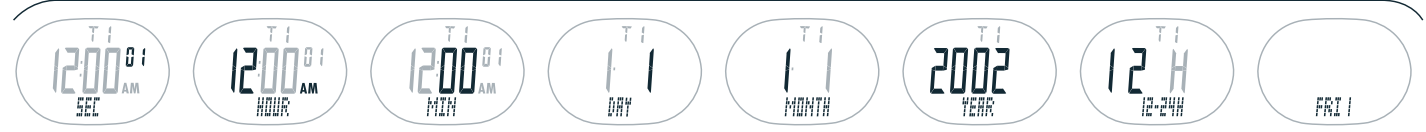
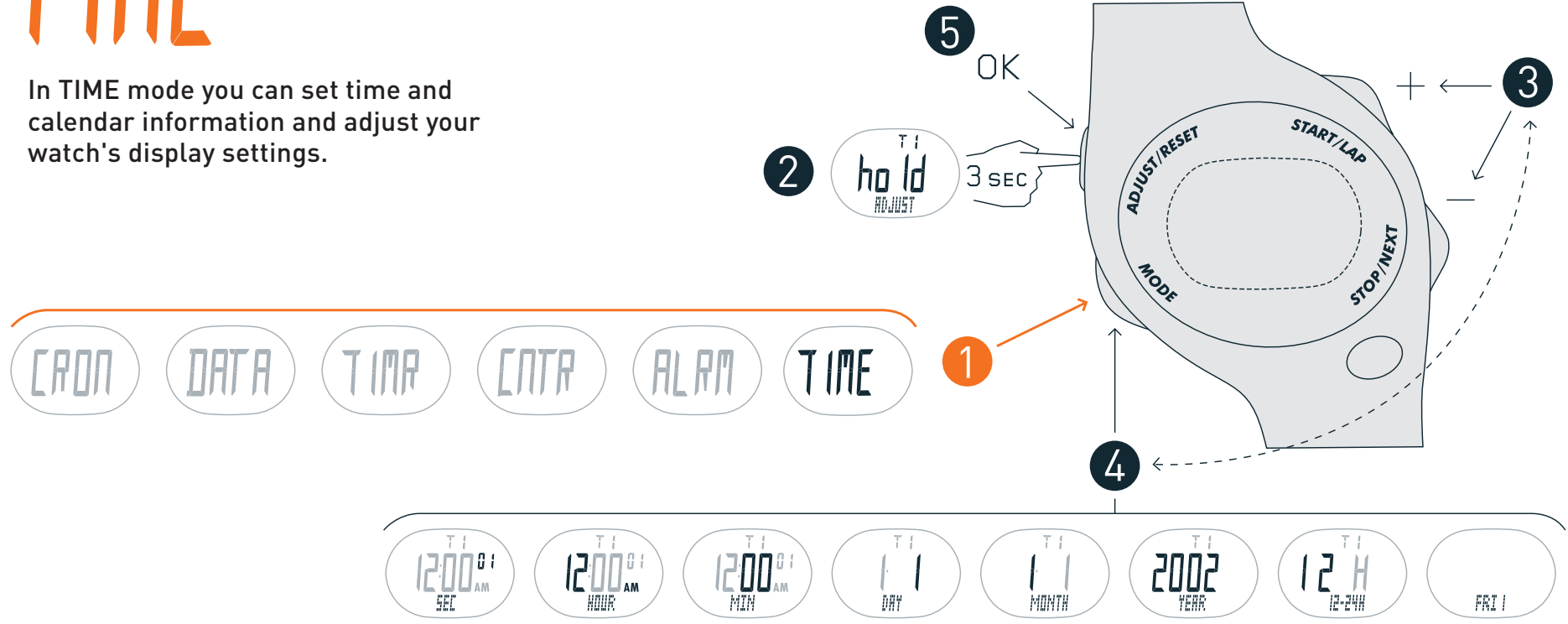


