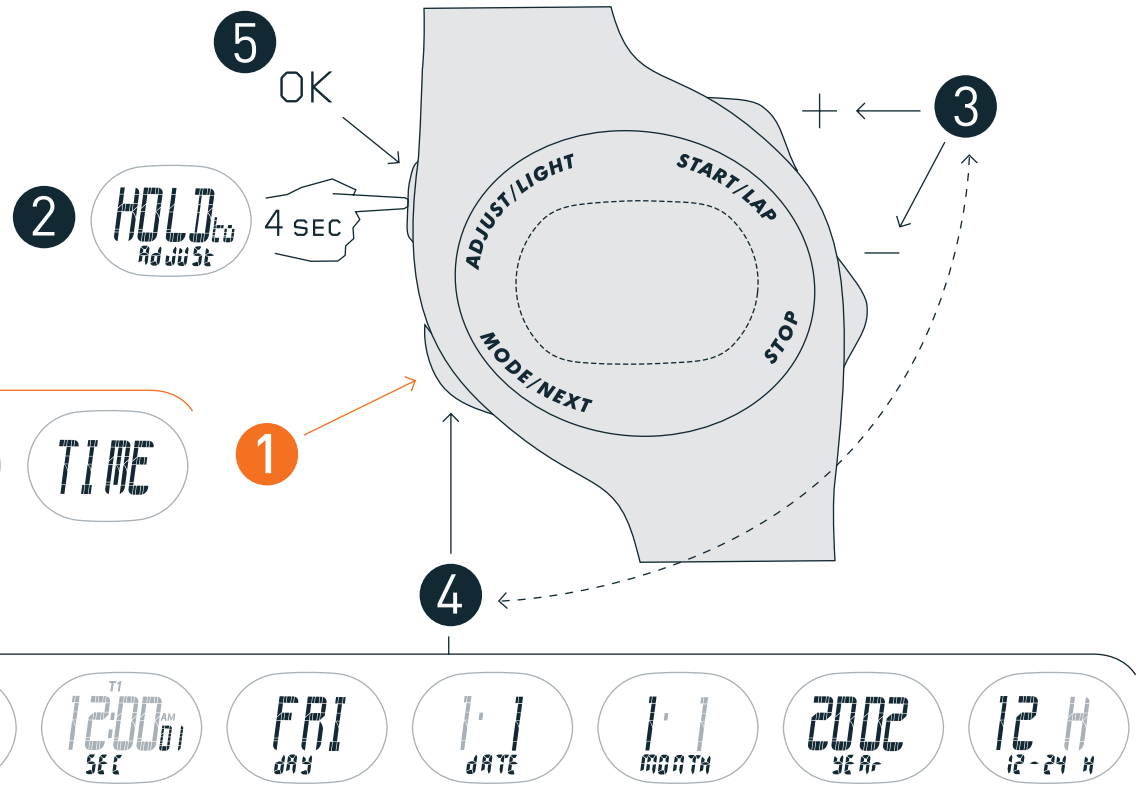


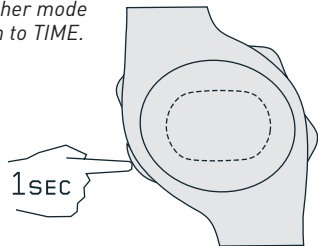
# TIME

In TIME mode you can set time and calendar information and adjust your watch's display settings.

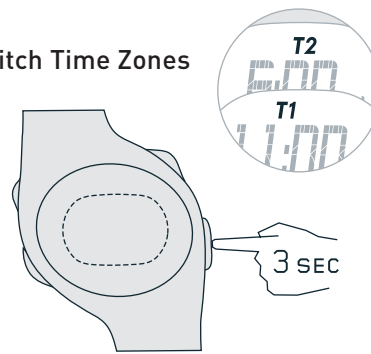


### Time Warp

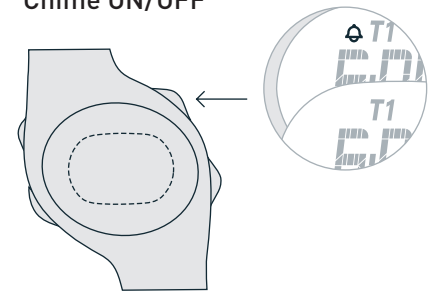
Hold for 1 second in any other mode to return to TIME.



### Switch Time Zones



### Chime ON/OFF

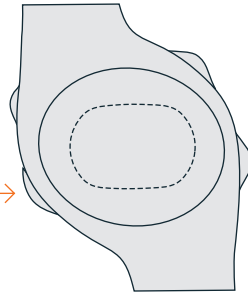


# CHRO

In CHRONOGRAPH mode you can capture lap, split and run times. Save your times for review in DATA mode.

