



SW3 Instruction Manual 60 Lap Professional Stopwatch

Thank you for purchasing the SW3, 60 Lap Professional Stopwatch, under normal use your Stopwatch will provide years of satisfactory performance. Please read the instruction manual carefully and retain for future reference.

- The stopwatch requires 1 x CR2032 battery, (included). Remove the Battery Tag before use.

Instructions for Use:

- The stopwatch has 4 buttons.
- **LAP/RESET** – Used for setting lap/split times. Also used to set the clock, countdown, metronome, alarm times, and for starting the count function.
- **RECALL** – Used to recall lap, split, fastest, slowest and average times, and for setting the clock, countdown, counter and alarm functions.
- **START/STOP** – Used for starting and stopping the stopwatch, countdown, and metronome, and for setting the clock, countdown and alarm functions.
- **MODE** – Used to display the various functions the stopwatch can do, which are Clock, Stopwatch timer, Countdown timer, Metronome, Counter and Alarm.

Clock.

Setting time, Calendar and Temperature.

- To set the time and calendar press and hold the RECALL button for 3 seconds, the year and date will be displayed and the year will be flashing.
- To change the year press either the START/STOP button to increase the year or the LAP/RESET button to decrease the year. Press the RECALL button again and the month will flash, use the START/STOP or LAP/RESET buttons to set the correct month.
- Keep pressing the RECALL button and use the START/STOP and LAP/RESET buttons to set the date, hours and minutes of the clock. Press the MODE button once you have finished setting the clock. The day automatically sets itself based on the year and month/date that has been entered.
- The temperature displayed in clock mode can be changed from Fahrenheit to Celsius by pressing the START/STOP button.

Stopwatch Timer.

- The stopwatch has a two line display.
- The bottom line displays the stopwatch time, the top line displays the lap/split time and the numbers of lap/split times recorded.
- The right hand side will display the last lap/split time recorded, the left hand side will display the number of lap/split times recorded, up to a maximum of 60.
- In normal clock display press the MODE button once to enter stopwatch timer mode. Press the START/STOP button to start the timer, to stop the timer press the START/STOP button again. To reset the stopwatch back to 00:0000 press the LAP/RESET button once. The stopwatch timer can count up to 99hrs 59mins 59secs.

Setting Lap/Split Times.

- The stopwatch can be set to record either 8, 10, 20, 30 or 60 lap/split times.
- In stopwatch mode press the LAP/RESET, RECALL and START/STOP buttons all at the same time, LAP 60 will be displayed. Press the START/STOP button until you have the number of lap/split times you require.
- Press the MODE button to return to the stopwatch timer mode.
- When you change the battery the stopwatch will automatically reset the amount of lap/split times it will record, to 8. To reset it back to what it was before you changed the battery you need to reset the stopwatch as per the about instructions.

Recording Lap/Split Times

- Start the timer by pressing the START/STOP button, the time will be shown on the bottom line. Press the LAP/RESET button to record the lap/split time, which will be displayed on the top line, right hand side.
- Keep pressing the LAP/RESET to record the lap/split times, up to a maximum of 60 times, the number of lap/split times recorded will be on the top line, left hand side. The stopwatch will continue to show normal time as the lap/split times are being recorded.

Recall Lap/Split Times

- Press the RECALL button once to display the first lap/split time. Press it again and it will show the next lap/split time. Keep pressing the RECALL button and it will continue to show all the lap/split times recorded up to a maximum of 60 times.
- Press the LAP/RESET button once to show the slowest time recorded, indicated by the word SLOW next to the time displayed. Press it again and it will display the fastest time recorded, the word FAST will be displayed next to the time.
- Press the START/STOP button to display the average time, AV will be displayed next to the time.