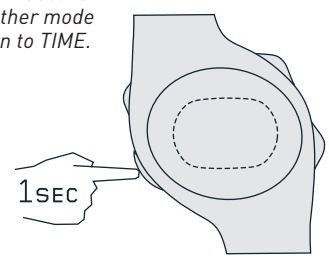
# TIME

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

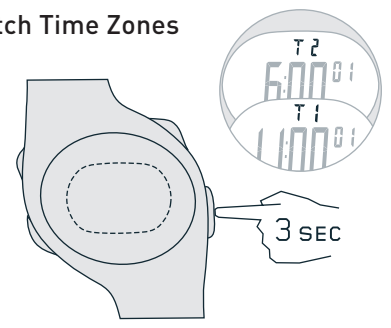


### Time Warp

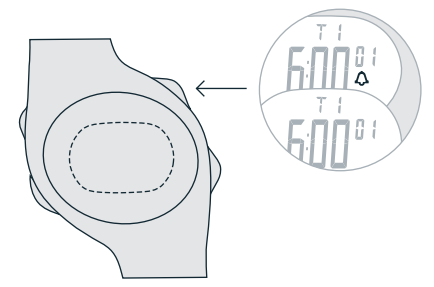
Hold for 1 second in any other mode to return to TIME.



### Switch Time Zones



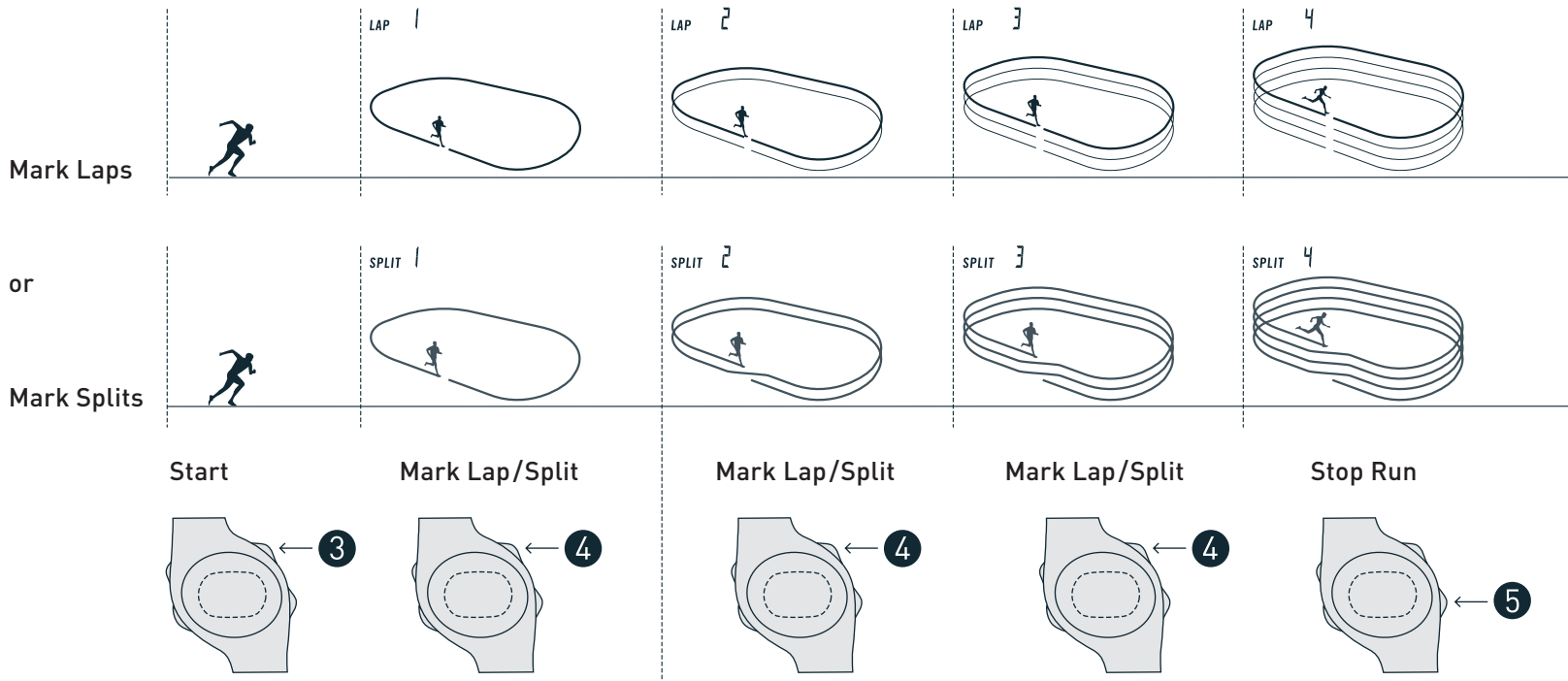
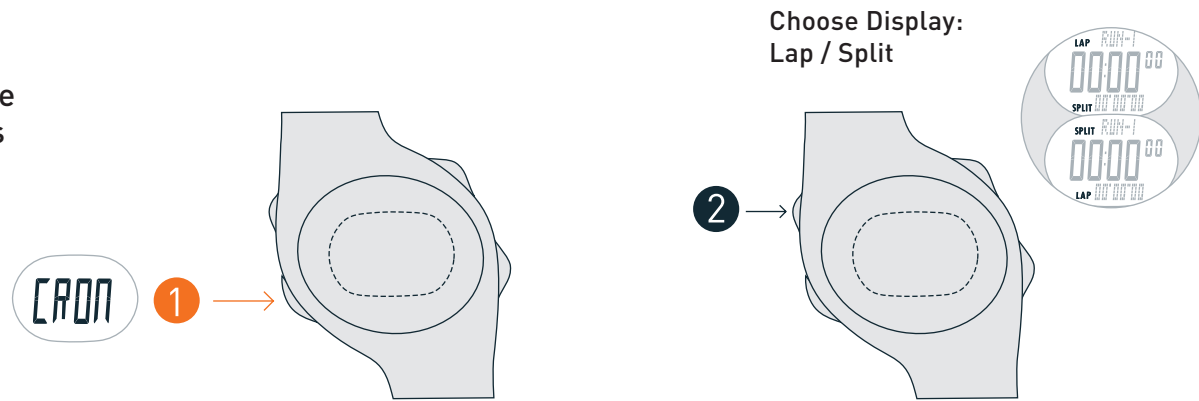
### Chime ON/OFF



