

## SPECIFICATIONS

Stopwatch—  
Timing capacity: 9 hr, 59 min, 59 sec, 99/100  
Resolution: 1/100  
Countdown—  
Timing capacity: 99 hr, 59 min, 59 sec  
Resolution: 1 second

## ENTERING TIMING MODES

Repeatedly pressing the MODE button toggles through the different timing modes available. The position of the solid bar at the bottom of the display, appearing above the captions, indicates the current mode.

STPW = Stopwatch mode  
AUTO = Auto-Repeat Countdown Timer  
DUAL = Dual Display  
PACE = Pacer  
1-60 = Pre-set Countdown Timer (rotary switch)

Example:

STPW AUTO DUAL PACE 1-60  
The solid bar above "PACE" indicates the unit is in the Pacer mode.

NOTE: Modes may not be used simultaneously. In order to switch modes using the MODE button, the mode being displayed must not be running and must be reset. To reset any timing mode, timing must be stopped and then the SPLIT/RESET button must be pressed.

## STPW - STOPWATCH - Single Action Timing

1. Press the MODE button to select the stopwatch mode (STPW).
2. Press the SPLIT/RESET button to clear the display.
3. Press the START/STOP button to begin timing.
4. Press the START/STOP button to stop timing.
5. Press the SPLIT/RESET button to clear the display and reset the stopwatch.

## STPW - STOPWATCH - Time In/Time Out Timing

1. Press the MODE button to select the stopwatch mode (STPW).
2. Press the SPLIT/RESET button to clear the display.
3. Press the START/STOP button to begin timing.
4. Press the START/STOP button to stop timing. The timer holds the reading where it was stopped (Time-Out). The upper display will "freeze" showing the Interval time. The lower display will "freeze" showing the cumulative time.

Each press of the START/STOP button will increment the number that appears in the "COUNT" box. The stopwatch stores into memory the last 8 Time-Out times. These times can be re-called after timing has been completed.

5. Press the START/STOP button to resume timing from the point that it was stopped (Time-In). The upper display will show the time interval since the most recent press of the START/STOP button. The lower display will show the current running time.

Any number of Time-Outs may be taken.

6. Press the START/STOP button to stop timing.
7. To recall the last 8 Time-Out times, press the RECL Δ button. Each press of the RECL Δ button will cycle the display through the Time-Out times that have been stored into memory.
8. Press the SPLIT/RESET button to clear the display and reset the stopwatch. Pressing the SPLIT/RESET button also clears the times from memory.

## STPW - STOPWATCH - Cumulative Split / Lap Interval

Cumulative Split Timing freezes the display for partial cumulative event times while the internal clock continues to run. Each press of the SPLIT/RESET button displays the total cumulative time since the START/STOP button was pressed.

Lap Interval Timing yields a readout of each individual time increment of a connected series of events. Each press of the SPLIT/RESET button displays the time interval since the previous press of the SPLIT/RESET button.

Interval time appears on the upper display, Cumulative time appears on the lower display.

1. Press the MODE button to select the stopwatch mode (STPW).
2. Press the SPLIT/RESET button to clear the display.
3. Press the START/STOP button to begin timing.
4. Press the SPLIT/RESET button to take a Cumulative/Interval time. The upper display will "freeze" showing the Interval time. The lower display will "freeze" showing the cumulative time. After 5 seconds, the display will return to the current running Interval and Cumulative time.

Each press of the SPLIT/RESET button will increment the number that appears in the "COUNT" box at the upper left corner of the display.

Any number of Cumulative/Interval times may be taken. The stopwatch stores into memory the last 8 Cumulative/Interval times. These times can be re-called after timing has been completed.

5. Press the START/STOP button to stop timing.
6. To recall the last 8 Cumulative/Interval times, press the RECL Δ button. Each press of the RECL Δ button will cycle the display through the Cumulative/Interval times that have been stored into memory.
7. Press the SPLIT/RESET button to clear the display and reset the stopwatch. Pressing the SPLIT/RESET button also clears the times from memory.

