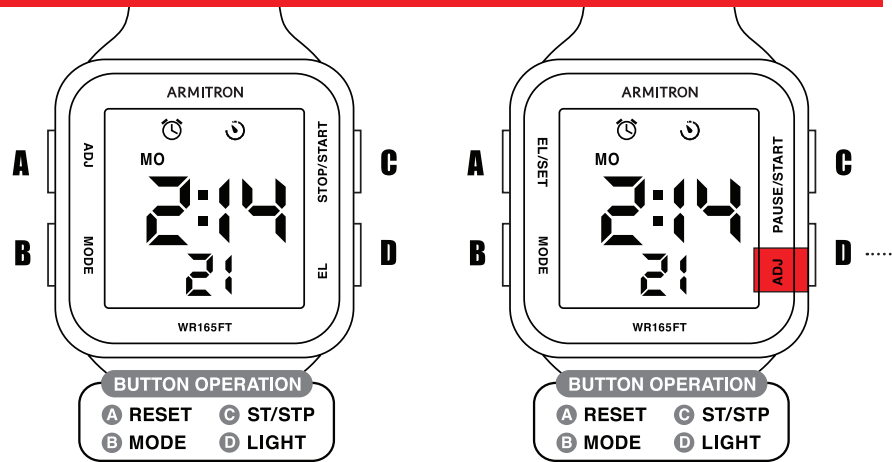


INSTRUCTIONS MANUAL

PLEASE NOTE: IF THE PLACEMENT OF THE 'ADJ' BUTTON IS AT THE BOTTOM RIGHT OF THE DIAL PLEASE FOLLOW THE INSTRUCTIONS ON THIS PAGE.



FOLLOW INSTRUCTIONS BELOW.

FEATURES

- Time Telling Mode (Hours, Minutes, Seconds, Date and Day of the Week)
- Calendar Mode (Month, Date, and Day of the Week)
- 24 Hour Daily and Weekly Alarms
- Chronograph Mode: Hours, Minutes, Seconds, and 1/100 of a second with Lap Operation
- Countdown Timer
- 12/24 Hour (Military Time)
- US/European Calendar
- Water Resistant as indicated on the watch

SELECTING FEATURES

1. Time Telling Mode displays Hours, Minutes, and Seconds.
2. From Time Telling Mode, press 'C'. Calendar Mode appears and the Month and Date are displayed for 15 seconds.
3. From Time Telling Mode, press 'B' once. Chronograph Mode appears. Press 'B' three times to return to Time Telling Mode.
4. From Time Telling Mode, press 'B' twice. Countdown Timer Mode appears. Press 'B' twice to return to Time Telling Mode.
5. From Time Telling Mode, press 'B' three times. Alarm Mode appears. Press 'B' once to return to Time Telling Mode.

SETTING THE TIME AND CALENDAR

1. From Time Telling Mode, press and hold 'A'. Hours flash. Press 'C' to advance the Hour.
NOTE: Pressing and holding 'C' will advance the digits rapidly. When 12 Hour Format is selected, 'AM' indicates 'a.m.' times; 'PM' indicates 'p.m.' times.
2. Press 'B'. Minutes flash. Press 'C' to advance the Minutes.
3. Press 'B'. Seconds flash. Press 'C' to zero out the Seconds.
NOTE: Zeroing out 30 or more seconds automatically adds one minute to time.
4. Press 'B'. 12 Hour/24 Hour (Military) Time Format flashes. Press 'C' to select either 12 Hour or 24 Hour (Military) Time.
5. Press 'B'. The Date flashes. Press 'C' to advance the Date.
6. Press 'B'. The Month flashes. Press 'C' to advance the Month.
7. Press 'B'. US/European Calendar Format flashes. Press 'C' to select either the US or the European Calendar.
8. Press 'B'. The Year flashes. Press 'C' to advance the Year.
9. Press 'A' to end set sequence and return to Time Telling Mode.

CHRONOGRAPH

1. From Time Telling Mode, press 'B' once to enter the Chronograph Mode.
2. Press 'C' to start timing.
3. Press 'C' again to stop timing.
4. Press and hold 'D' to reset to zero.
5. Press 'B' three times to return to Time Telling Mode.

LAP OPERATION

1. While in the Chronograph Mode, press 'C' to start timing.
2. Press 'D' to measure Laps.
3. Press 'C' to stop timing at the end of the event.
4. Press and hold 'D' to reset to zero.
5. Press 'B' three times to return to Time Telling Mode.

