



 @ROCKWELLWATCHES  
  /ROCKWELLTIME  
  @ROCKWELLTIME



## REGULAR DISPLAY AND BUTTON OPERATION

E-01



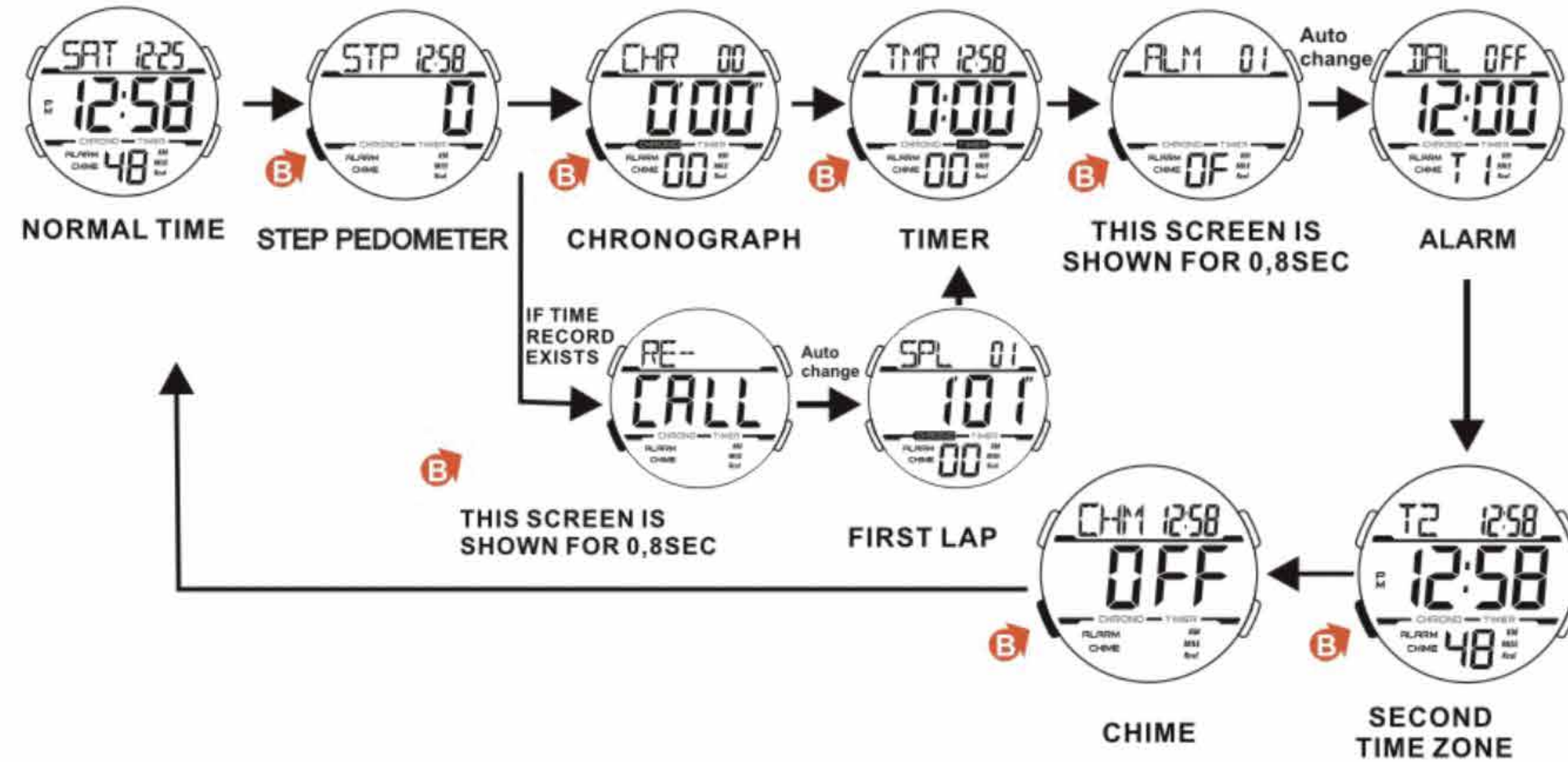
### BUTTON OPERATION

- A** SET/RECALL      **C** ADVANCE/START/SPLIT/LAP
- B** MODE              **D** RECEDE/STOP/ADJUST/LIGHT



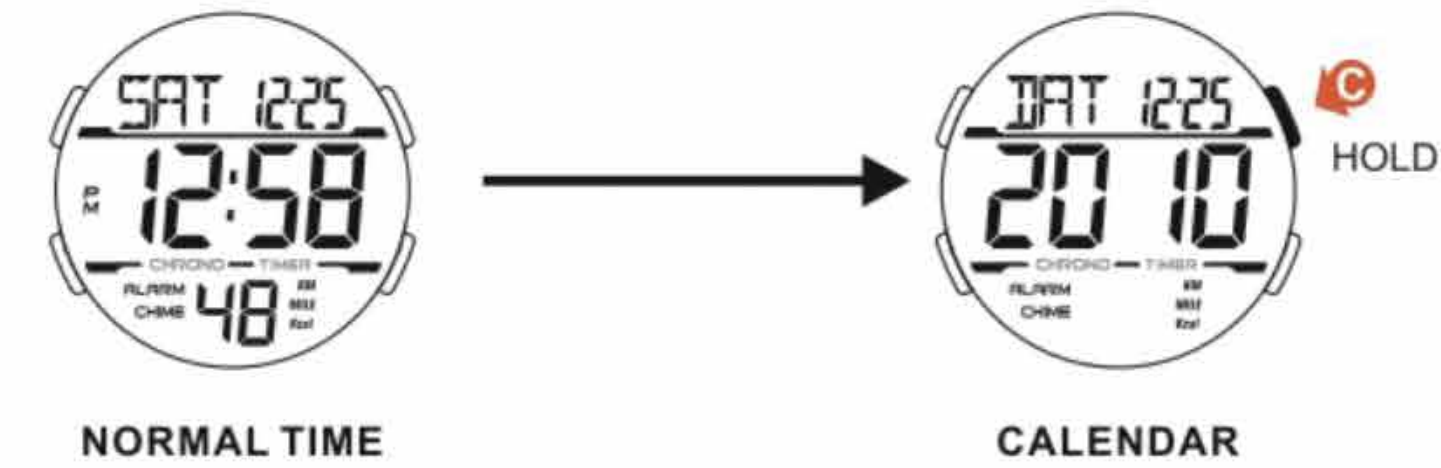