Electrolite

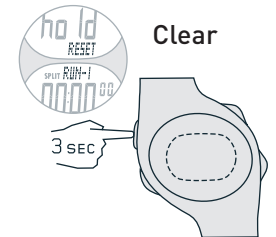
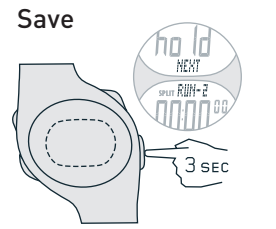
# CRON

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



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

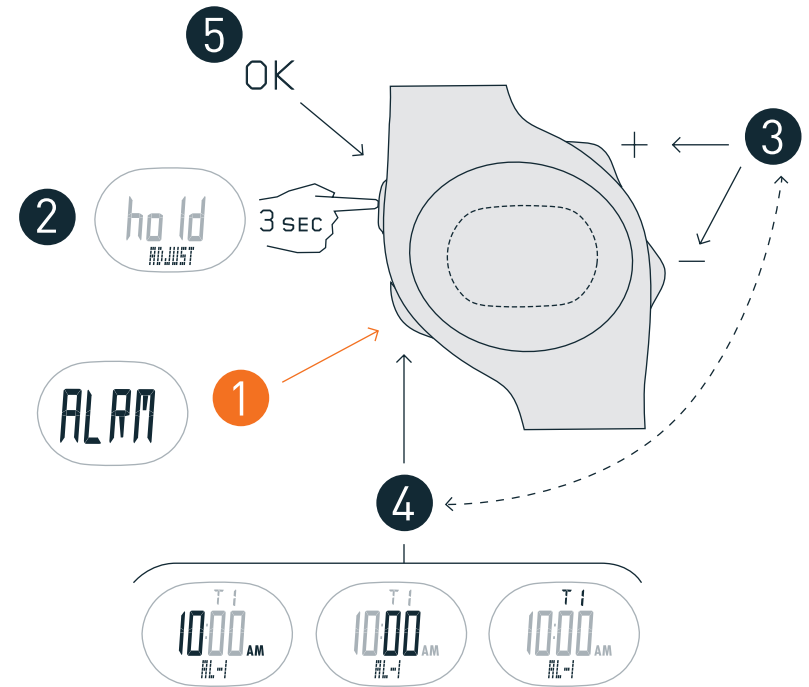
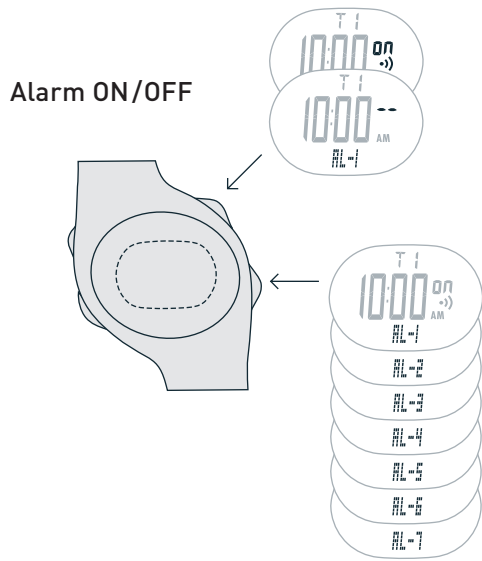
## 6 Choose Save Run or Clear Run