## AUTO - AUTO REPEAT COUNTDOWN

The Auto Repeat Countdown mode allows a countdown time to be programmed into the timer. Once programmed and started, the timer will countdown and alarm when zero is reached. The timer then returns to the programmed countdown time and starts counting down again and will alarm again once zero is reached. This operation will continue until stopped.

1. Press the MODE button to select the Auto Repeat Countdown mode (AUTO).
2. Press the SET button to enter the setting mode.
3. To set the desired time, press the SPLIT/RESET button to advance the hours, press the RECL Δ button to advance the minutes, press the START/STOP button to advance the seconds.
4. Once the desired countdown time appears on the display, press the SET button.
5. Press the START/STOP button to begin timing.
6. If a pause in the timing operation is required, press the START/STOP button to "freeze" the display at the current reading (time-out). To resume time at the point it was stopped, press the START/STOP button again (time-in). An unlimited number of time-outs may be taken.

To display the total elapsed time since beginning the countdown repeat operation, press the RECL Δ button. To return to the current countdown time, press the RECL Δ button.

7. Once the display reaches zero, the timer will beep, return to the countdown time and begin counting down. The number that appears in the "COUNT" box will be increased by 1 up to 99.
8. Once timing has been completed, press the START/STOP button.
9. Press the SPLIT/RESET button to clear the display to the programmed countdown time and reset the timer.

## DUAL - DUAL DISPLAY TIMER

The dual display timer mode can be used in three ways:  
SU - Two countdown alarm timers working simultaneously.  
Id - Two countdown alarm timers working independently.  
UP - Two count-up timers working independently.

## DUAL - DUAL DISPLAY TIMER - SU Mode

SU - Two countdown alarm timers working simultaneously.

1. Press the MODE button to select the DUAL mode.
2. Press the RECL Δ button to select "SU".
3. Press the SET button to enter the setting mode.
4. Set the desired time for the lower display countdown timer by pressing the SPLIT/RESET button to advance the hours, the RECL Δ button to advance the minutes and the START/STOP button to advance the seconds.
5. Once the desired countdown time for the lower display countdown timer appears on the display, press the SET button.

6. Set the desired time for the upper display countdown timer by pressing the SPLIT/RESET button to advance the hours, the RECL Δ button to advance the minutes and the START/STOP button to advance the seconds.
7. Once the desired countdown time for the upper display countdown timer appears on the display, press the SET button.
8. Press the START/STOP button to begin countdown timing, both timers will start simultaneously.

To pause both timers, press the START/STOP button to stop countdown timing, both timers will stop simultaneously.

To stop both countdown timers and return to the programmed times, press the START/STOP button to stop the countdown time, then press the SPLIT/RESET and START/STOP buttons simultaneously.

9. Each timer will emit an alert 3 seconds prior to reaching zero. Once zero is reached, the timer will sound an alarm for 5 seconds.
10. Once a timer has reached zero and alarmed, it will return to displaying the programmed time.

## DUAL - DUAL DISPLAY TIMER - Id Mode

Id - Two countdown alarm timers working independently.

1. Press the MODE button to select the DUAL mode.
2. Press the RECL Δ button to select "Id".
3. Press the SET button to enter the setting mode.
4. Set the desired time for the lower display countdown timer by pressing the SPLIT/RESET button to advance the hours, the RECL Δ button to advance the minutes and the START/STOP button to advance the seconds.
5. Once the desired countdown time for the lower display countdown timer appears on the display, press the SET button.

6. Set the desired time for the upper display countdown timer by pressing the SPLIT/RESET button to advance the hours, the RECL Δ button to advance the minutes and the START/STOP button to advance the seconds.
7. Once the desired countdown time for the upper display countdown timer appears on the display, press the SET button.
8. Each press of the START/STOP button starts/stops the lower display countdown time. Each press of the SPLIT/RESET button starts/stops the upper display countdown time.

