



**BUTTONS:**  
**HOLD** the button to perform [bracketed] functions (printed on the label in yellow).  
**TC** (top center) RATE [STORE]–ON [OFF]  
**TR** (top right) START/STOP  
**TL** (top left) SPLIT [CLEAR]  
**FL** (top left) LAP/CUM [NEXT SEG]  
**FR** (top center) RECALL [EXIT RECALL]

Brief instructions:

**Setting up on the day, just prior to each division**

(If required) To switch on/off:	Press and hold [ TC ] top centre
<b>To clear all memories:</b>	Make sure watch is stopped. Press and hold [ TL ] top left, watch will beep and “Clear Seg” will display... keep hold... “Clear All” will display... keep hold until beeping stops and lots of zeros are displayed.
<b>*IMPORTANT* Make sure display is in Cumulative display mode, and not Lap display mode:</b>	Check that Top right of upper display shows “CUM”. If it shows “LAP” then press [ FL ] front left
Final check prior to setting watches running:	Upper displays should have all zeros. ‘CUM’ should be displayed in top right of main display. Bottom right (memory) box should display “1 seg”
Synchronise both main and both backup watches	Press start [ TR ] together. Then put on yellow covers to leave [ TL ] exposed for taking lap times as boats pass the timing line.

### Basic setup instructions, Setting Time and Date:

Don't worry too much about exact time/date synchronisation. The actual boat times are taken from the running stopwatch. The time/date is used just to be able to note at what actual time of the day the event started

<b>To display time/date:</b>	Press [ FL ] and [ FR ] together to display time & date for 5 seconds.
<b>To set the Time and Date:</b>  Thoroughout this setup, [ FL ] choses next item [ FR ] changes it Press and hold [ FL ] to exit (watch will beep)	Press and hold [ FL ] and [ FR ] until watch beeps; Press [ FL ] three times until 12hr / 24hr option appears. Toggle this with [ FR ]  Press [ FL ] to move to next item and [FR ] to change it.  Press and hold [ FL ] to exit at any time (watch will beep)