## HOW TO CHANGE DISPLAY MODE

E-02



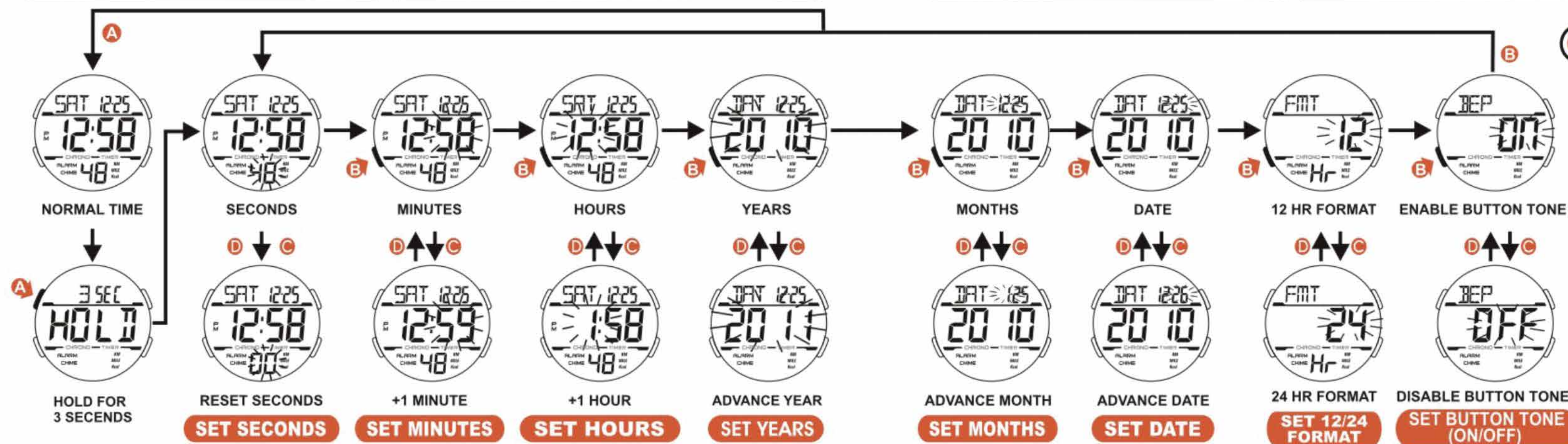
## HOW TO DISPLAY CALENDAR

E-03



## HOW TO SET NORMAL TIME

E-04



E-05

### SET SECONDS

- Minutes do not advance and seconds return to zero when set before 30 seconds.
- Minutes advance and seconds return to zero when set after 30 seconds.

