SPECIFICATIONS

Timing Capacity:	23 hours, 59 minutes, 59 seconds
Resolution:	1/100 second (under 30 minutes) 1 second (over 30 minutes)
Features:	Single Action, Time-In/Time-Out, Continuous, Cumulative Split, Time-of-day, Date, Alarm

CLEARING THE DISPLAY TO ZERO

Enter the stopwatch mode by pressing the MODE button. If the stopwatch is running, press the STA/STP (start/stop) button to stop the stopwatch. Press the LAP/ALARM button. LAP/ALARM will clear the display to zero once the stopwatch has been stopped.

SETTING TIME OF DAY/DATE

1. Clear the display to zero.
2. Press the MODE button 4 times until you are in the clock setting mode. (A flashing bar will appear below TU and the unit will display the time-of-day with the seconds flashing.
3. Press the STA/STP button to set the seconds to zero. (If the seconds are above 30, pressing the STA/STP button will reset the seconds to zero and advance the minutes by one.)
4. Press the LAP/ALARM button and the minutes will flash.
5. Press the STA/STP button to advance the minutes.

Note: Press the STA/STP button once to advance the display by one. Press and hold the STA/STP button to advance the display rapidly.

6. Repeat steps 4 and 5 to set hours, date, month, and day of week.

Note: When setting hours, an AM or PM on the display indicates AM/PM time, an H indicates 24-hour time. To display time in 24-hour format; when hours are selected, press the STA/STP button until "H" appears next to the minutes.

7. When finished, press the MODE button to record the changes and return to the time-of-day display.

To display the date, press and hold the DATE/STA/STP button. (Must be in the time-of-day mode.)

SETTING TIME-OF-DAY ALARM

1. Clear the display to zero.
2. Press the MODE button 3 times until you are in the alarm mode (A flashing bar will appear below MO and the unit will display the alarm time with the hours flashing).
3. Press the STA/STP button to advance the hours.
4. Press the LAP/ALARM button. The minutes will flash.
5. Press the STA/STP button to advance the minutes.
6. When finished, press the MODE button to record the changes and return to the time-of-day display.

Note: If the time-of-day has been set in AM/PM time, the alarm time will also be set in AM/PM time. If the time-of-day is set in 24-hour time, the alarm will be set in 24-hour time.

To display the alarm time, press and hold the LAP/ALARM button (you must be in the time-of-day mode.)

TIME-OF-DAY ALARM (enable/disable)

To enable/disable the alarm, press the MODE button to enter time-of-day display mode. Press and hold the LAP/ALARM button (alarm time will be displayed) then press the STA/STP button. Each press of the STA/STP button toggles the alarm on/off. When the alarm is activated an alarm symbol is displayed.

When alarm time is reached, the alarm will sound for one minute and automatically turn off to preserve battery life. A sounding alarm may be turned off by pressing the LAP/ALARM or STA/STP button.

HOURLY CHIME

To enable/disable the hourly chime, press the MODE button to enter time-of-day display mode. Press and hold the LAP/ALARM button (the alarm time will be displayed) then press the MODE button. With each press of the MODE button all of the day-of-the-week bars will appear/disappear. All bars appearing indicates that the hourly chime is enabled. No bars appearing indicates that the hourly chime is disabled.

SINGLE ACTION TIMING

1. Press the MODE button until you are in the stopwatch mode.
2. Clear the display to zero.
3. The first press of the STA/STP button starts the stopwatch timing (indicated by blinking colon).
4. The second press of the STA/STP button stops the stopwatch timing (indicated by non-blinking colon).
5. After the time is recorded, clear the display to zero.

TIME-IN/TIME-OUT TIMING

1. Press the MODE button until you are in the stopwatch mode.
2. Clear the display to zero.
3. The first press of the STA/STP button starts the stopwatch timing (blinking colon).
4. The second press of the STA/STP button stops the stopwatch timing (non-blinking colon). The stopwatch will hold the reading where stopped (time-out).
5. The third press of the STA/STP button starts the stopwatch at the point it was previously stopped (time-in). Any number of Time-out/Time-in intervals may be taken.
6. At the end of the timing press the STA/STP button to stop the stopwatch, record the time, and clear the display to zero.

CONTINUOUS TIMING

For timing which lasts over 24 hours, the stopwatch instantly rolls over to zero when the maximum display is reached and continues timing. Simply make note of the days which have elapsed.

CUMULATIVE SPLIT TIMING

Cumulative split timing freezes the display for partial times while the internal clock continues to run and measure total elapsed time. Each press of the LAP button captures the split cumulative timing or displays the running time.

1. Press the MODE button until you are in the stopwatch mode.
2. Clear the display to zero.
3. The first press of the STA/STP button starts the stopwatch timing (blinking colon).
4. The first press of the LAP button "freezes" the display for recording a time while the internal clock continues to run (blinking colon indicates the internal clock is running).
5. The second press of the LAP/ALARM button releases the display. The display is instantly updated to the cumulative running time.
6. Successive presses of the LAP button will "freeze" or release the display. Any number of splits may be taken.
7. At the end of the last event, press the STA/STP button to stop the stopwatch.

Note: While the stopwatch is running, you can save two fast times by pressing the LAP/ALARM button first and then the STA/STP button second. The non-blinking colon indicates the event time is stopped. The display will show the time of the first event. Release this "frozen split" by pressing the LAP/ALARM button again. The total time of the last event will be displayed.

ALL OPERATIONAL DIFFICULTIES

If this stopwatch does not function properly for any reason, please 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 battery will solve most difficulties.

CONTROL COMPANY
12554 Old Galveston Rd. Suite B230
Webster, Texas 77598 USA
Ph. 281 482-1714 • Fax 281 482-9448
E-mail sales@control3.com
www.traceable.com

Control Company is ISO 9001:2008 Quality-Certified by DNV and ISO/IEC 17025:2005 accredited as a Calibration Laboratory by A2LA.

BATTERY REPLACEMENT

A faint display, incorrect display, erratic display or no display are all indicators that the battery must 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). Remove the exhausted battery and replace it with a new 1.5 volt Silver Oxide battery. Equivalent replacement batteries are: RAYOVAC RW42, DURACELL D357, and EVEREADY 357. Insert the battery with the positive side facing you. Replace the battery cover.

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TRACEABLE® 24-HOUR DIGITAL STOPWATCH INSTRUCTIONS