Keep pressed for high speed change.
(Auto-retrieve function)
Display automatically returns to initial daily alarm mode display if no button is pressed for 2 to 3 minutes.
3) Press Ⓑ to complete.

[On or off setting of daily alarm and time signal]
Press Ⓛ .   Press Ⓛ .   Press Ⓛ .
Daily alarm   Daily alarm   Daily alarm   Time signal
and time   and time signal   only sounds.   only sounds.
signal sound.   do not sound.
Press Ⓛ .

*Alarm time is displayed in the 24-hour system when timekeeping is in 24-hour system.