TRIAX **300** · TRIAX **SPEED 100** · TRIAX **SPEED 50** · TRIAX **SPEED 10**
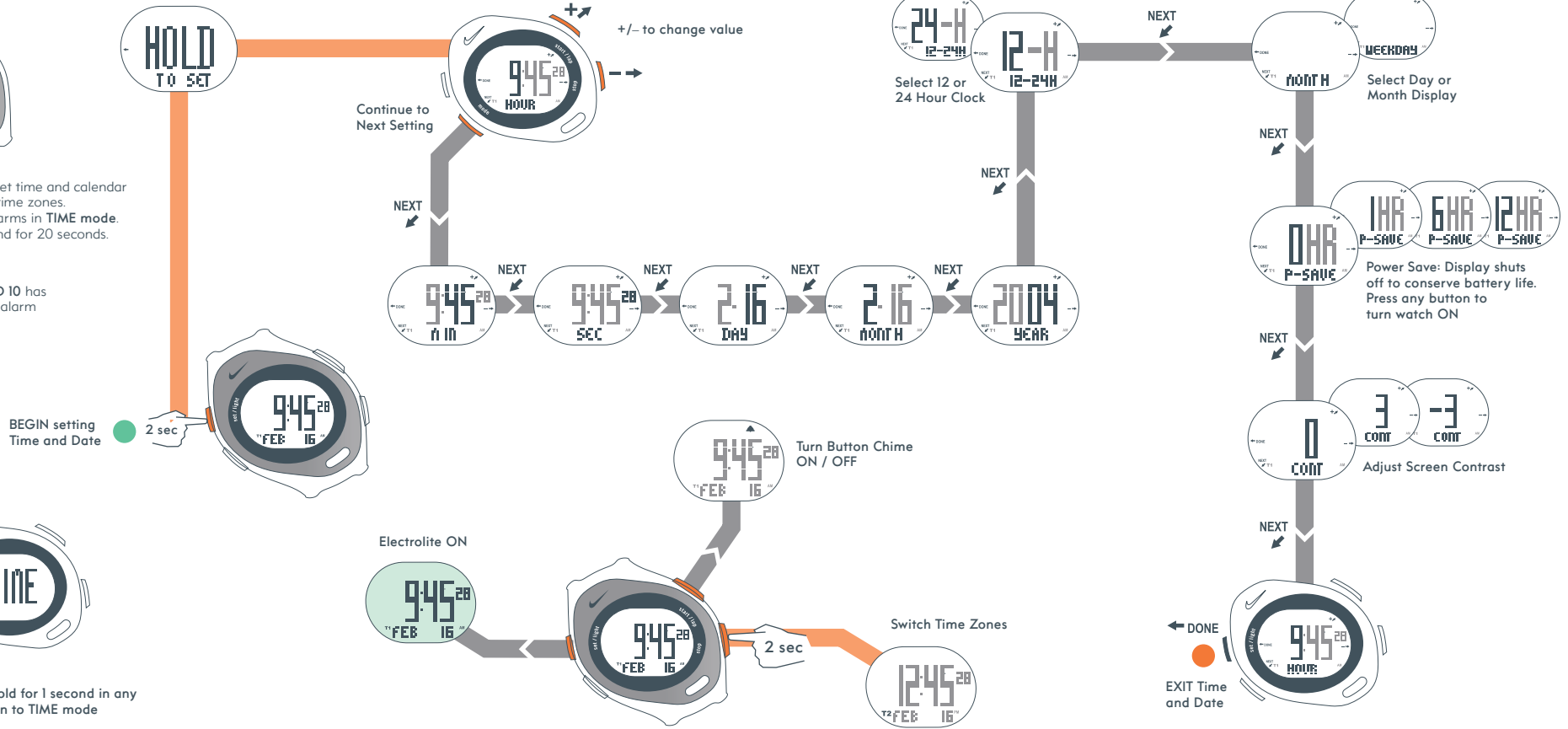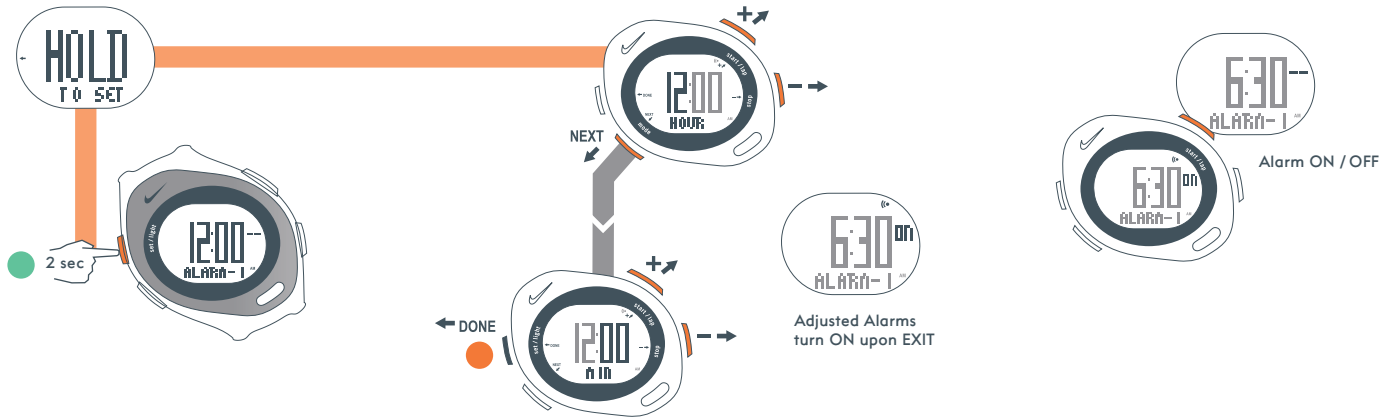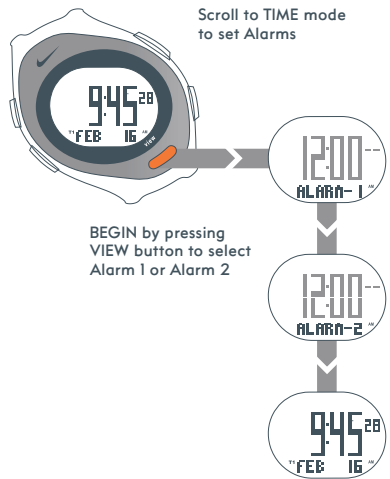
TIME

