Soleus Single Track SR023 Sport Watch

Thank you for purchasing your watch.

Please read instructions carefully to understand how to operate your watch.

FEATURES AND BASIC OPERATION

· Time with 12- or 24-hour format
· Day and date
· 2nd time zone
· Optional hourly chime
· 24-hour stopwatch
· Daily alarm
· EL Backlight

Press MODE repeatedly to step through modes: Time, Alarm (AL), Stopwatch (SP), and Time 2 (T2). Press MODE to exit current mode and return to Time mode.

Button functions shown with setting functions in parentheses

TIME

To set time and date:

1) With time and date showing, pressSET and hold for 2 seconds.
2) Seconds flash. Press START/STOP to set seconds to zero.
3) Press MODE. Hour flashes. Press START/STOP to change hour including AM (no symbol) and PM.
4) Press MODE. Minutes flash. Press START/STOP to change minutes; hold button to scan values.
5) Press MODE. Year flashes. Press START/STOP to change year.
6) Press MODE. Month flashes. Press START/STOP to change month.
7) Press MODE. Date flashes. Press START/STOP to change date.
8) Press SET, at any step, to exit and save settings. With time and date showing, pressSET to switch between 12- or 24- hour time format. Date (day of month) appears in upper part of display in Time mode. Press and hold START/STOP to see month, date, and year in large digits.

ALARM

Watch has a daily alarm. Press MODE repeatedly until AL appears.

To set alarm:

1) Press SET. Hour flashes. Press START/STOP to change hour,including AM (no symbol) and PM.
2) Press MODE. Minutes flash. Press START/STOP to change minutes; hold button to scan values.
3) Press SET, at any step, when done setting. To turn on/off alarm and hourly chime, press START/STOP repeatedly. Watch will step through four combinations of alarm and chime settings. Alarm icon s appears when alarm is on. CHIME icon appears when hourly chime is on – watch will chime on every hour. When alarm sounds, press any button to silence. If no button is pressed, alarm will sound for 60 seconds. Alarm repeats daily unless turned off.

STOPWATCH

This mode provides a stopwatch function for timing events. Press MODE repeatedly until SP appears.

1) To start, press START/STOP. Stopwatch counts up by hundredths of a second up to 30 minutes, then by seconds up to 24 hours before starting over.
2) To stop, press START/STOP.
3) To resume, press START/STOP, or to reset (clear) stopwatch, press SET.
4) While stopwatch is running, pressSET to take lap/split and see your time up to that point. Display freezes while stopwatch continues to run. Press SET to resume display of running stopwatch.
5) Stopwatch continues to run if you exit mode.

TIME_2

Watch can display time in a second time zone. Press MODE repeatedly until T2 appears. To set 2nd time zone's time:

1) Press SET. Hour flashes. Press START/STOP to change hour, including AM (no symbol) and PM.
2) Press MODE. Minutes flash. Press START/STOP to change minutes by 30 from minutes in Time mode. Seconds are the same as in Time mode and can only be set there.
3) Press SET, at any step, when done setting.

EL BACKLIGHT

Press LIGHT button to illuminate watch display for 3 seconds. Electroluminescent technology used in the DIY watch illuminates watch display at night and in low light conditions.

BATTERY

Battery type is marked on watch back. If present, push/short internal reset switch after replacing battery. Battery life estimates are based on certain assumptions regarding usage.

Battery life may vary depending on actual usage.

DO NOT DISPOSE OF BATTERY IN FIRE. DO NOT RECHARGE. KEEP LOOSE BATTERIES AWAY FROM CHILDREN.

WATER RESISTANCE

WARNING: TO MAINTAIN WATER-RESISTANCE, DO NOT PRESS ANY BUTTONS UNDER WATER.

1) Watch is water-resistant only as long as lens, push buttons and case remain intact.
2) Watch is not a diver watch and should not be used for diving.
3) Rinse watch with fresh water after exposure to salt water.