



INSTRUCTION MANUAL STOPWATCH MODEL (SW # 90030, Yellow Logo)

GENERAL INSTRUCTIONS

Congratulations on your SportCount Stopwatch purchase. The Stopwatch is easy to use. It's 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 Stopwatch 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

This section of the instructions takes you through a practice session. The figures illustrate what you should see on the display as you work through the paces.

POWER-UP

Press the button with your thumb to start the Stopwatch. On power-up, the display will show all "0's", which indicates that your Stopwatch is powered up and ready to use (Fig.1).



Fig. 1

START

Press the button to begin timing. This will initiate the 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, "19'22.35" in Fig. 2 indicates that nineteen minutes, twenty-two point three five seconds has elapsed since you pressed the button to begin your activity. When the timer reaches 1 hour, the display then changes to hours, minutes, and seconds. The hour bar will display at the top right corner.



Fig. 2

For example, in Fig. 3, when the time reaches one hour, forty two minutes, and seventeen seconds, the display will read "1:42'17" The Stopwatch's maximum time is 99:59'59, after which the display will start over at 00'00.00.



Fig. 3

STOP

To stop, press the button again. The elapsed time will freeze at that time.

RESUME

Press the button to resume timing your activity.

RESET/ TURN OFF/SLEEP MODE

To reset the Stopwatch to zero, after the time is stopped, hold down the button for at least three seconds, or until the display shows "00'00.00". Once reset, the Stopwatch automatically shuts off and goes into sleep mode after about 30 minutes of inactivity in order to preserve the battery. During the running mode, if the button is not pressed for 24 hours, the Stopwatch will automatically reset itself and turn the display off.

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. Be careful of the screen of a TV set and the wearing of clothing made of synthetic materials in dry weather; in such cases a very strong static electricity can be generated.

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

When the display becomes dim or turned off, battery replacement is necessary. We recommend you to go to a qualified technician or contact SportCount Inc. Replace with Lithium battery CR2016 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**

Contact SportCount Customer Service by email at info@sportcount.com.au

You can also find useful information at the Website: www.sportcount.com