**FULL**  
If watch is full, delete runs in DATA mode

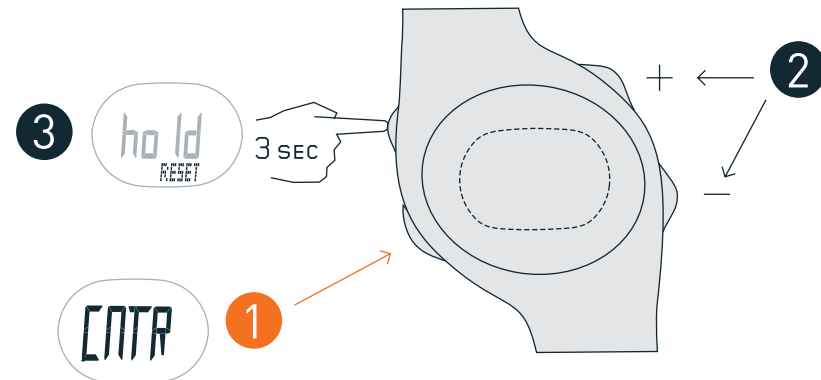
# ALARM

In ALARM mode you can set 7 alarms within 2 time zones.  
Press any button to stop alarm. Alarm will stop after 20 seconds.



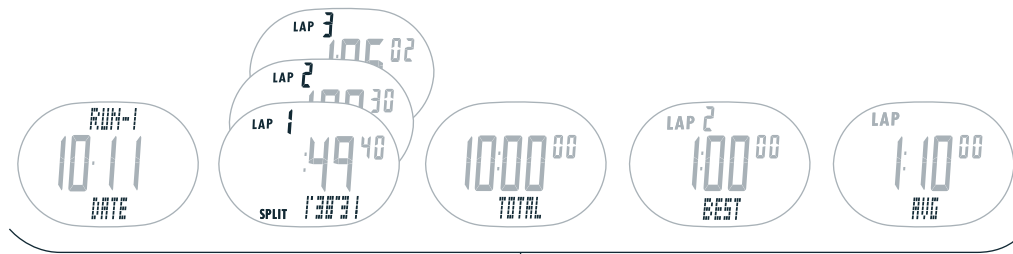
# CNTR

In COUNTER mode you can count in positive and negative increments. Use COUNTER to keep track of golf strokes, baseball innings, running miles or other.