- Press "C" to advance the setting. Holding "C" for longer than 2 seconds can advance the setting rapidly.
- Press "D" to reverse the setting.

Return to normal time display, the week will be set automatically

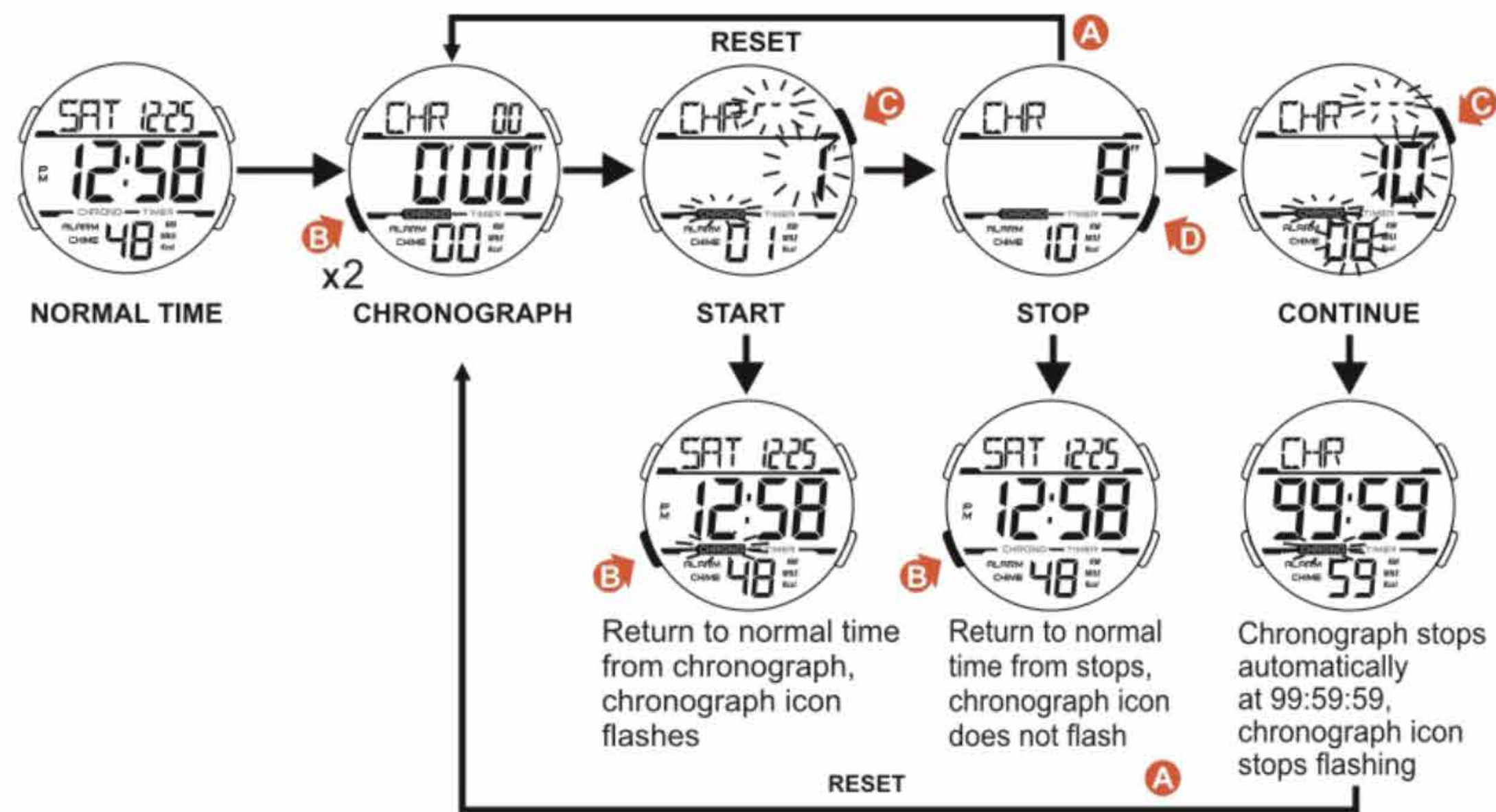
SET 12/24 FORMAT

SET BUTTON TONE (ON/OFF)



