

## XG-55 FAQs

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## Time Mode

### Set time

1. **SECONDS:** Press and Hold SELECT button until the seconds start to flash. Press LAP/RESET to decrease numbers and ST/STP to increase. Press and release the SELECT button to move to next area.
2. **MINUTES:** The Minutes will flash. Press LAP/RESET or ST/STP to adjust. Press and release the SELECT button to move to next area.
3. **HOOR:** The hours will flash. Press LAP/RESET or ST/STP to adjust. Press and release the SELECT button to move to next area.
4. **YEAR:** The Year will flash. Press LAP/RESET or ST/STP to adjust. Press and release the SELECT button to move to next area.
5. **MONTH:** The Month will flash. Press LAP/RESET or ST/STP to adjust. Press and release the SELECT button to move to next area.
6. **DATE:** The Date will flash. Press LAP/RESET or ST/STP to adjust. Press and release the SELECT button to move to next area.  
**NOTE:** Day of week is set by proper year, month, and date.
7. **M/D or D/M** (Date displayed Month/Date or Date/Month): M/D or D/M will flash. Press LAP/RESET or ST/STP to adjust. Press and release the SELECT button to move to next area.
8. **12/24-HOUR TIME:** 12h or 24h will flash. Press LAP/RESET to select 12-hour or 24-hour time mode. Press and release the SELECT button to move to next area.
9. **CONTRAST 1-10:** A number from 1-10 will flash. Press LAP/RESET or ST/STP to adjust. Press and release the SELECT button to move to next area.
10. **BEEP ON/OFF:** ON or OFF will flash. Press LAP/RESET to turn the beep ON or OFF. Press and Hold SELECT to stop the flashing.

### Set Time Alarms

#### ALARM 1:

1. When in Time Mode press and release SELECT button to move into
  2. Alarm 1 Mode.
  3. **MINUTES:** Press and Hold SELECT button and the Minutes will flash. Press LAP/RESET to decrease numbers and ST/STP to increase.
  4. **HOURS:** Press SELECT to and the Hours flash. Press LAP/RESET to decrease numbers and ST/STP to increase. Press and Hold SELECT to stop the numbers from flashing.
- ✓ **ACTIVATE/DEACTIVATE:** Press LAP/RESET to turn alarm on or off.

## ALARM 2:

1. In Alarm1 Mode Press ST/STP to switch to Alarm 2 Mode.
  2. **MINUTES:** Press and Hold SELECT button and the Minutes will flash. Press LAP/RESET to decrease numbers and ST/STP to increase.
  3. **HOURS:** Press SELECT to and the Hours flash. Press LAP/RESET to decrease numbers and ST/STP to increase. Press and Hold SELECT to stop the numbers from flashing.
- ✓ **ACTIVATE/DEACTIVATE:** Press LAP/RESET to turn alarm on or off.

## DAILY CHIME:

1. In Alarm2 Mode press ST/STP to switch to Chime Mode.
2. Press LAP/RESET to turn on or off.

## Countdown Timer

1. From Time Mode press SELECT button until TMR shows on the top.
  2. Press and hold SELECT to start the Timer Hour flashing. Press LAP/RESET or ST/STP to adjust.
  3. Press SELECT again to set minutes and seconds. Press LAP/RESET or ST/STP to adjust. Hold SELECT to stop flashing and exit.
- ✓ Countdown Timer has preset times as well. While in Timer Mode press LAP/RESET to select preset times: 1,3,5,10,15, or 45 minutes.
- ✓ Press ST/STP to start and stop the Timer Countdown. When the Timer reaches 0 the watch will beep.

## Chronograph

1. From the Time Mode press and release, SELECT button until CHR shows on the top.
  2. Press ST/STP to begin the Lap.
  3. While the lap is running, press LAP/RESET to stop the current lap then ST/STP to begin a new lap.
- ✓ When laps are stopped, press and hold SELECT to review Lap history and Total Time (TTL).
- ✓ Press LAP/RESET or ST/STP to review. Press and hold SELECT to return from history (TTL).
- ✓ Hold LAP/RESET to clear Chronograph.