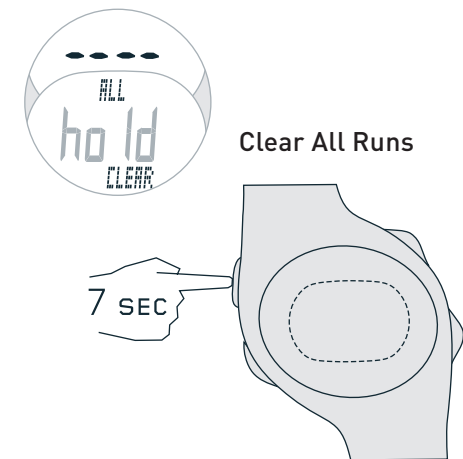
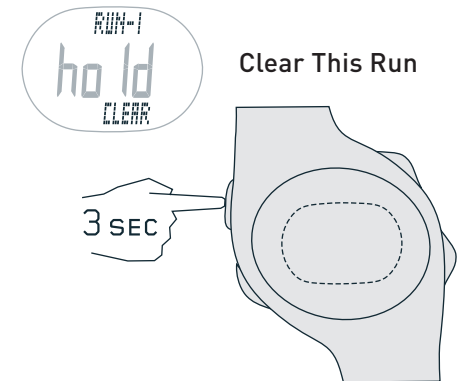
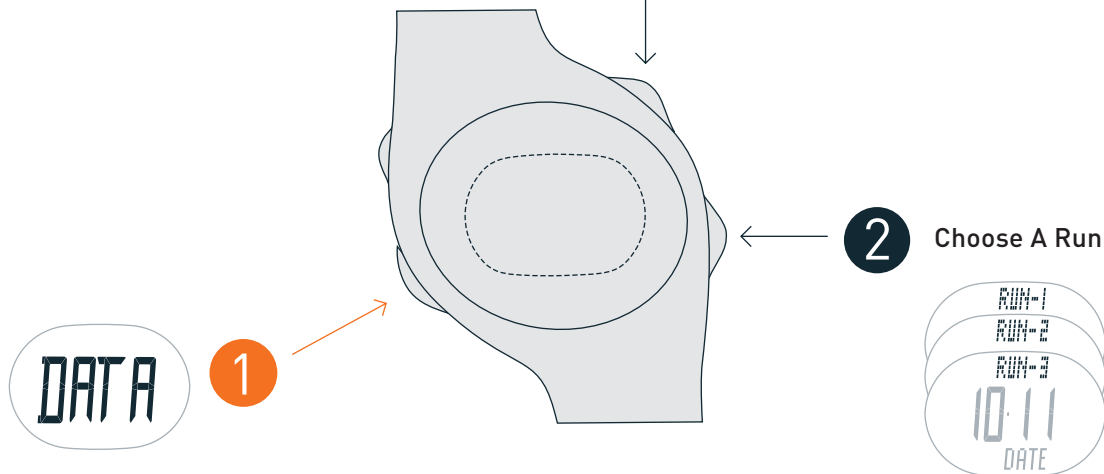
# DATA