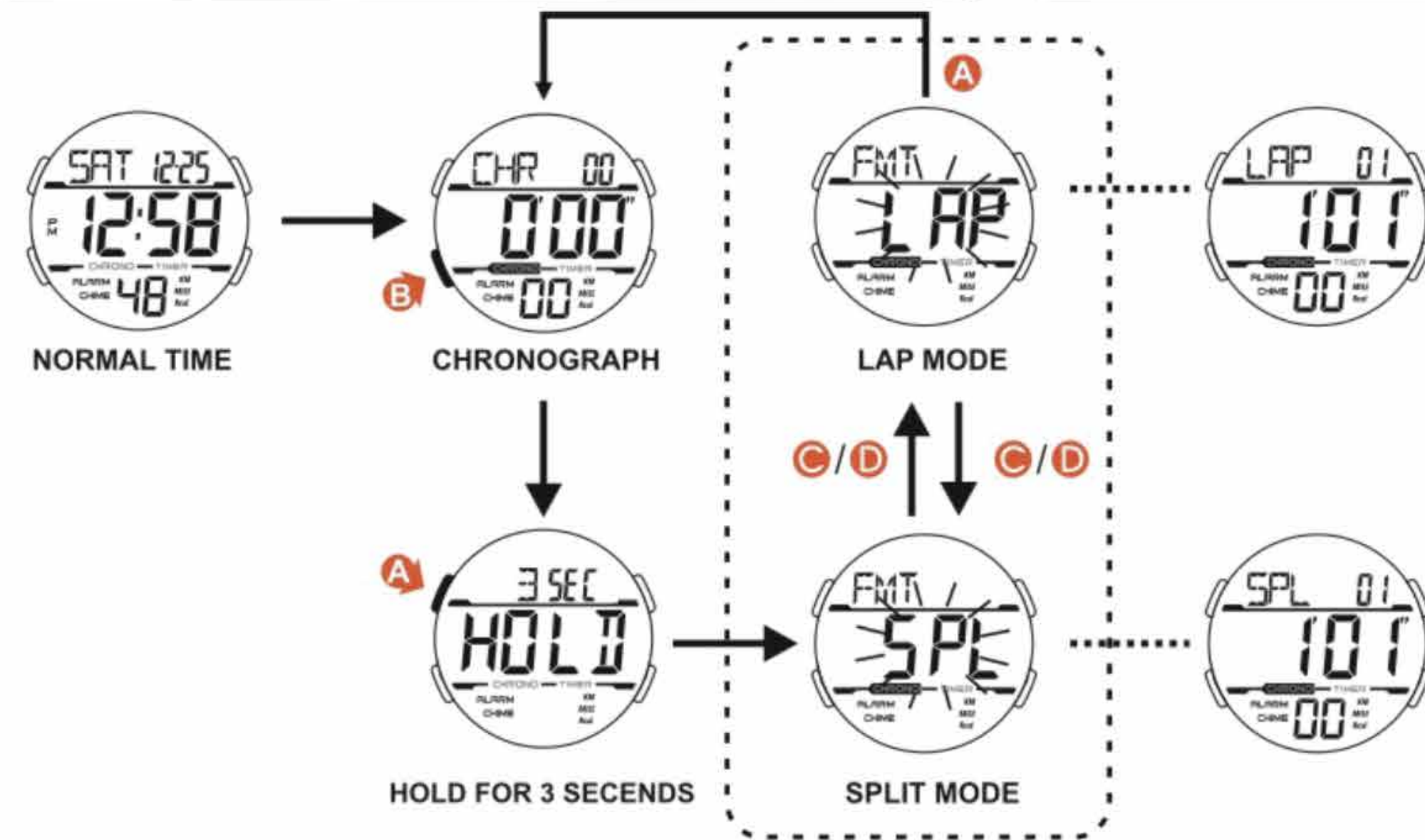
## HOW TO USE THE CHRONOGRAPH

E-06