SETTING & ACTIVATING THE ALARM

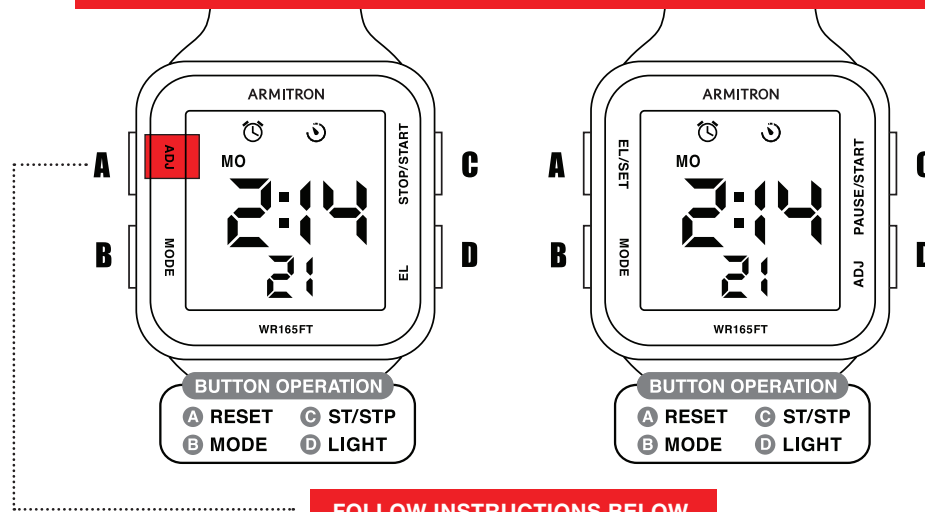
1. From Time Telling Mode, press 'B' three times to enter the Alarm Mode.
2. Press 'C' to activate or deactivate the Alarm.
NOTE: When the Alarm is activated, the Alarm Symbol appears on the display to indicate that the Alarm will sound at the preset Alarm Time for 20 seconds or until any button is pressed.
3. Press and hold 'A'. The Alarm Indicator flashes "ON" or "OFF" to indicate if the Alarm is activated. Press 'C' to activate or deactivate the Alarm.
4. Press 'B' Alarm Hour flashes. Press 'C' to advance the Alarm Hours.
5. Press 'B' Alarm Minutes flash. Press 'C' to advance the Alarm Minutes.
6. Press 'A' to end set sequence.
7. Press 'B' to return to Time Telling Mode.

COUNTDOWN TIMER

1. From Time Telling Mode, press 'B' twice to enter the Timer Mode.
2. Press and hold 'A'. Timer Hours flash. Press 'C' to advance the Hours.
3. Press 'B'. Timer Minutes flash. Press 'C' to advance the Minutes.
4. Press 'B'. Timer Seconds flash. Press 'C' to advance the Seconds.
5. Press 'B'. The Timer Repeat Feature flashes "ON" or "OFF" to indicate if the Timer Repeat Feature is activated. Press 'C' to activate or deactivate the Timer Repeat Feature.
NOTE: When the Timer Repeat Feature is activated, the Timer will countdown from the preset Countdown Time to zero, then repeat the countdown until 'C' is pressed.
6. When the Countdown Time is set, press 'A' to end set sequence and return to Timer Mode.
7. Press 'C' to start the Timer.
8. If desired, press 'C' again to stop the Timer. Press 'C' again to resume the countdown.
NOTE: The countdown will continue in any mode until 'C' is pressed. When the Timer counts down to zero, the Timer Alarm ("Beep Beep Beep") will sound until 'C' is pressed.
9. Press 'C' to stop the Timer.
10. Press 'B' twice to return to Time Telling Mode.

INSTRUCTIONS MANUAL

PLEASE NOTE: IF THE PLACEMENT OF THE 'ADJ' BUTTON IS AT THE TOP LEFT OF THE DIAL PLEASE FOLLOW THE INSTRUCTIONS ON THIS PAGE.



FOLLOW INSTRUCTIONS BELOW.

FEATURES

- Time Telling Mode (Hours, Minutes, Seconds, and Day of the Week)
- Calendar Mode (Month and Date)
- 24 Hour Alarm
- Chronograph Mode: Hours, Minutes, Seconds and 1/100th of a Second with Lap Operation
- 12/24 Hour (Military Time)
- US/European Calendar
- Water Resistant as indicated on the watch

SELECTING FEATURES

1. Time Telling Mode displays Hours, Minutes, Seconds, and Day of the Week.
2. From Time Telling Mode, press 'C'. Calendar Mode appears and the Month and Date are displayed. Release the 'C' to return to Time Telling Mode.
3. From Time Telling Mode, press 'B' once. Chronograph Mode appears. Press 'B' again to return to Time Telling Mode.
4. From Time Telling Mode, press and hold 'B'. Alarm Setting Mode appears and the Hours and the Monday Indicator flash. Release 'B' then press 'B' twice to return to Time Telling Mode.
5. From Time telling Mode, press and hold 'B'. Alarm Setting Mode appears. Release 'B' then press 'B' once to Time Setting Mode. Release 'B' then press 'B' once to return to Time Telling Mode.
6. From Time Telling Mode, Press and hold 'A'. Alarm Time appears. Release 'A' to return to Time Telling Mode.
7. From Time Telling Mode, Press and hold 'C'. Month & Day appear. Release 'C' to return to Time Telling Mode.