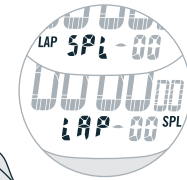
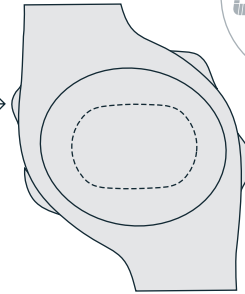


1



Choose Display:  
Lap / Split

2

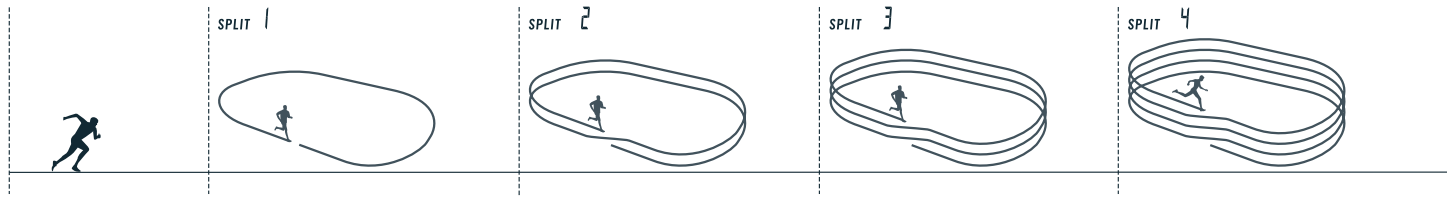


Mark Laps



or

Mark Splits



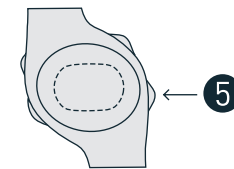
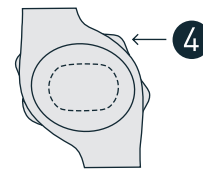
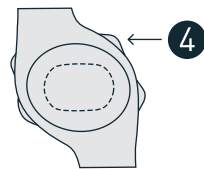
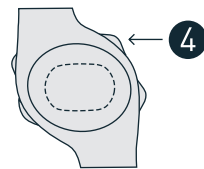
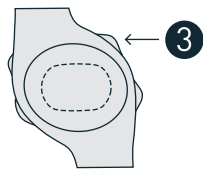
Start