In **TIME mode** you can set time and calendar information within two time zones.
You can set two time alarms in **TIME mode**.
The time alarm will sound for 20 seconds.

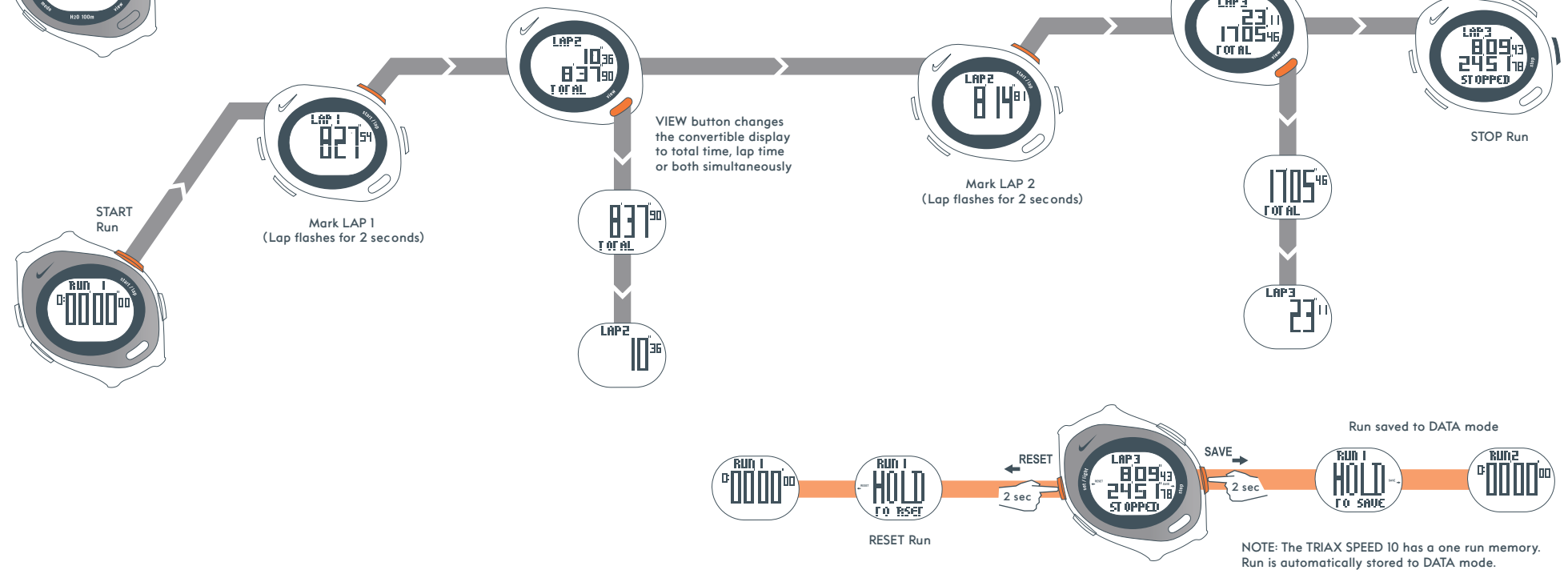NOTE: The **TRIAX SPEED 10** has one time zone and one alarm