To return to the programmed times before timing is completed, stop both timers, then press the SPLIT/RESET and START/STOP buttons simultaneously.

9. Each timer will emit an alert 3 seconds prior to

reaching zero. Once zero is reached, the timer will sound an alarm for 5 seconds.

10. Once a timer has reached zero and alarmed, it will return to displaying the programmed time.

#### DUAL - DUAL DISPLAY TIMER - UP Mode

UP - Two count-up timers working independently (no alarms).

1. Press the MODE button to select the DUAL mode.
2. Press the RECL Δ button to select "UP".
3. Each press of the START/STOP button starts/stops the lower display count-up time.  
Each press of the SPLIT/RESET button starts/stops the upper display count-up time.
4. Once timing is completed, stop both channels and, then press the SPLIT/RESET and START/STOP buttons simultaneously to clear the display to zero and reset the timer.

#### PACE - PACER

1. Press the MODE button to select the Pacer Mode (PACE).
2. Press the SPLIT/RESET button to clear the display.
3. Press the SET button to enter the setting mode.
4. Pressing the START/STOP button will increase the pace value, pressing the SPLIT/RESET button will decrease the pace value.

The pacer may be set to one of the following values: 10, 20, 30, 40, 50, 60, 70, 80, 90, 100, 110, 120, 130, 140, 150, 160, 170, 180, 190, 200, 210, 220, 230 and 240.

These values represent counts per minute (i.e., Pace Value 20 = 20 beeps per minute)

5. Once the desired pace value appears on the display, press the SET button.
6. Press the START/STOP button to start the pacer. An audible alarm will sound representing the set pace value.

When running, the lower display will display an incremental counter indicating the total number of "paces" that have occurred. The upper display will display a count-up timer indicating the total time that the "pacer" has been running.

Each press of the RECL Δ button turns the pace alarm on/off. ((((-))) appearing indicates that the pace alarm will sound. The pace alarm may be turned on/off at any time during pacer operation.

7. Once timing is completed, pressing the START/STOP button to stop the pacer.
8. Press the SPLIT/RESET button to clear the display and reset the timer.

#### 1-60 - PRESET COUNTDOWN TIMER

1. Press the MODE button to select the Preset

Countdown Timer mode (1-60).

2. Move the rotary switch to the desired preset countdown time.
3. Press the START/STOP button to begin timing.  
The preset countdown time that has been selected will appear on the upper display. The time remaining in the countdown time will appear in the lower display.

To display the total time that has elapsed, press the RECL Δ button. Each press of the RECL Δ button will toggle the display between the countdown time remaining and the total elapsed time. Once the countdown time reaches zero and alarms, pressing the RECL Δ button will toggle the display between the count-up time since reaching zero and the total elapsed time.

To pause the timer, press the START/STOP button to stop countdown timing.

To stop the timer and return to the preset countdown time, press the START/STOP button to stop the countdown time, then press the SPLIT/RESET button.

4. The timer will emit an alert at 30 seconds and 3 seconds prior to reaching zero. Once zero is reached, the timer will sound an alarm for 5 seconds and will begin counting up.
5. Press the START/STOP button, then press the SPLIT/RESET button to stop the count-up time and reset the display to the preset countdown time

#### ALL OPERATIONAL DIFFICULTIES

If this stopwatch does not function properly for any reason, replace the battery with a new high quality battery (see "Battery Replacement" section). Low battery power can occasionally cause any number of "apparent" operational difficulties. Replacing the battery with a new fresh battery will solve most difficulties.

#### BATTERY REPLACEMENT

An incorrect display, no display or operational difficulties indicate that the battery should be replaced. Use a coin to open the battery cover on the back of the unit (turn the cover approximately 1/8 of a turn counter-clockwise). Insert a new CR2032 size battery with the positive side visible. Replace the battery cover (turn the cover approximately 1/8 of a turn clockwise). Do not over-tighten the battery cover.

## TRACEABLE® COUNTDOWN STOPWATCH INSTRUCTIONS

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