Mark Lap/Split

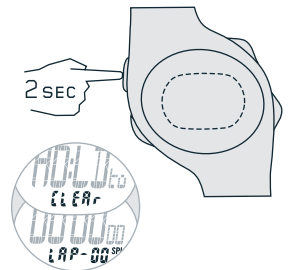
Mark Lap/Split

Mark Lap/Split

Stop Run



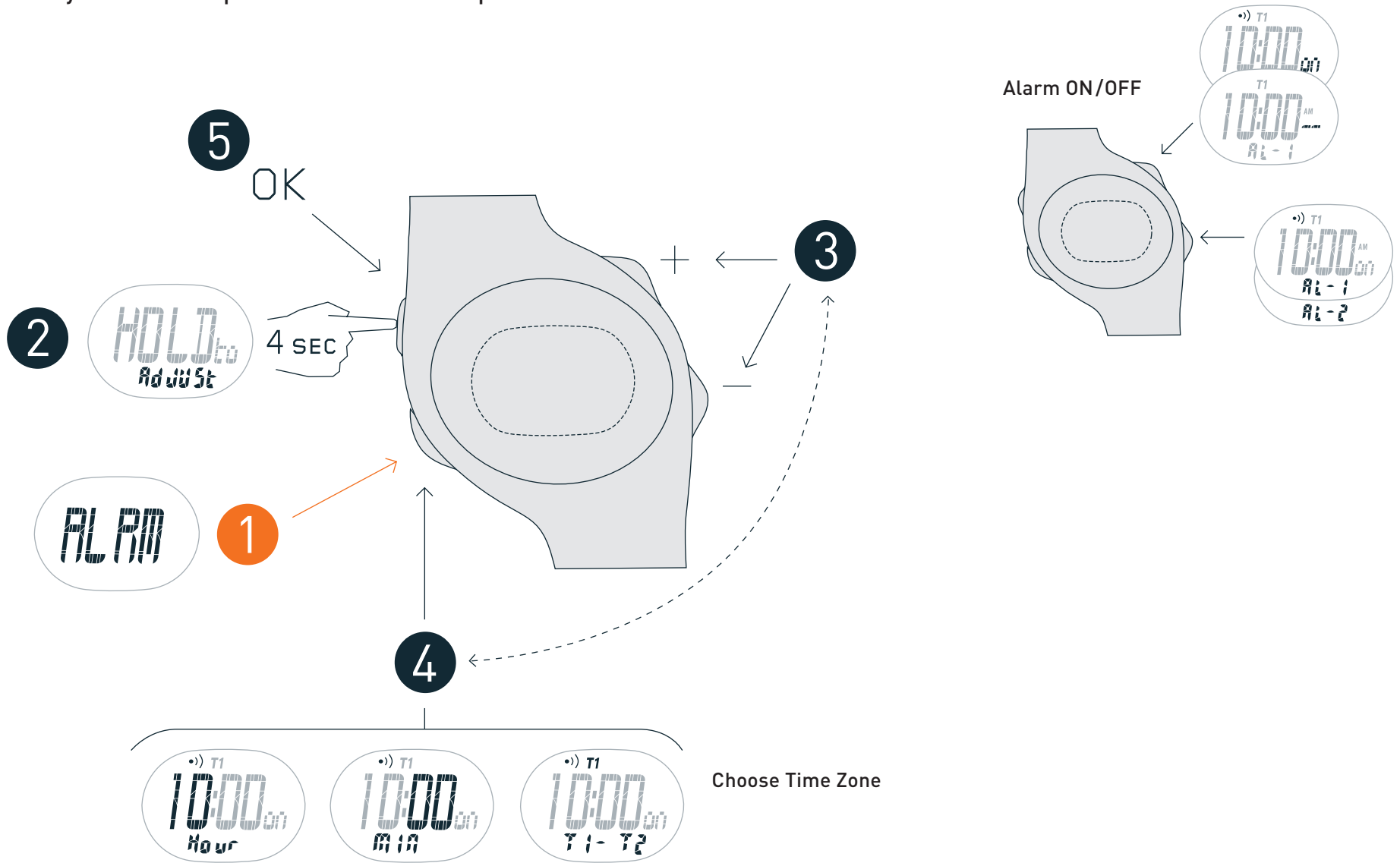
6 Reset



You will have 7 seconds to read your lap or split time.