## Time and/or date is incorrect

- ✓ This watch has manual set time and date.

## Month | Date are reversed

- ✓ Follow the program menu until you see: **M/D or D/M** (Date displayed Month/Date or Date/Month): M/D or D/M will flash.
- ✓ Press LAP/RESET to select M/D or D/M format. Hold the SELECT button to exit

### Day of the week is incorrect

- ✓ The Day of the week is set automatically based on the Year and Date setting.
- ✓ Generally, the Year is incorrect if the Day of the Week is incorrect.

### Weekday is not displayed

- ✓ In Time Mode, press and release the ST/STP button to switch the top display between Weekday, Temperature, Altimeter graph & Barometer graph.

### What is the purpose of dual time (T-2)?

- ✓ This is a nice feature if you contact family or friends in different time zones.
  - ✓ The watch is set for your location and the Dual Time shows the time at the alternative location.
1. From Time Mode press and release SELECT button until T-2 shows on the top.
  2. **MINUTES:** Press and Hold SELECT button and the Minutes will flash. Press LAP/RESET to decrease numbers and ST/STP to increase.
  3. **HOURS:** Press SELECT to and the Hours flash. Press LAP/RESET to decrease numbers and ST/STP to increase. Press and Hold SELECT to exit.

### Forecast icon is inaccurate

- ✓ New Watch-Set in one place for 2-3 days to acclimate to local pressures.
- ✓ Elevation changes will change the pressure and therefore the forecast icon.
- ✓ Test battery if it has been more than 1 year.

### Barometer Mode

#### What are the Barometer presets?

- ✓ **AIRP:** Use this setting to enter the actual air pressure from a local reporting station, Internet, etc.
- ✓ **FDEF:** Defaults pressure to 29.92 InHg or 1013.2mb

#### Set Barometer:

1. Press MODE button to get to Barometer mode. Press and hold SELECT to choose between Factory Default setting (FDEF on top) and local Airport (AIRP on top and CAL below).
2. **Airport** setting can be calibrated by pressing the ST/STP button to start numbers flashing. LAP/RESET will lower numbers and ST/STP will increase. Press and hold SELECT to return to pressure. Note: you can calibrate in InHg or millibar.
3. **Factory Default** gives the option of YES or NO by pressing the ST/STP button. Press and hold SELECT to return to pressure.

### Barometer history graph (line)

1. While in Barometer mode, press the ST/STP button to switch between the graph and the temperature displayed on the top.

2. With graph showing, press LAP/RESET to view history. Time of pressure record will show on bottom display and pressure history will show on top display.
3. Press and hold SELECT to return to current pressure.

## Altimeter Mode

### What are the Altimeter presets?

**Note:** Always set the Barometer before setting the Altimeter. The Altimeter works By recognizing changes in air pressure.

- ✓ **ZERO:** Provides a “zero” starting point for a climb or decent.
- ✓ **ALTI:** Set to a known elevation from a signpost or GPS reading.
- ✓ **SEAP:** Use this setting to enter the actual air pressure from a local reporting station, Internet, etc. For most accurate reading, this should be adjusted as you move from place to place.
- ✓ **FDEF:** Defaults to assume pressure is 29.92 InHg or 1013.2mb

**Set Altimeter:** Always set Barometer first.

1. Press MODE button to get to Altimeter mode. Press and hold SELECT to choose between Zero (Zero), Sea Level Pressure (SEAP) and Absolute Altitude (ALTI), Factory Default setting (FDEF).
2. **Zero** setting will put the altimeter to zero to give a starting point for a climb or decent. Zero gives the option of YES or NO by pressing the ST/STP button. Press and hold SELECT to return to altimeter.
3. **Absolute Altitude** setting can be calibrated by pressing the ST/STP button to start numbers flashing. LAP/RESET will lower numbers and ST/STP will increase. Press and hold SELECT to return to altimeter. NOTE: you can calibrate in feet or meters
4. **Sea Level Pressure** (relative) setting can be calibrated by pressing the ST/STP button to start numbers flashing. LAP/RESET will lower numbers and ST/STP will increase. Press and hold SELECT to return to altimeter. NOTE: you can calibrate in feet or meters.
5. **Factory Default** gives the option of YES or NO by pressing the ST/STP button. Press and hold SELECT to return to altimeter.

