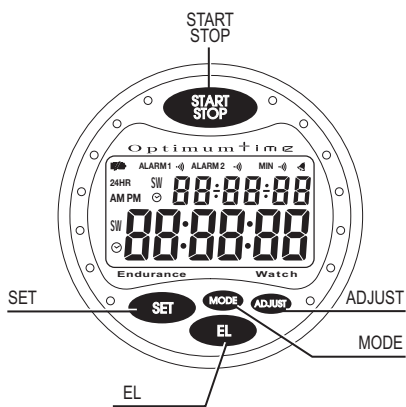# Optimumtime

Ultimate Eudurance Watch

Instructions

The Endurance Watch has four basic modes.

1. Time of day (hours, minutes <u>and</u> seconds) with date month and year
2. Stop watch with hours minutes and seconds plus time of day (hrs, mins, secs)
3. Alarm 1 (with time of day display showing) plus optional single hour stroke
4. Alarm 2 (with time of day display showing)

The display has two rows of digits, the lower row being much larger than the upper row. In stop watch mode it is possible to have the display with large stop watch and smaller time displays or large time and smaller stop watch. It is possible to alternate between these sizes even when the stop watch is running. The stop watch has the letters SW before the digits and the time of day has an icon of a clock before it so that it is clear which row is time and which is stop watch. There is a minute alarm when the stop watch is running which sounds 3 beeps every full minute, but if not required this alarm can be easily silenced.

①

START
STOP

START
STOP

Optimum time

ALARM1 ◁)) ALARM2 ◁)) MIN ◁)
24HR SW
AM PM ⊙ 88:88:88
SW
⊙ 88:88:88

Endurance   Watch

SET   MODE ADJUST   ADJUST

EL   MODE

EL

②

TO SET THE TIME AND CALENDAR ON THE WATCH

1   Press the **MODE** button to access the time and calendar display. (The letters **SW** will not be visible because you are not in stop watch mode, nor will either of the words Alarm 1 or Alarm 2 show because you are not in the alarm modes).

2   Press the **SET** button and hold it down for 2 seconds. You will hear a '**beep**' and either **AM**, **PM** or **24HR** will be flashing.

3   Press **ADJUST** to choose between 12 or 24 hour clock.

4   Press **MODE** to confirm your choice and make the hours flash.

5   Press **ADJUST** to alter the hour making sure if you are in 24 hour mode that you are not 12 hours wrong!

6   Press **MODE** to confirm and start the minutes flashing.

7   Press **ADJUST** to alter the minutes.

8   Press **MODE** to confirm and start the seconds flashing.

9   Press **ADJUST** to set the seconds to zero.

10 Press **MODE** to confirm and start the year flashing.

11 Press **ADJUST** to alter the year.

12 Press **MODE** to confirm and start the month flashing.

③

13 Press **ADJUST** to confirm and start the date flashing.

14 Press **START/STOP** to adjust between European date order (date, month, year), or American date order (month, date, year).

15 Press either **SET** to confirm all your choices and exit the time setting mode or press **MODE** to go back to stage 2 above and repeat the process.

16 If you have pressed **SET** to confirm the clock and calendar are now set.

NOTES

1 You can confirm your changes at any time using the **SET** button without having to go through the whole sequence.

2 You can move a digit on by giving a single press or you can fast scroll through by holding the button down.

TO USE THE STOP WATCH

1 Press **MODE** to enter the stop watch function.

2 Choose between large stop watch/small time or small stop watch/large time using either **SET** button. (The stop watch has the letters **SW** before the display and the time has a clock icon before it).

3 Press **START/STOP** to either start or stop the stop watch. This counts up only, and counts in hours, minutes, and seconds.

4 To clear the stop watch make sure it is stopped and then press **ADJUST**.

5 Whether the stop watch is running or not you can choose whether you want the stop watch or the clock on the large digits by pressing **SET**.

6 The minute alarm will sound at every minute during count up if the icon in the top right of the display is on.

7 To activate the minute alarm, stop the stop watch and zero it.

8 Press **ADJUST** and hold it down for 2 seconds until you hear a '**beep**' which will either have turned the minute alarm on or off depending on its previous state.