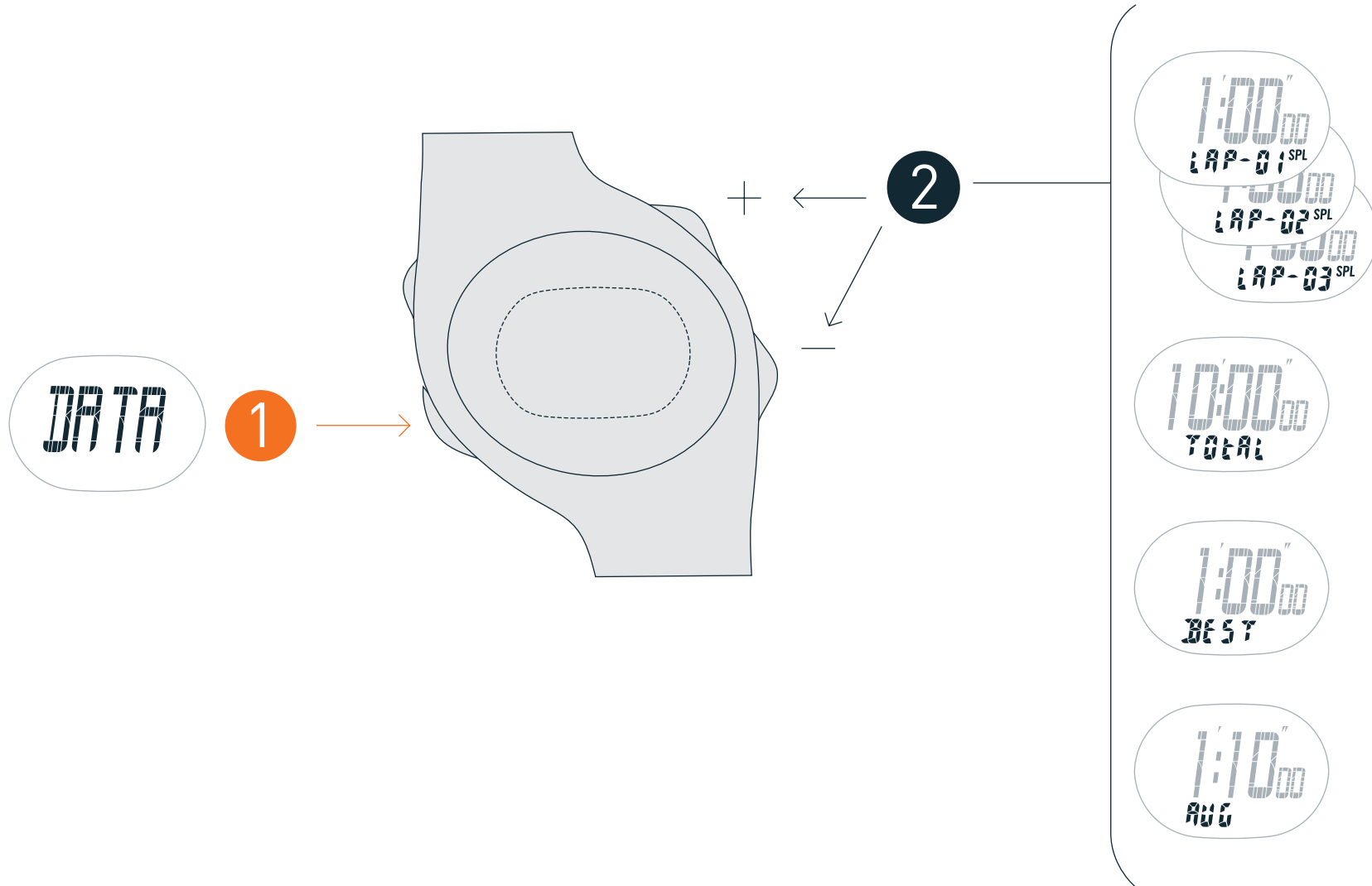
# ALARM

In ALARM mode you can set 2 alarms within 2 time zones.  
Press any button to stop alarm. Alarm will stop after 20 seconds.



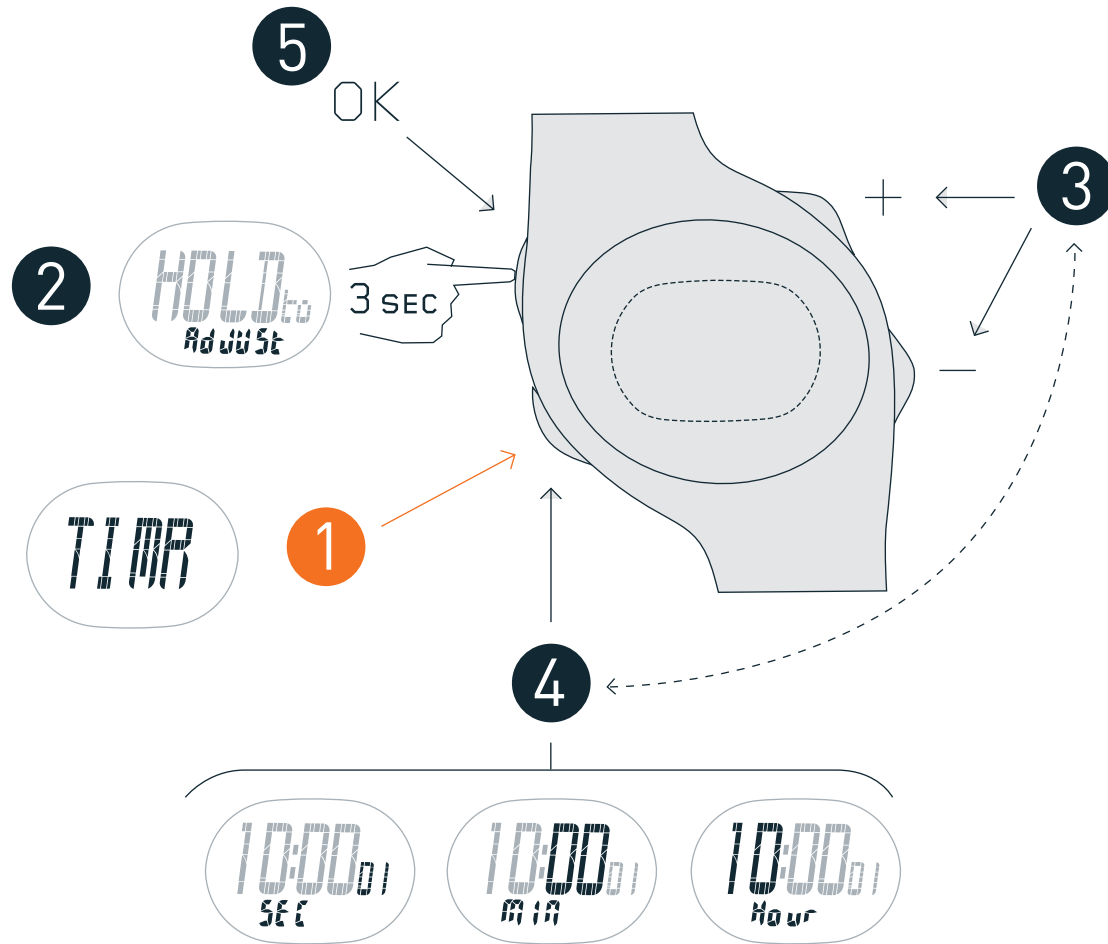
# DATA

In DATA mode you can review lap, split and run times.  
Record your times in CHRONOGRAPH mode.



# TIMER

In TIMER mode you can set a repeating timer for your workout.



Start & Stop  
Countdown