HOLD
TO SET

BEGIN setting Time and Date

2 sec

9:45 28
¹FEB 16
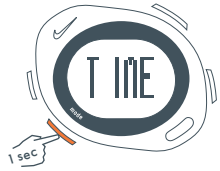
TIME

1 sec

TIME Warp: Hold for 1 second in any mode to return to TIME mode

9:45 28
HOUR

+/– to change value

Continue to Next Setting

NEXT

9:45 28
MIN

NEXT

9:45 28
SEC

NEXT

2:16
DAY

NEXT

2:16
MONTH

NEXT

2004
YEAR

24-H
12-24H

12-H
12-24H

Select 12 or 24 Hour Clock

NEXT

NEXT

MONTH

WEEKDAY

Select Day or Month Display

NEXT

0HR
P-SAVE

1HR
P-SAVE

6HR
P-SAVE

12HR
P-SAVE

Power Save: Display shuts off to conserve battery life. Press any button to turn watch ON

NEXT

0
CONT

3
CONT

-3
CONT

Adjust Screen Contrast

NEXT

← DONE

9:45 28
HOUR

EXIT Time and Date

Electrolite ON

9:45 28
¹FEB 16

9:45 28
¹FEB 16

2 sec

9:45 28
¹FEB 16

Turn Button Chime ON / OFF

Switch Time Zones

12:45 28
T²FEB 16

Scroll to TIME mode to set Alarms

9:45 28
¹FEB 16

12:00 --
ALARM-1

12:00 --
ALARM-2

9:45 28
¹FEB 16

BEGIN by pressing VIEW button to select Alarm 1 or Alarm 2

HOLD
TO SET

2 sec

12:00
ALARM-1

12:00
HOUR

NEXT

← DONE

12:00
MIN

6:30 ON
ALARM-1

Adjusted Alarms turn ON upon EXIT

6:30 --
ALARM-1

6:30 ON
ALARM-1

Alarm ON / OFF

RUN mode can be used to capture lap and total time data down to 1/100th of a second.
The convertible display can be easily switched between total time, lap time or both simultaneously during a workout.

NOTE: The **TRIAX SPEED 10** does not have a convertible display

RUN

START
Run

RUN 1
0:00 00"00

Mark LAP 1
(Lap flashes for 2 seconds)

LAP 1
8 27"54

LAP 2
10"36
8 37"90
TOTAL

VIEW button changes
the convertible display
to total time, lap time
or both simultaneously

8 37"90
TOTAL

LAP 2
10"36

Mark LAP 2
(Lap flashes for 2 seconds)

LAP 2
8 14"81

LAP 3
23"11
17 05"46
TOTAL

17 05"46
TOTAL

LAP 3
23"11

LAP 3
8 09"43
24 51"78
STOPPED

STOP Run

LAP 3
8 09"43
24 51"78
STOPPED

RESET Run

RUN 1
0:00 00"00

RUN 1
HOLD
TO RSET

RESET

2 sec

SAVE

2 sec

RUN 1
HOLD
TO SAVE

Run saved to DATA mode

RUN 2
0:00 00"00

NOTE: The TRIAX SPEED 10 has a one run memory.
Run is automatically stored to DATA mode.