TO SET THE ALARM 1 AND THE HOUR STRIKE

1 Press the **MODE** button to access the **ALARM** 1 display. (The letters **SW** will not be visible because you are not in stop watch mode, but Alarm 1 will show because you are in the alarm 1 mode).

2 Press the **SET** button and hold it down for 2 seconds. You will hear a '**beep**' and the hours will be flashing.

3 Press **ADJUST** to alter the hour making sure if you are in 24 hour mode that you are not 12 hours wrong!

4 Press **MODE** to confirm and start the minutes flashing.

5 Press **ADJUST** to alter the minutes.

6   Press **SET** to confirm the **ALARM** 1 setting

7   The alarm is switched on and off using the **START/STOP** button. The Alarm 1 on icon appears just after the words **ALARM** 1

8   The use of the **START/STOP** button also controls the single hour strike beep which is optional, and controlled in the **ALARM** 1 mode only

9   The start/stop button controls the alarm 1 and hour strike in the following order each time you press it: Alarm 1 on only, Alarm 1 and hour strike both on, Alarm 1 off but hour strike on, and Alarm 1 and hour strike both off.

TO SET THE ALARM 2

1   Press the **MODE** button to access the **ALARM** 2 display. (The letters **SW** will not be visible because you are not in stop watch mode, but Alarm 2 will show because you are in the alarm 2 mode).

2   Press the **SET** button and hold it down for 2 seconds. You will hear a '**beep**' and the hours will be flashing.

3   Press **ADJUST** to alter the hour making sure if you are in 24 hour mode that you are not 12 hours wrong!

4   Press **MODE** to confirm and start the minutes flashing. Press **ADJUST** to alter the minutes.

5   Press **SET** to confirm the **ALARM** 1 setting

6   The alarm is switched on and off using the **START/STOP** button

TO CHANGE THE BATTERY

1   Remove the timer from the outer black clip.

2   Carefully unscrew the six screws that hold the back on.

3   Remove the case back noting the arrow pointing up and   the words **TOP** and **BOTTOM** to show which way up the back fits.

4   Remove the old battery taking note of how it fitted.

5   Fit a new battery carefully in place of the old one. (The battery is a Lithium battery type CR2032). Make sure you get the positive (+ve) facing upwards.

6   Carefully replace the case back making sure the rubber seal has not come away from its slot in the case front. Make sure you have the case back the right way up.

7   Carefully replace the six screws making sure you do not over tighten them and strip the threads.

8   Replace the timer unit into the black clip making sure you press it well home so that you hear a loud '**click**' so that it cannot fall out.

CASE BACK

CASE COVER
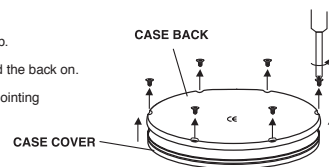
ADJUSTING THE ELASTIC STRAP

There is a right way and a wrong way to adjust the elastic strap. Please take note to avoid any chance of the strap coming undone.

1. Place the watch on the wrist and pass the elastic through the clasp from the bottom to the top.
2. Pull the elastic to the required tightness and secure by pressing the clasp firmly closed.
3. Push the elastic loop over the spare length of elastic to keep the loose end tidy.

INCORRECT   CORRECT   ELASTIC LOOP COVERS SPARE ELASTIC
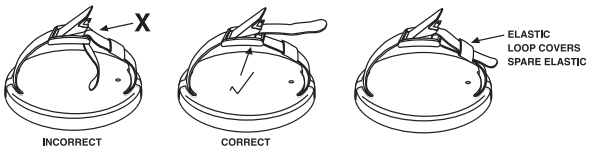
Also available in the Optimum Time Range:
Ultimate Event Watch - The Classic
Ultimate Sailing Watch - The Classic
The Timesaver - Event Timing Equipment
3 Day Event Watch - The Classic & The Compact
Ultimate Endurance Watch - The Classic & The Compact
Ultimate Football Timer - The Classic & The Compact
Ultimate Rugby Timer - The Classic & The Compact
Ultimate Hockey Timer - The Classic & The Compact
Heart Rate Monitor's

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