### Altimeter history graph (solid)

1. While in Altimeter mode, press the ST/STP button to switch between graph and the temperature displayed on the top.
2. With graph showing, press LAP/RESET to view history. Time of altitude record will show on bottom display and altitude history will show on top display.
3. Press and hold SELECT to return to current altitude.

### Why doe the altimeter change when the watch is sitting on the shelf?

- ✓ The watch may be stationary but the air around it will have pressure changes as high and low fronts pass through the area. These pressure changes will be reflected in the watch’s altimeter.

## How do I select Fahrenheit or Celsius?

- ✓ The watch must be in Barometer or Altimeter mode to change the Temperature between F/C.
- ✓ Press and hold the ST/STP button to switch between F/C.

## Compass Mode Calibrate Compass

- ✓ It is important that the watch is flat on a table or counter and remains flat during calibration. It is not uncommon to repeat the calibration a few times.
  - ✓ Find the magnetic declination for your area. To find this you can use the following website: <http://www.ngdc.noaa.gov/geomagmodels/Declination.jsp>. Enter the zip code for the location that declination is required.
  - ✓ It is best to use the major city closest to you in a North/South direction. All numbers with E (east) after them are positive numbers. All numbers with W (west) after them are negative numbers.
1. Press MODE button until the watch is in Compass Mode. Press and hold SELECT until CAL shows at the top.
  2. Press and release SELECT once more to DEC on top for Declination. Press ST/STP to increase the number and LAP/RESET to decrease the number.
  3. Once the Declination is set press and release the SELECT button and CAL will show on top. Press ST/STP to begin Calibration.
  4. Slowly spin the watch **at least 3** times in a clockwise direction. **Keep the watch level for accuracy**. Press and hold SELECT to stop Calibration. Keep watch flat for
  5. 30 seconds to view compass direction.

## Compass reads OFF CAL

- ✓ Lay watch flat for 30 seconds to see if reading appears. As the watch is tipped it will say OFF CAL.
- ✓ Recalibrate Compass while watch is flat on table.
- ✓ If the above does not resolve the issue you may need the watch serviced.

## Compass reading is opposite of a known direction.

- ✓ The watch is set to Backward Bearing mode. Displaying a small downward pointing ARROW on the Left side in front of the reading denotes backwards bearing.
- ✓ In Compass mode press ST/STP button to enter or exit Backwards Bearing mode.
- ✓ If the compass is not in backwards bearing mode (downward arrow showing) but reads backwards, recalibrate the compass.

## Compass is frozen on a reading

- ✓ The Compass reading is locked. A KEY showing on top denotes lock mode.
- ✓ While in Compass mode, press the LAP/RESET button to **Lock** or unlock the Compass reading.

## Compass shows dashes

- ✓ After several seconds will go to Idle mode. Press any button to resume normal compass.