CHRONOGRAPH LIMITS

TRIAX SPEED 300
19:59'59"99 (auto stops) Ä 30 Run memory Ä 300 Laps

TRIAX SPEED 100
19:59'59"99 (auto stops) Ä 30 Run memory Ä 100 Laps

TRIAX SPEED 50
19:59'59"99 (auto stops) Ä 10 Run memory Ä 50 Laps

TRIAX SPEED 10
19:59'59"99 (auto stops) Ä 1 Run memory Ä 10 Laps

H20 RESIST

100m

*ATTENION: Water damage may occur
if the buttons are pressed underwater*

OPERATING TEMPERATURE

-5 to 50 Celsius

MATERIAL SPECIFICATIONS

CRYSTAL
Mineral Glass

STRAP
Polyurethane

CASE
Polycarbonate

CASEBACK
Stainless Steel
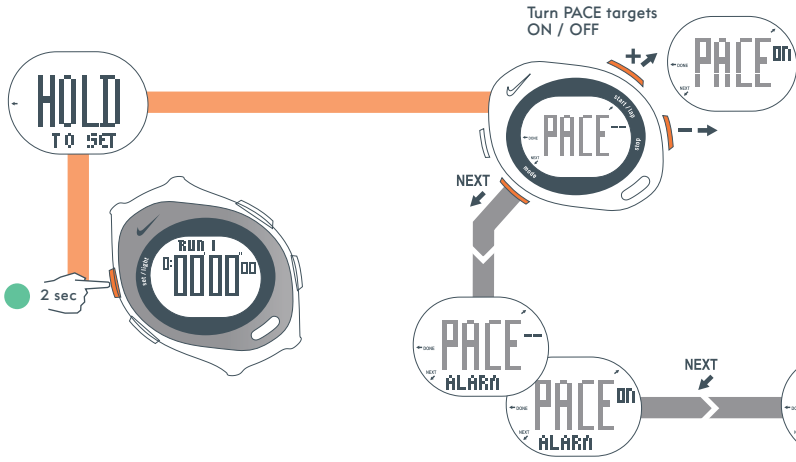
BEZEL
Stainless Steel

BUTTONS
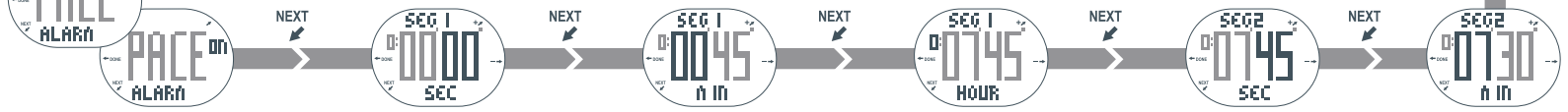Polycarbonate

BUCKLE
Stainless Steel

RUN mode has a PACE function which compares actual lap and total times to preset PACE target times