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



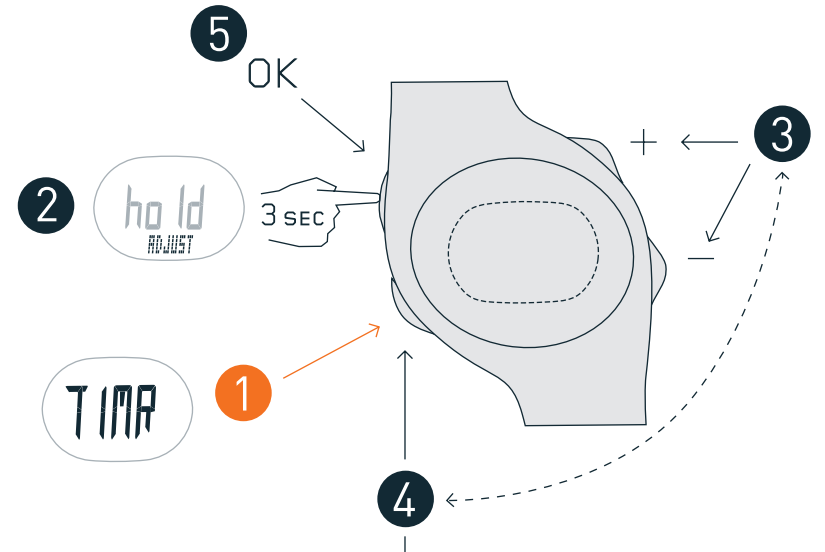
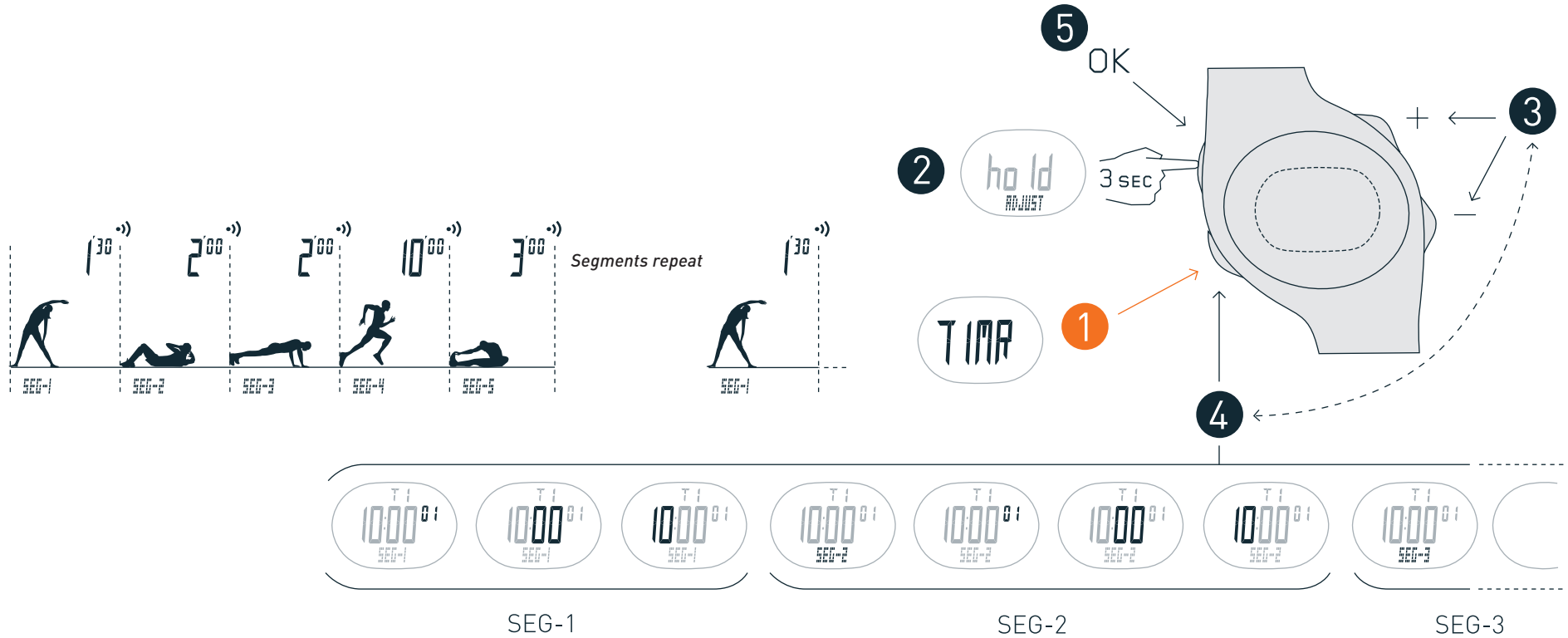
3

View Lap/Split/Run Time

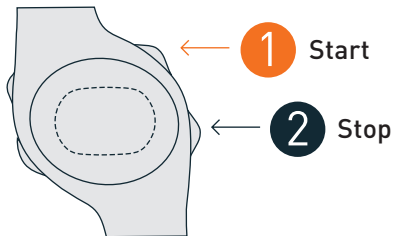


# TIMER

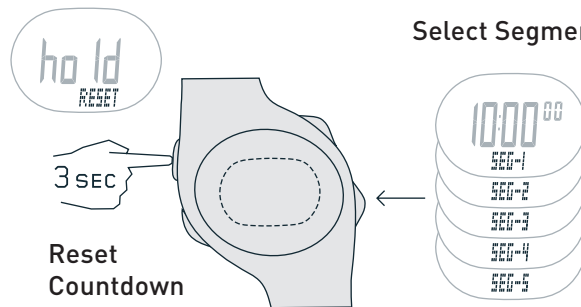
In TIMER mode you can set up to 5 timed training segments.



Start & Stop  
Countdown



Select Segment



Clear All  
Segments