SETTING THE TIME AND CALENDAR

1. From Time Telling Mode, press and hold 'B'. Alarm Hours and the Monday Indicator flash. Release then press 'B' again. Seconds and the Tuesday indicator flash. Press 'A' to zero out the Seconds.
NOTE: Zeroing out 30 or more seconds automatically adds one minute to time.
2. Press 'C'. Minutes flash. Press 'A' to advance the Minutes
NOTE: Pressing and holding 'A' will advance digits rapidly.
3. Press 'C'. Hours flash. Press 'A' to advance the Hour.
NOTE: When 12 Hour Format is selected, 'A' indicates 'a.m.' times. 'P' indicates 'p.m.' times.
4. Press 'C'. The Month flashes. Press 'A' to advance the Month.
5. Press 'C'. The Date flashes. Press 'A' to advance the Date.
6. Press 'C'. The Day of the Week flashes. Press 'A' to advance the Day of the Week.
7. Press 'B' to end set sequence and return to Time Telling Mode.

12/24 HOUR (MILITARY) TIME

1. From Time Telling Mode, press and hold 'A'. Press 'B' to select either 12 Hour or 24 Hour (Military) Time.
NOTE: The letters 'A' (for 'a.m.' times) or 'P' (for 'p.m.' times) indicate 12 Hour Format is selected.
2. Release 'A' to return to Time Telling Mode.

CHRONOGRAPH

1. From Time Telling Mode, press 'B' once to enter the Chronograph Mode.
2. Press 'C' to start timing.
3. Press 'C' again to stop timing.
4. Press 'A' to reset to zero.
5. Press 'B' to return to Time Telling Mode..

LAP OPERATION

1. While in the Chronograph Mode, press 'C' to start timing.
2. Press 'A' to measure Laps.
3. Press 'C' to stop timing at the end of the event.
4. Press 'A' to reveal the final Lap Time.
5. Press 'A' again to reset to zero.
6. Press 'B' to return to Time Telling Mode.

EUROPEAN CALENDAR

1. From Time Telling Mode, press and hold 'C'. Press 'A' to select either US Calendar or European Calendar.
2. Release 'C' to return to Time Telling Mode.

SETTING 24 HOUR ALARM

1. From Time Telling Mode, press and hold 'B' to enter the Alarm Mode. Alarm Hours flash.
2. Press 'A' to advance the Alarm Hour.
3. Press 'C'. Alarm Minutes flash. Press 'A' to advance the Alarm Minutes.
4. Press 'B' to end sequence and return to Time Telling Mode.

ACTIVATING THE ALARM AND THE HOURLY CHIME

1. From Time Telling Mode, press and hold 'A'. Press 'C' to activate the Hourly Chime. The Hourly Chime symbol appears to indicate the Hourly Chime will sound every hour on the hour.
2. Press 'C' again to activate the Alarm. The Alarm Symbol appears to indicate the Alarm will sound at the preset Alarm Time.
3. Press 'C' again to deactivate the Hourly Chime.
4. Press 'C' again to deactivate the Alarm.
5. Release 'A' to return to Time Telling Mode.

EL LIGHT FEATURE

1. Press 'D' in any mode to illuminate the watch face. The backlight will remain lit for 2 to 3 seconds.
NOTE: EXCESSIVE USE OF LIGHT WITH SHORTEN BATTERY LIGHT.

INSTRUCTIONS MANUAL

CHANGING THE BATTERY

Change the battery when the watch becomes slow, the readout darkens or does not appear, or the backlight fails. Before removing the old battery, be sure to denote its polarity so that the new battery is installed in exactly the same way. Replace with the same kind or equivalent only. This watch contains precise electronic components and should only be opened by a qualified watch technician. However, it is not necessary to return your watch to the manufacturer for battery replacement. It is recommended that you bring your timepiece to a local jeweler.

WATER RESISTANCE

This is a **WATER RESISTANT** watch. Do not operate push buttons below the surface of the water. Should water or condensation appear in the watch, immediately have the watch checked. Water can corrode electronic parts inside the case.

USE OUR NATIONWIDE SERVICE CENTERS. YOU CANNOT RETURN WATCH FOR SERVICE WHERE IT WAS PURCHASED.

If your watch requires cleaning, lubrication, battery changing, or needs a crystal replaced, Armitron approved Service Centers are available in your area. These repair facilities use Armitron parts and components to assure quality and future performance. Free estimates are available in advance, should you need servicing or repairs not covered under the warranty. Repairs covered under the warranty may require proof of purchase, so retain the purchase receipt.

RETURN YOUR WATCH FOR SERVICING

Please call **(718) 482-4195** for a listing of all approved and authorized service centers and locations, or visit our website at:

WWW.ARMITRON.COM

YOUR WATCH SHOULD NOT BE RETURNED TO THE PLACE OF PURCHASE. Carefully pack your watch in a sturdy box (do not send in a gift box for same will not be returned) and mail to the nearest approved authorized service station. Because of possible loss, we recommend that you insure the watch, return receipt requested, when using the mail. If you do not receive a receipt within a reasonable time, start a tracer through the originating post office. Never include a special watch band or any other article of personal value in your shipment.