SportCount Inc.

GENERAL INSTRUCTIONS

Congratulations on your purchase of the CountDown Timer by SportCount. The CountDown Timer helps you time all kinds of activities from counting down the next shuttle launch to timing repetitive physical therapy stretch routines. It's also great for interval timing in swimming, running, walking, cycling, skating, sailing, and many other sports. Try using it for cooking, racing, exercise, projects at work, science projects, or anywhere you need to count down time and track laps or repetitions.

The CountDown Timer can time anything from five seconds up to one hour, and it can repeat the same countdown cycle for up to 99 laps or repetitions. At the end of each countdown period, a discrete buzz will let you know when the countdown is complete. It's easy to use, and it is operated with one hand and doesn't interfere with the natural flow of exercise. You should take the time to try it before you jump into your exercise routine. Practice putting the Countdown timer through its functions a few times. In most cases, you will want to wear it on your index finger (either the right or left hand may be used). Make sure it is oriented so you can comfortably reach the button with your thumb.

PRACTICE SESSION

Here's a quick summary of how the CountDown Timer works, showing how the display would look for a 30 second countdown example.

POWER-UP

Press the button with your thumb to start the CountDown Timer. On power-up, the display will show the preset countdown time, which indicates that your Countdown Timer is powered up and ready to use. 30 seconds is the default starting point.

Fig.1

START A COUNTDOWN CYCLE

Press the button to begin timing. This will initiate the countdown timer and running time will appear on the display. The numbers in the display refer to minutes, seconds, tenths and hundredths of seconds. For example, "00'25.00" in Fig. 2 indicates that there are exactly 25 seconds left in the count down.

Fig.2

PAUSE

Press the button once any time during the countdown cycle to pause the timer. The display will flash the current cycle time, then "PAUSE", and then the laps completed. It will continuing to cycle through those three items until you are ready to press the button again to resume timing your activity.

Fig.3

RESUME

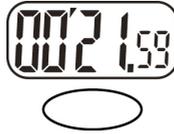Press the button to resume the countdown cycle.

Fig.4

FINISH

When the time is elapsed, it will flash all zeros and quietly buzz five times. The display will show the number of laps (reps) completed, then alternate showing the number of laps completed and the countdown time.


START A NEW CYCLE

You are now ready to start another 30 second lap. Just press the button to start lap 2, and so on… You can repeat the cycle as many times as you like up to 99 laps. After 99, it starts over again with Lap 1.
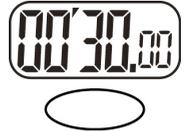
RESET THE TIME

While the timer is running (or paused), holding down the button will reset the time for that lap only. Let's say you had begun a 30 second activity, but you wanted to start over for some reason. No problem. Just hold the button down for 2 seconds until you see the preset countdown time appear on the display again.
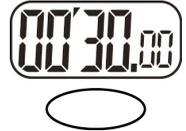
RESET THE LAP COUNT

After you have completed at least one lap, holding down the button will reset the lap count. Let's say you wanted to do two sets of ten 30 second activities. After you finish lap 10, hold the button down for 2 seconds until you see the display go back to "30". You are now ready to start that second set.
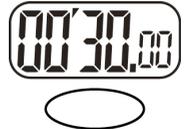
REPROGRAM THE COUNTDOWN TIME

It can seem a little challenging to program the Countdown timer at first, so take the time to try it a few times before you jump into your routine. Once you get used to it, you will find that it is a very simple and convenient activity timer.

The CountDown Timer will always start off with the same time that was used in the previous session. If you want to program a different time, follow these instructions. (We used a 15 minute, 30 second example for illustration purposes). If you have already started a countdown session and have completed one or more laps, you will need to reset the lap count before starting this process.

1. Hold the button down for about two seconds and the left most digits will begin flashing. This set of numbers represents minutes.

2. Press the button to increase this value incrementally, or hold the button down to quickly increase the value.
Be careful not to overshoot your target number. If you do, you will have to go all the way up to 59 before the numbers come back to zero again.

3. Once you reach the number you want, release the button and simply wait for about 6 seconds to set the minute time in the CountDown's memory.

4. After the minute value is set, the second digits will begin flashing. Push the button to set seconds in the same way you set the minute number.

5. Once you reach the seconds time you want, release the button and wait for about 6 seconds to set that number in the CountDown's memory.

NOTE: if you hold down the button after you have already completed a countdown lap, then holding the button only resets the lap/rep count to zero. Simply press and hold the button again to go back into set-mode.

SLEEP MODE
The display will shut off after about 30 minutes of inactivity to save battery life (if the CountDown model is not actively timing). This is called Sleep Mode. Your progress and settings will not be affected while in Sleep Mode. Simply press the button to wake the unit from Sleep Mode.

CARE FOR YOUR SPORTCOUNT

WATER-RESISTANCE
All SportCount models are designed and manufactured to withstand the water pressure involved with normal swimming. After swimming, please be sure to wash the SportCount with fresh water and clean it with a dry cloth before storage.

TEMPERATURE
Do not leave your SportCount under direct sunlight or in very high temperatures for a long time, or the display may darken. Do not leave your SportCount in very low temperatures as this may cause a slight time loss or gain. In both cases, the above conditions will be corrected when the SportCount returns to normal temperature.

SHOCKS
Be careful not to drop your SportCount or hit it against hard surfaces as it may cause mechanical damage.

STATIC ELECTRICITY
The integrated circuit in your SportCount can be affected by static electricity. Avoid touching electronic devices, and be careful of clothing made of synthetic materials in dry weather that might create a strong static shock,

CHEMICALS
Do not expose your SportCount to solvents such as gasoline and alcohol, spray of cosmetics, cleaners, paints, etc., as they may cause damage to the SportCount.

BATTERY CHANGE
Depending on use, your SportCount should last for about one year before needing a battery replacement. When the display becomes dim or turns off, battery replacement is necessary. We recommend you to go to a qualified technician or contact SportCount Inc. Replace with Lithium battery CR2032 or equivalent.

LIMITED ONE YEAR WARRANTY
Your SportCount is warranted to be free from defects in material and workmanship for a period of one year from the date of purchase except as specified below. Within the warranty period, your SportCount will either be repaired at the Service Center or, at our discretion, replaced with a new or refurbished SportCount. This warranty does NOT cover the battery, crystal, or band. Warranty service will not be provided if:
● there was damage while in the possession of the consumer not resulting from a defect of manufacture
● there was damage caused by tampering with or opening the SportCount or by other than normal use

SERVICE OR REPAIR
If your SportCount requires a service or repair, pack it securely and send it to:

>   **SportCount Australia**
>   **29 Bolwarra Ave**
>   **West Pymble NSW 2073**

QUESTIONS?
Contact SportCount Customer Service by email at **info@sportcount.com**.**au**
*You can also find useful information at the Website: **www.sportcount.com***