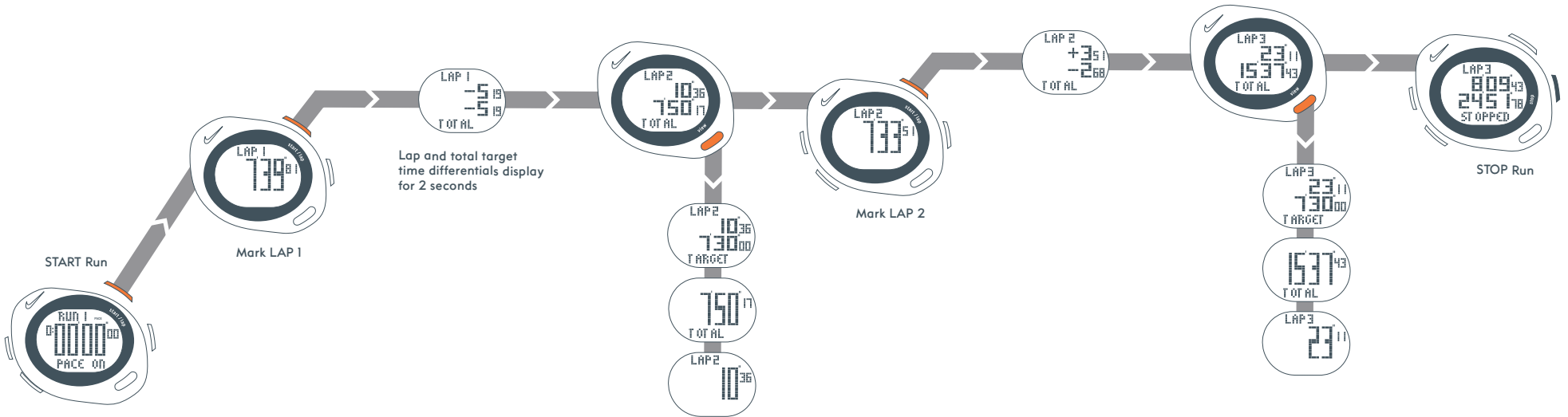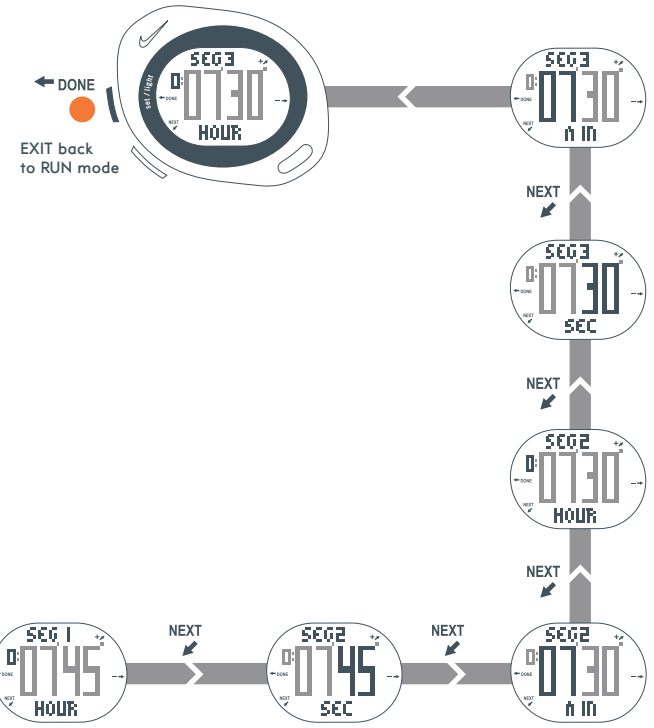NOTE: The TRIAX SPEED 10 does not have the PACE function

RUN

SEG 3
0:0730
HOUR

← DONE

EXIT back
to RUN mode

SEG 3
0730
M IN

NEXT

SEG 3
0730
SEC

NEXT

HOLD
TO SET

Turn PACE targets
ON / OFF

+ ↗
PACE ON

PACE
→

RUN 1
0:0000 00

2 sec

NEXT

SEG 2
0:0730
HOUR

NEXT

PACE
ALARM

PACE ON
ALARM

NEXT

SEG 1
0:0000
SEC

NEXT

SEG 1
0045
M IN

NEXT

SEG 1
0745
HOUR
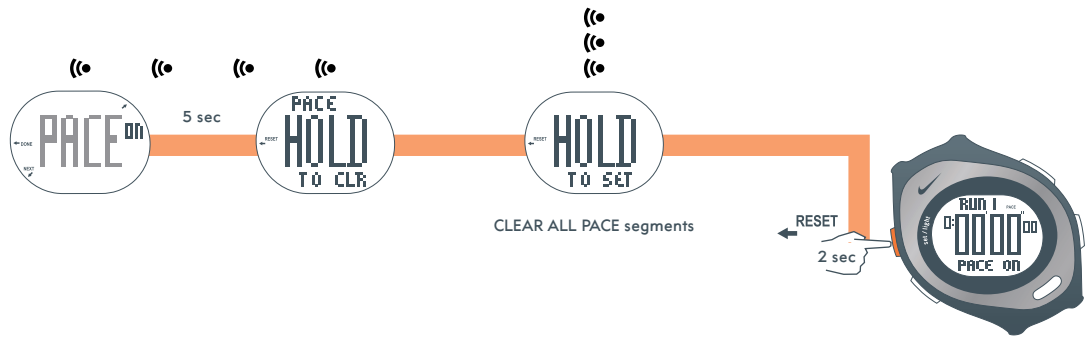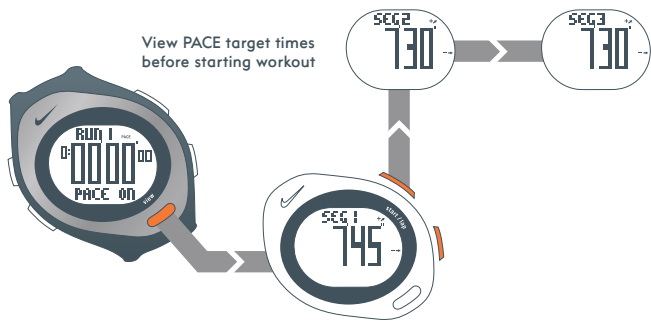
NEXT

