



## FEATURES

TIME

### TIME

Displays Hour / Minute / Seconds (in 12-hour or 24-hour format), plus Month / Date / Day of week.

CHRONO

### CHRONOGRAPH (10 Hour)

Equipped with a 1/100 second resolution chronograph that measures elapsed time and allows viewing of lap/split times. Alarm for fastest lap.

CHRONO DATA

### CHRONOGRAPH DATA

Records up to 30 laps/splits or 23 runs. View every run and lap/split with Total, Best and Average times.

TIMER

### TIMER

Adjustable timer with a range from 1 second to 9 hours, 59 minutes, 59 seconds.

ALM

### ALARM

Daily alarm with a handy "one touch" ON / OFF toggle.



## KEYS AND FUNCTIONS

### SPLIT/RESET

- Enter Settings
- Take Splits
- Clear Chronograph Data
- Decrease Digits

### MODE

- Scroll Modes
- Confirm

### START/STOP

- Start/Stop Chronograph
- Start/Stop Alarm
- Store Chrono Data
- Toggle
- Increase Digits

## CARE AND MAINTENANCE

- Protect your stopwatch from extreme heat, shocks and long time exposure to direct sunlight.
- The stopwatch can be wiped clean with a lightly moistened cloth.
- Do not expose your stopwatch to strong chemicals such as gasoline, cleaning solvents, acetone, alcohol, insect repellents, sunscreen and other toiletries, as they may damage the unit's seal, case and finish.
- Store your stopwatch in a dry place when you are not using it.

## WARRANTY AND SERVICE

Warranty and Service information can be found at [help@4implus.com](mailto:help@4implus.com) / 800-446-7587

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## TIME

NOTE: Press START/STOP to toggle between Time 1 and 2.

To set Time:

- In Time Mode, PRESS & HOLD SPLIT/RESET for 3 seconds until T1 flashes in the display.
- PRESS START/STOP to select Time 1 or Time 2, then PRESS MODE to advance to the hour setting. Edit the hour value by PRESSING SPLIT/RESET or START/STOP.
- PRESS MODE to advance thru the remaining TIME mode settings and SPLIT/RESET or START/STOP to edit the values:
  - Minutes
  - Seconds
  - Year
  - Month
  - Date
  - 12 / 24 Hour Format
  - Key Beep

NOTE: With the Key Beep ON, a short beep will sound on each button press.

## CHRONOGRAPH

The Chronograph can record up to 30 Laps/Splits or 23 Runs for up to 10 Hours.

To measure times with the chronograph:

- In CHRONOGRAPH mode, PRESS START/STOP to start the chronograph.

NOTE: The lap/split time display begins with 1/100 seconds, then seconds, then minutes. If the accumulated times in a run proceed to hours, the elapsed hours appear above the primary display and replace 1/100 seconds in the secondary display.

- To capture lap/split timing, PRESS SPLIT/RESET.

NOTE: The Total Run Time will display in the bottom level and Split/Lap Times will display in the top level. The current lap number will flash in the top row for

3 seconds (unless it is the fastest lap). Whenever the fastest lap is recorded, FASTEST will appear in the top level followed by an audible alarm.

- To PAUSE the chronograph, PRESS START/STOP ("PAUSE" will appear in the display). To RESUME timing, PRESS SPLIT/RESET OR To END timing, PRESS START/STOP again ("END" will appear in the display).
- To store (save) the chronograph data, PRESS & HOLD START/STOP for 3 seconds ("STORE DATA" will appear in the display).
- To view saved data, proceed to CHRONO DATA mode (see below). OR
- To clear ALL of the saved data, PRESS & HOLD SPLIT/RESET for 3 seconds ("CLEAR ALL" will appear in the display).

NOTE: Once you clear the data, ALL of the data stored in CHRONO DATA mode will be erased and the display will return to RUN -01. To clear (delete) individual runs (not ALL), refer to instructions in CHRONO DATA mode.

NOTE: When you reach your 30th lap/split or 23rd run, your screen will read "MEMFULL." If your memory is full, you will still be able to record your data by pressing the START/STOP for 2 seconds but the prompt "STORE DATA" will not appear.

## CHRONOGRAPH DATA

Recall lap and split times for individual runs, lap times, total time, fastest lap and average times.

- In CHRONO DATA mode, PRESS SPLIT/RESET to toggle to the desired run. The RUN NUMBER is displayed in the upper

screen level and RUN DATE is displayed in the lower level.

- After you scroll to the desired run, PRESS START/STOP to scroll through the data of the run session (individual lap times, total run time, best lap time and average lap time are displayed).
- To delete an individual run, toggle to the desired run, then PRESS & HOLD SPLIT/RESET for 3 seconds ("CLEAR DATA" will appear in the display).

## TIMER

- In TIMER mode, PRESS and HOLD SPLIT/RESET for 3 seconds until the hour digit flashes in the display.
- Edit the hour value by PRESSING SPLIT/RESET or START/STOP, then PRESS MODE to advance to the minutes setting.
- Edit the minutes value by PRESSING SPLIT/RESET or START/STOP, then PRESS MODE to advance to the seconds setting.
- Edit the seconds value by PRESSING SPLIT/RESET or START/STOP, then PRESS MODE to confirm.
- PRESS START/STOP to start the countdown timer.

NOTE: The total timer value is displayed in the upper screen level, while the countdown timer is active in the lower level.

- PRESS START/STOP to pause and/or resume the countdown OR
- PRESS START/STOP then SPLIT/RESET to reset the timer.
- Once the countdown reaches zero, the timer will start counting up to record the time elapsed since the countdown ended.
- PRESS START/STOP to pause and/or resume the count-up OR

PRESS START/STOP then SPLIT/RESET to reset the timer.

## ALARM

- In ALARM mode, PRESS START/STOP to toggle the alarm on/off. If the alarm is active, a small bell icon will appear in the lower left display.
- To adjust the alarm time, PRESS & HOLD SPLIT/RESET for 3 seconds until the hour digit flashes in the display.
- Edit the hour value by PRESSING SPLIT/RESET or START/STOP, then PRESS MODE to advance to the minutes setting.
- Edit the minutes value by PRESSING SPLIT/RESET or START/STOP, then PRESS MODE to confirm.
- With the alarm function active, the alarm will sound for 30 seconds daily until deactivated. PRESS any button to silence the alarm.

## BATTERY REPLACEMENT

This stopwatch uses a CR2032 3V Lithium battery.

NOTE: Changing the battery will erase all data and user settings.

To change the stopwatch battery:

- Using a coin, turn the battery hatch counter-clockwise until the battery hatch comes free of the stopwatch.
- Replace old CR2032 battery with a new one, making sure the polarity is the same.
- Place battery hatch back in position.