## Water resistance

- ✓ The different levels of water resistance as expressed in meters on a watch, are only theoretical. They refer to the depth at which a watch will keep out water only if both the watch and water are **motionless**.
  - ✓ These conditions, of course are never met in the real swimmer or diver's world.
  - ✓ The XG-55 is not designed to wear while swimming.
  - ✓ Never wear in a hot tub.
- **Water Resistant to 10 meters (30 feet, 1 bar)**, Will withstand perspiration and light splashes of water but should not be worn while swimming or diving.
  - **Water Resistant to 30 meters (100 feet, 3 bar)**. Will withstand splashes of water or rain but should not be worn while swimming or diving.
  - **Water-tested to 50 meters (165 feet, 5 bar)**. Suitable for showering or swimming in shallow water if limited splashing.
  - **Water-tested to 100 meters (330 feet, 10 bar)**. Suitable for swimming and snorkeling.
  - **Water-tested to 150 meters (500 feet, 15 bar)** Suitable for snorkeling.
  - **Water-tested to 200 meters (660 feet, 20 bar)**. Suitable for skin diving.
  - **Diver's 150 meters (500 feet)**. Meets ISO standards and is suitable for scuba diving.
  - **Diver's 200 meters (660 feet)**. Meets ISO standards and is suitable for scuba diving

## Buttons are not responsive or watch goes blank when button is pressed.

### Replace battery:

**CAUTION:** Often the wires to the Barometer are broken during a battery change.

- ✓ Please perform the battery replacement very slowly and carefully.
  - ✓ If you pull out the movement, it snaps the barometer wire , which cannot be repaired.
  - ✓ You need good, tiny tools for these steps:
1. Place watch face down on firm, but soft surface (to protect the screen - soft cloth on table, perhaps).
  2. Unscrew silver back plate and remove gently (save all screws).
  3. There generally is a thin white back plate over the battery compartment; gently lift that thin plate out. This plate is not screwed in.
  4. Carefully remove the clip over the battery. Use a tool to lift up the U to unsnap it, so it can be lifted up and over the battery. Open just enough that the battery can be removed.

5. **Note:** Do not lift the surrounding white movement with the clip. This will break the Barometer wire. Use your fingers to make sure the white frame of the movement stays in the case.
6. Gently slide out the old battery.
7. Insert the new CR-2032 battery carefully. Sliding over that prong is the safest way to avoid bending or breaking it. The PLUS side must be **up** on the new battery.
8. Once battery is in place, gently snap back the clip over the battery to lock in place.
9. Replace the thin white cover over the battery compartment.
10. Screw back on the silver back plate.
11. Re-program watch.

#### Crystal is scratched or damaged.

- ✓ The entire case needs to be replaced to replace a damaged crystal. Contact customer support for upgrade options.  
<http://www.lacrossetechnology.com/support/home.php>.
- ✓ Chemicals such as cleaners, bug repellent and pesticides can damage the finish.

#### Watchband Replacement

- ✓ The band connects with a standard straight pin connection.
- ✓ A replacement band of the same or different style may be purchased where watchbands are sold.
- ✓ Be sure a replacement band fits snugly between the lugs that hold the pin.

#### Backlight does not work

- ✓ Battery is low.

#### Buttons fell off.

- ✓ Contact support <http://www.lacrossetechnology.com/support/home.php> for replacement options.

#### Display is dim

- ✓ Enter program menu to adjust contrast.
- ✓ Check battery.

#### HI | LO is showing for the Barometer or Altimeter

- ✓ Check that the Barometer is set properly. (Always set Barometer before Altimeter
- ✓ or use FDEF for the Barometer).
- ✓ Check that the Altimeter is set properly.
- ✓ Allow the watch to sit stationary for 2 hours and check readings again.
- ✓ If HI/LO is showing after a battery change it is likely the Barometer wire was broken.

- ✓ Movement may be damaged.

### Watch is beeping

- ✓ Check to see if the time alarms are on. There are two time alarms.
- ✓ Check to see if a Daily Chime is on.
- ✓ Check to see if the Countdown Timer is running.
- ✓ Check to see if the Chronograph is running.
- ✓ The XG-55 will beep whenever a button is pressed. This feature can be turned off in the program menu.

### Temperature is inaccurate

- ✓ Remove the watch for 20 minutes and recheck the temperature.
- ✓ The temperature cannot be calibrated to adjust for body heat.
- ✓ Many people place the watch on a backpack or bike handle for accurate temperature readings.