SEG 2
0745
SEC

NEXT

SEG 2
0:0730
M IN

Turn PACE ALARM ON / OFF

The PACE ALARM will give 5 short beeps
before the end of each target segment

Set Segment 1 — Seconds, Minutes and Hours

LAP 1
–5 19
–5 19
TOTAL

LAP 2
10 36
750 17
TOTAL

LAP 2
+3 51
–2 68
TOTAL

LAP 3
23 11
1537 43
TOTAL

LAP 3
809 43
2451 78
STOPPED

Lap and total target
time differentials display
for 2 seconds

LAP 1
739 81

LAP 2
733 51

Mark LAP 2

STOP Run

LAP 2
10 36
730 00
TARGET

LAP 3
23 11
730 00
TARGET

START Run

Mark LAP 1

750 17
TOTAL

1537 43
TOTAL

RUN 1
0:0000 00
PACE ON

LAP 2
10 36

LAP 3
23 11

View PACE target times before starting workout

SEG2 7'30

SEG3 7'30

RUN1 0:00'00"00 PACE ON

SEG1 7'45

PACE ON

5 sec

PACE HOLD TO CLR

HOLD TO SET

CLEAR ALL PACE segments
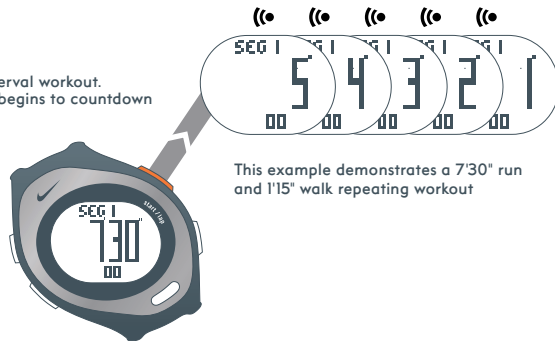
RESET

2 sec

RUN1 0:00'00"00 PACE ON

In **INTERVAL mode** you can set five repeating segments for customized interval training.

NOTE: The **TRIAX SPEED 10** does not have INTR mode

INTR

HOLD TO SET

2 sec

SEG1 0:00'00"00

Set Segment 1 – Seconds, Minutes and Hours (19:59'59" maximum)

SEG1 0:00'00 SEC

DONE

SEG3 0:00'00"00

NEXT

SEG2 0:01'15 HOUR

Set up to 5 segments

NEXT

SEG2 0:00'15 MIN

SEG1 0:00'30 MIN

NEXT

SEG1 0:07'30 HOUR

NEXT

SEG2 0:00'00

NEXT

SEG2 0:00'00 SEC

NEXT
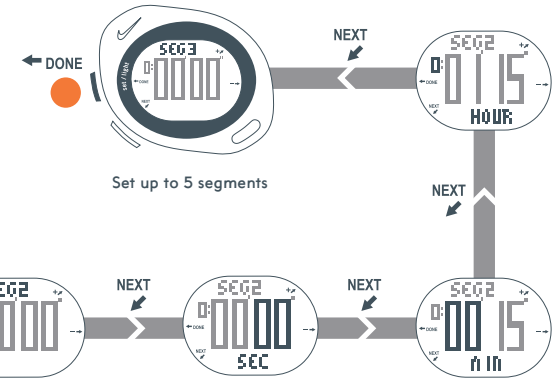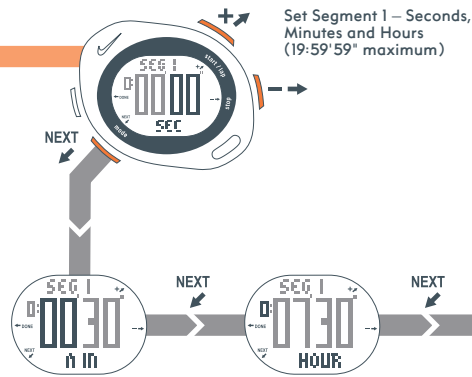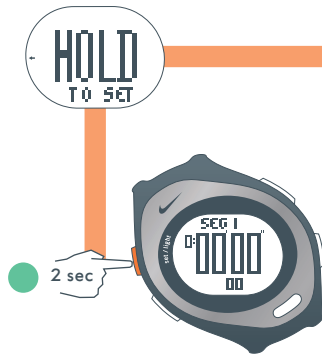
START interval workout. Segment begins to countdown

SEG1 5 00 SEG1 4 00 SEG1 3 00 SEG1 2 00 SEG1 1

SEG2 1'15 00

This example demonstrates a 7'30" run and 1'15" walk repeating workout

SEG2 53 STOPPED

Press STOP to pause workout.

