



# Soleus Sprint Running Watch User Manual (SR022)

## GENERAL OPERATION


Your watch has 5 main function modes: TIME, CHRO (chronograph), DATA, TMR (interval timers), and ALM (alarms).


Press the  button to access each mode.



To activate the light, press the  button, the light will glow for 3 seconds.


## USING TIME MODE

In Time mode you can view the current time and date for 2 time zones in 12 or 24-hour format. You can also lock and unlock the buttons.

Press the  button until you get to Time mode.


Press-and-hold the  button for 2-3 seconds to enter the time setting screens.



Press the  (+) or  (-) buttons to adjust each value starting with "hour", press-and-hold these buttons for fast-paced setting.



Press the  button to advance to the next setting value in this order: hour, minute, second, 12/24-hour format, year, month, date, key tone on/off.


Special note: when the key tone is turned OFF, the  icon will be displayed in Time mode.

Repeat these steps for all time setting options.

Press the  button to save and exit time setting.


For using time zone 1 (T1) and 2 (T2): To view T1 or T2, press the  button. To change the displayed time to T1 or T2, press-and-hold the  button.


To lock the buttons: Press-and-hold the  button. The  icon will appear on the display. While button lock is turned on, no buttons will work.


To unlock the buttons, press-and-hold the  button.

## USING CHRO (chronograph) MODE


Sprint has a 100-hour chronograph with 1/100<sup>th</sup> second resolution for the first hour and 1-second resolution after 1 hour. You can record up to 10 laps.


Press the  button until you get to CHRO mode.


Press the  button to start the chronograph.

While the chronograph is running, press the  button to record a lap. The recorded lap number and lap time will be displayed for 5 seconds. Split time will then be displayed for 5 seconds, followed by your current "counting" lap time. (The "split time" is your total run time at the point each lap is recorded).

Your current run is automatically updated and saved in DATA mode every time you record a lap.


Press the  button to stop the chronograph (your current lap time will be displayed).


To reset the chronograph press the  button while the chronograph is stopped (**NOTE:** this will also automatically clear DATA mode).


While the chronograph is running the  icon will be displayed in Time mode.

## DATA MODE

Data mode allows you to review the lap detail of your current or latest run.

Press the  button until you get to DATA mode.

Press the  button repeatedly to review your recorded laps and splits.


Press the  button to return to CHRO mode.


**NOTE:** DATA mode is automatically cleared when the chronograph is reset.


## TMR (timer) MODE


TMR mode allows you to set 2 different repeating timers to perform run/walk type interval training activities.

To operate the timers:


Press the  button until you get to TMR mode.

Press the  button to start the timer


Press the  button to pause the timer


Press the  button to reset the timer.



As each timer counts down the watch will chime at 0:00:00 and automatically start counting down again. The timers will continue to loop until stopped.


Special note: While the timer is running the  icon will be displayed in Time mode.

To set the timers:


Press the  button until you get to TMR mode.

Press-and-hold the  button for 2-3 seconds to enter the timer settings screens.


Press the  (+) or  (-) buttons to adjust each value starting with "TMR-1 hour", press-and-hold these buttons for fast-paced setting.

Press the  button to advance through each setting value in this order: TMR-1 hour, TMR-1 minute, TMR-1 second, TMR-2 hour, TMR-2 minute, TMR-2 second.

Repeat these steps for all timer setting options.


Press the  button to save and exit timer settings.


Special note 1: if you only want to use 1 timer, adjust TMR-2 settings to: 0 hour, 0 minute, 0 second.


Special note 2: While the timer is running the  icon will be displayed in Time mode.



## ALARM MODE

Alarm mode allows you to set 2 individual alarms, one in time zone 1 (T1) and one in time zone 2 (T2). When turned on, on a daily basis, when each alarm time is reached, the chime will sound for 20 seconds. You can press any button to stop the sound.



Press the  button until you get to ALARM mode. The hourly chime option will be displayed.


Press the  button to scroll through: hourly chime, alarm 1 and alarm 2.




Press the  button to turn the hourly chime and alarms 1 and 2 on and off.

Special note: When hourly chime is ON the  icon will be displayed in Time mode. When alarm 1 or 2 is ON the  icon will be displayed in Time mode.

To set the alarms:

Press the  button until you get to ALARM mode. Press the  button until you get to alarm 1 or 2.

From alarm 1 or 2 screens, press-and-hold the  button for 2-3 seconds to enter the alarm setting screens.

Press the  (+) or  (-) buttons to adjust the "hour" setting. Press the  button to advance. Press the  (+) or  (-) buttons to adjust the "minute" setting.

Press the  button to save and exit Alarm setting.

Special note: the default setting is on when you exit Alarm setting.

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