Countdown Function

- In normal clock display press the MODE button twice, to set the countdown time, press the RECALL button and hold for 2 secs.
- The first 0 digit will start to flash press the START/STOP button to increase the time by 10 mins, up to 90mins. Press the RECALL again and the second 0 digit will flash. Press the START/STOP button to increase the time by 1 min, up to 9mins.
- Keep pressing the RECALL button and STOP/START button to set the seconds, up to 59 secs and if required one hundredth of a second, up to 99/100.
- Once you have set the countdown time set, press the MODE button, the countdown time will appear on the second line. Press the START/STOP button to start the countdown, once it has counted down to 00:0000 the stopwatch will beep.
- It will continue to countdown from the time set until the START/STOP button is pressed. To reset the countdown time to 00:0000 press and hold the RECALL button for 2 secs then press the MODE button.
- Maximum countdown is from 99mins 59:99/100 secs to 00:0000.


Metronome Setting.

- The metronome function can be set to 10, 20, 30, 50, 80, 120, 160, 240, or 320 beeps per minute.
- In normal clock display press the MODE button 3 times, the figure 10 will be flashing. Press the LAP/RESET button to set the pace you require.
- Press the START/STOP button to start the metronome pace, to pause or stop the metronome press the START/STOP button again.

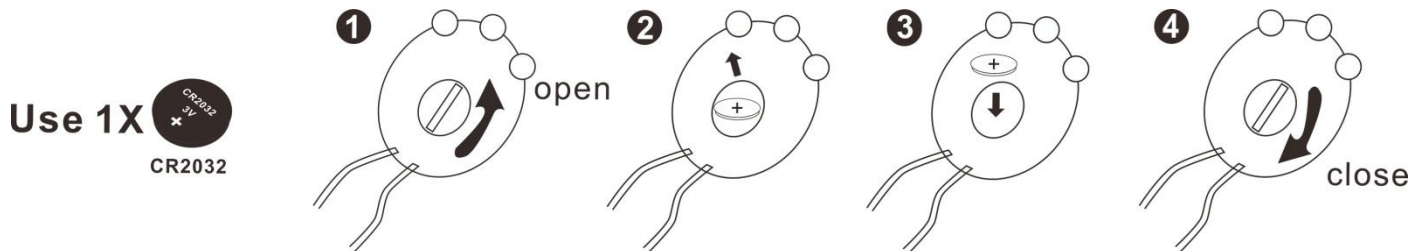
Counter Function.

- In normal clock display press the MODE button 4 times, the count will be displayed.
- Press the START/STOP button to start the count, the count will go up by 1 each time the button is pressed. To reset the count back to zero press and hold the RECALL button for 3secs.
- The stopwatch has a 6 group memory; it can store 6 different lots of counting. Press the LAP/RESET button to move from one group to another. To review the counts in each group press the RECALL button, keep pressing the button to review each group.

Setting the Alarm.

- In normal clock display press the MODE button 5 times. Press and hold the RECALL button for 3secs, the hour will start to flash, press the START/STOP button to set the hour.
- Press the RECALL button and the minutes will flash, press the START/STOP button to set the minutes.
- Once you have set the alarm time press the MODE button, then press the LAP/RESET button to switch the alarm on.
- To indicate the alarm is on,  will be shown in the display below the word ON.
- To switch the alarm off press the LAP/RESET button, "OF" will be displayed to indicate the alarm is off.
- You can set up to 3 different alarms, ALM-1, ALM-2 and ALM-3. Press the START/STOP button to access these alarms.

Battery Replacement .



Battery Warnings

Ensure the battery compartment is secure.

Only use the batteries recommended.

Ensure correct fit of batteries, observing the plus and minus marks on both the battery and the compartment.

Store unused batteries in their packaging and keep away from metal objects that may cause a short circuit.

Remove dead batteries from equipment/appliances.

Remove batteries from appliances that will not be used again for a long time.

Supervise children with batteries at all times.

Remember to keep small button cell and AAA batteries away from small children as they can easily be swallowed.

Seek medical attention if batteries are swallowed.

Never dispose of batteries in a fire.

Never attempt to recharge ordinary batteries.



Disposal:

UK: Waste Electrical products/batteries should not be disposed of with household waste. Facilities exist, for your nearest facilities see www.recycle-more.co.uk or in store for details.

Made in China

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