SEG2 51 00

SEG1 7'30

Press START to continue workout.

SEG1 7'30 01   SEG2 1'15 01

SEG1 7'30 02   SEG2 1'15 02

99 segment loop maximum

RESET

2 sec

SEG1 5'30 00

SEG1 0:00'00 SEC

5 sec

ALL HOLD TO CLR

HOLD TO RSET

CLEAR ALL Segments

RESET ALL Segments
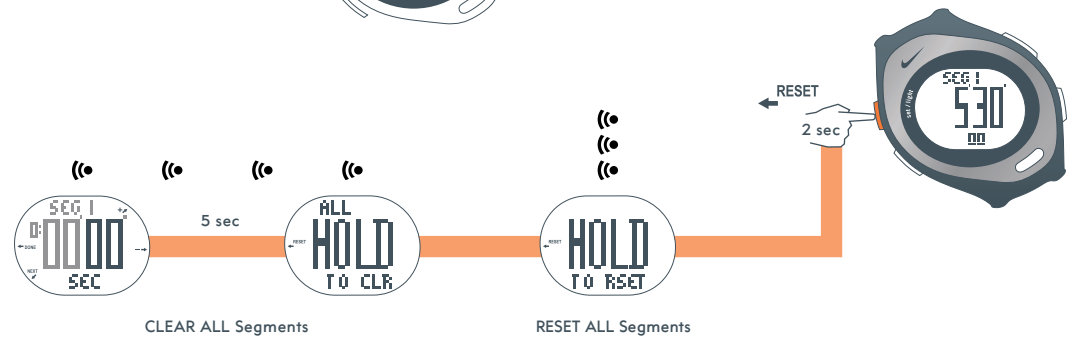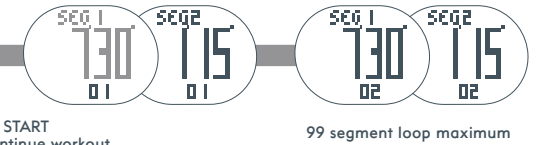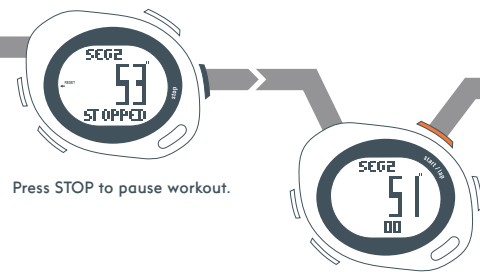
In **DATA mode** you can review workout data saved from RUN mode

DATA

RUN

Select RUN

RUN 1 › RUN 1 › RUN 2 › RUN 3 › RUN 4

RUN 1

DATA mode records Total Time, All Lap Times, Best Lap and Average Lap

2276.90 TOTAL › LAP 1 749.21 › LAP 2 731.58 › LAP 3 756.11 › LAP 2 731.58 BEST › LAP 746.30 AVG

2276.90 TOTAL › LAP 1 749.21 / 749.21 TOTAL › LAP 2 731.58 / 1520.79 TOTAL › LAP 3 756.11 / 2276.90 TOTAL › LAP 2 731.58 BEST › LAP 746.30 AVG

RUN 2

DATA mode with the PACE targets turned ON

TOTAL 2276.90 / 2315.00 TARGET › LAP 1 +14.21 / 749.21 › LAP 2 −9.42 / 731.58 › LAP 3 +1.11 / 756.11 › LAP 2 731.58 BEST › LAP 746.30 AVG

— — — — NO DATA → 5 sec → ALL **HOLD** TO CLR → RUN 1 **HOLD** TO CLR →

CLEAR ALL Runs   CLEAR Selected Run

RESET
2 sec

RUN 1