INSTRUCTION MANUAL *FOR CHRONO 100 MODEL*

Congratulations on your purchase. <u>This manual contains instructions for chrono 100 models</u>. The packaging and the accent color on each product will help you determine which model you have. Depending on which model you have, you will be able to count laps, keep track of elapsed time, and review summary statistics at the end of your workout. Products can be used for swimming, walking, running, cycling, in-line and speed skating, or any activity where you need to count events or keep track of time.

Feature:
- 1/100 sec 100 Memory chronograph
- Large digits
- Elapsed time, Split time
- Fastest, Slowest and Average lap times
- Up to 100 individual lap times
- Simple 1 button operation
- Clear tactile feedback for button
- Water resist 5 ATM

GENERAL INSTRUCTIONS

Each product is easy to use. It's operated with one hand and doesn't interfere with the natural flow of exercise. You should take the time to try it before you jump into your exercise routine. Practice putting your through its functions a few times. In most cases, you will want to wear the unit on your index finger (either the right or left hand may be used). Make sure it is oriented with the button on the side of your finger so you can comfortably reach the button with your thumb. This makes it easier to use and see during an activity than other timers and counters.

PRACTICE SESSION

This section of the instructions takes you through a practice session. The figures illustrate what you should see on the display as you work through the paces.

POWER-UP

Press the button with your thumb to start the unit. On power-up, the display will show all "8's" for three seconds and then show all "0's", which shows that your Chrono 100 is powered up and ready to use (Fig.1).
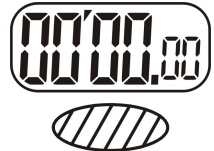
Fig. 1

TIMING AND COUNTING LAPS

Press the button to start timing. The display will show running time (Fig. 2). Press the button again to show the first lap number completed (Fig. 3). The lap number will show on the display for 3 seconds. The display will then show the blinking Lap Split Time for the lap just completed for 7 seconds (Fig. 4), then the display will return to cumulative running time again. If the button is pressed within 10 seconds or less from the last press, the next lap number and time will be displayed without showing total elapsed time.
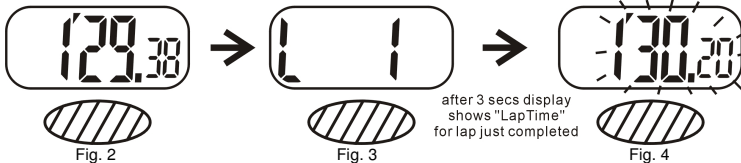
after 3 secs display shows "LapTime" for lap just completed

Fig. 2   Fig. 3   Fig. 4

TIMING OVER 1 HOUR

When elapsed time exceeds 1 hour, the display shifts two digits, i.e., instead of displaying minutes, seconds, tenths and hundredths of seconds, it will now display hours, minutes, and seconds. In that case, a black bar will appear over the two digits on the right to indicate that they now refer to seconds (Fig. 5). The Chrono 100 will time up to 99"59.59 , after which display will show 00'00.00 and start over. In Running Mode, if no button has been pushed for 24hrs, your Chrono 100 will go into sleep mode (the display goes blank to save battery life). All relevant data will begin to blink when the hours exceed 100.
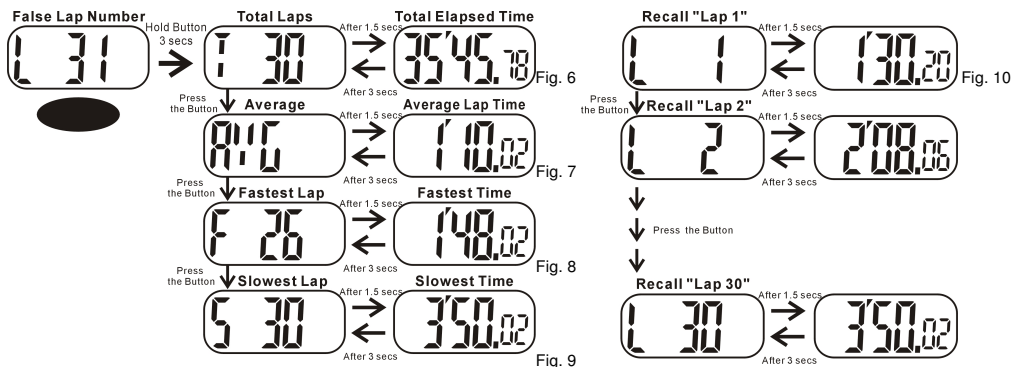
Fig. 5

SUMMARY MODE/RESET

Press the button at the end of your final lap (a regular quick press) and then, to finish the timed activity and go into the **SUMMARY** mode, <u>press and hold the button for three seconds</u>. You can do this immediately or even hours later. Chrono 100 "knows" that the time between the end of the final lap and the time you held the button down to go into summary mode was not a true lap, and it will automatically eliminate the "false lap" so that your workout statistics will be accurate. For example, if you completed 30 laps, and some time later held the button down to go into the summary mode, the Chrono 100 will display the "false lap" number 31, as shown in (Fig. 6). It will then discard the false lap data, and display the corrected total lap count, "T 30". In 1.5 seconds, it will automatically display the **TOTAL TIME**, and flip back and forth between **TOTAL LAP** count and **TOTAL TIME** every 1.5 seconds.

Push the button again to show the **AVERAGE LAP**, 1,10.02 in the Fig.7 example. **FASTEST LAP** number and **FASTEST LAP** time come next (Fig. 8), followed by. **SLOWEST LAP** number and **SLOWEST LAP** time (Fig.9). Pressing the button after this will start the summary over again with **TOTAL LAP** count and **TOTAL TIME**. Pressing the button after this will show the individual **LAP** times starting from LAP 1 through the last LAP, then return to **TOTAL TIME**.

False Lap Number | Hold Button 3 secs | **Total Laps** | After 1.5 secs | **Total Elapsed Time**

L 31 → t 30 ⇄ 3545.78 Fig. 6

Press the Button ↓ | After 1.5 secs

Average AVG | After 1.5 secs | **Average Lap Time** 110.02 Fig. 7

Press the Button ↓ | After 3 secs

Fastest Lap F 26 | After 1.5 secs | **Fastest Time** 148.02 Fig. 8

Press the Button ↓ | After 3 secs

Slowest Lap S 30 | After 1.5 secs | **Slowest Time** 350.02 Fig. 9

Recall "Lap 1" L 1 | After 1.5 secs 130.20 Fig. 10

Press the Button ↓ | After 3 secs

Recall "Lap 2" L 2 | After 1.5 secs 208.06

↓ Press the Button ↓

Recall "Lap 30" L 30 | After 1.5 secs 350.02

After 3 secs

INDIVIDUAL LAP MEMORIES

After you have gone through the summary mode statistics, push the button once again to begin reviewing individual lap times (Fig. 10). It will start with"L1, flipping to the time for lap 1, push the button to go to lap 2, etc. The Chrono 100 can only store the first 100 LAP times, however statistics such as average, fast slow and total lap times remain accurate for up to 999 laps. When the 100 memories are used up, the elapsed time display will flash.

RESET/TURN OFF

From the SUMMARY MODE, press and hold the button 3 seconds to **RESET** the chronograph, and the display will once again return to zeros. But be careful, because when you reset your Chrono 100, all lap times will be erased. When left in the reset mode for 30 minutes, the display will shut down automatically to conserve battery life. Press the button to re-activate.

CARE FOR YOUR MODEL

WATER-RESISTANCE

All models are designed and manufactured to withstand the water pressure involved with normal swimming, but not diving. After swimming, please be sure to wash the model with fresh water and clean it with a dry cloth before storage.

TEMPERATURE

Do not leave your model under direct sunlight or in very high temperatures for a long time, or the display may become black. Do not leave your model in very low temperature as this may cause a slight time loss or gain and the change of digits becomes slow. In both cases, the above conditions will be corrected when the model returns to normal temperature.

SHOCKS

Be careful not to drop your model or hit it against hard surfaces as it may cause mechanical damage.

STATIC ELECTRICITY

The integrated circuit in your model can be affected by static electricity. If the static electricity is very strong, permanent damage can occur. Be careful of the screen of the TV set and the wearing of clothing made of synthetic materials in dry weather; in such cases a very strong static electricity can be generated.

CHEMICALS

Do not expose your model to solvents such as gasoline and alcohol, spray of cosmetics, cleaners, paints etc as they may cause damage to the model.

BATTERY CHANGE

When the display becomes dim or turned off, battery replacement is necessary. We recommend you to go to your dealer or a qualified technician. Replace with Lithium battery CR1216 or equivalent.

LIMITED ONE YEAR WARRANTY

Your model is warranted to be free from defects in material and workmanship for a period of one year from the date of purchase (unless otherwise specified below in Exceptions & Exclusions From Warranty). The following is important information concerning the coverage availability and applicability of the limited one year warranty and the procedure to be followed to obtain service. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.
Within the warranty period, your model will either be repaired at the Service Center or, at our discretion, replaced with a new or refurbished.

EXCEPTIONS & EXCLUSIONS FROM WARRANTY

This warranty does NOT cover the battery, crystal, or band. Warranty service will not be provided if:
● there was damage while in the possession of the consumer not resulting from a defect of manufacture
● there was damage caused by tampering with or opening the model or by other than normal use
● repairs have been performed other than by qualified Service Center personnel.