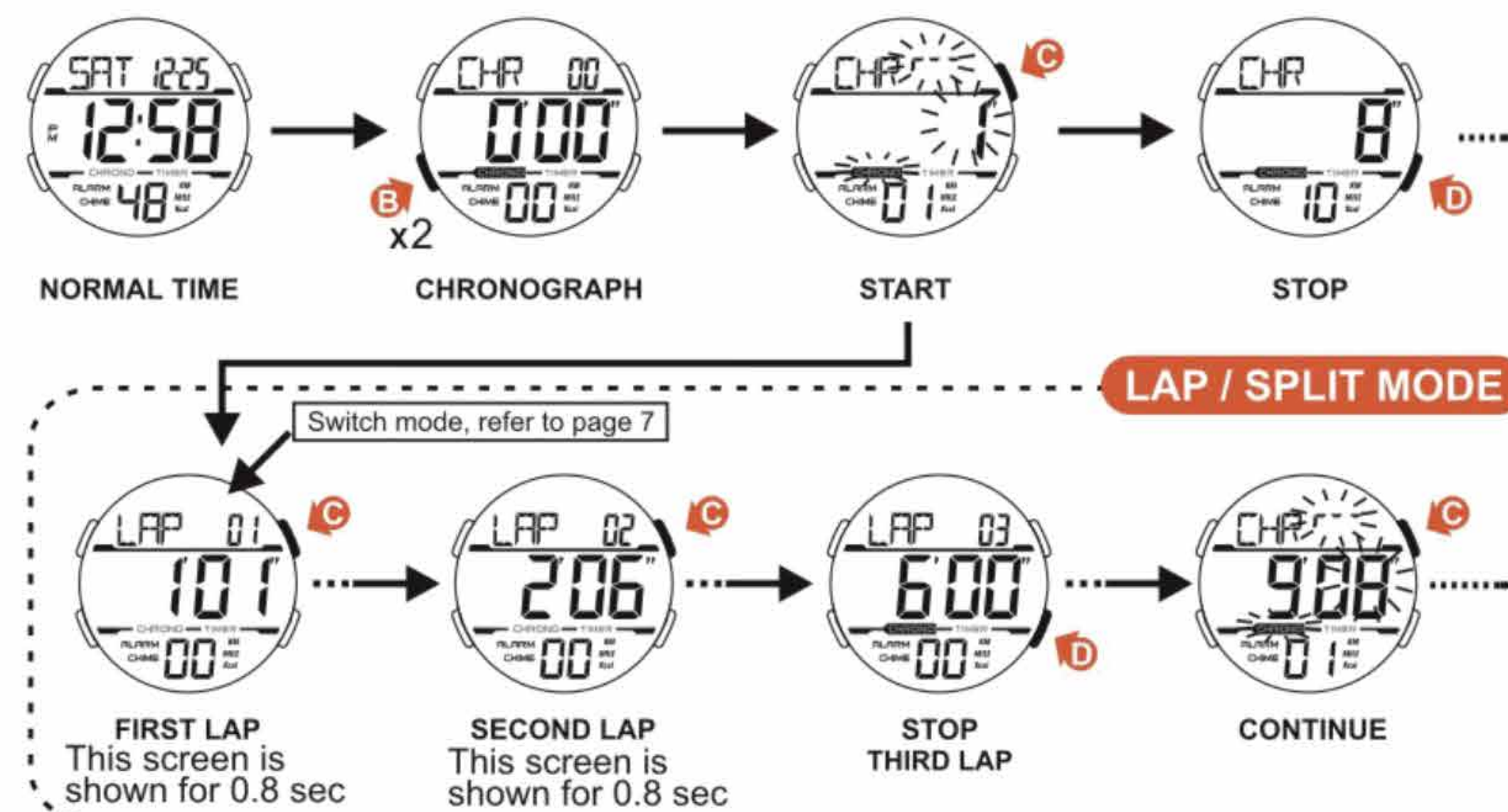
## HOW TO CHANGE THE LAP/SPLIT MODE

E-07



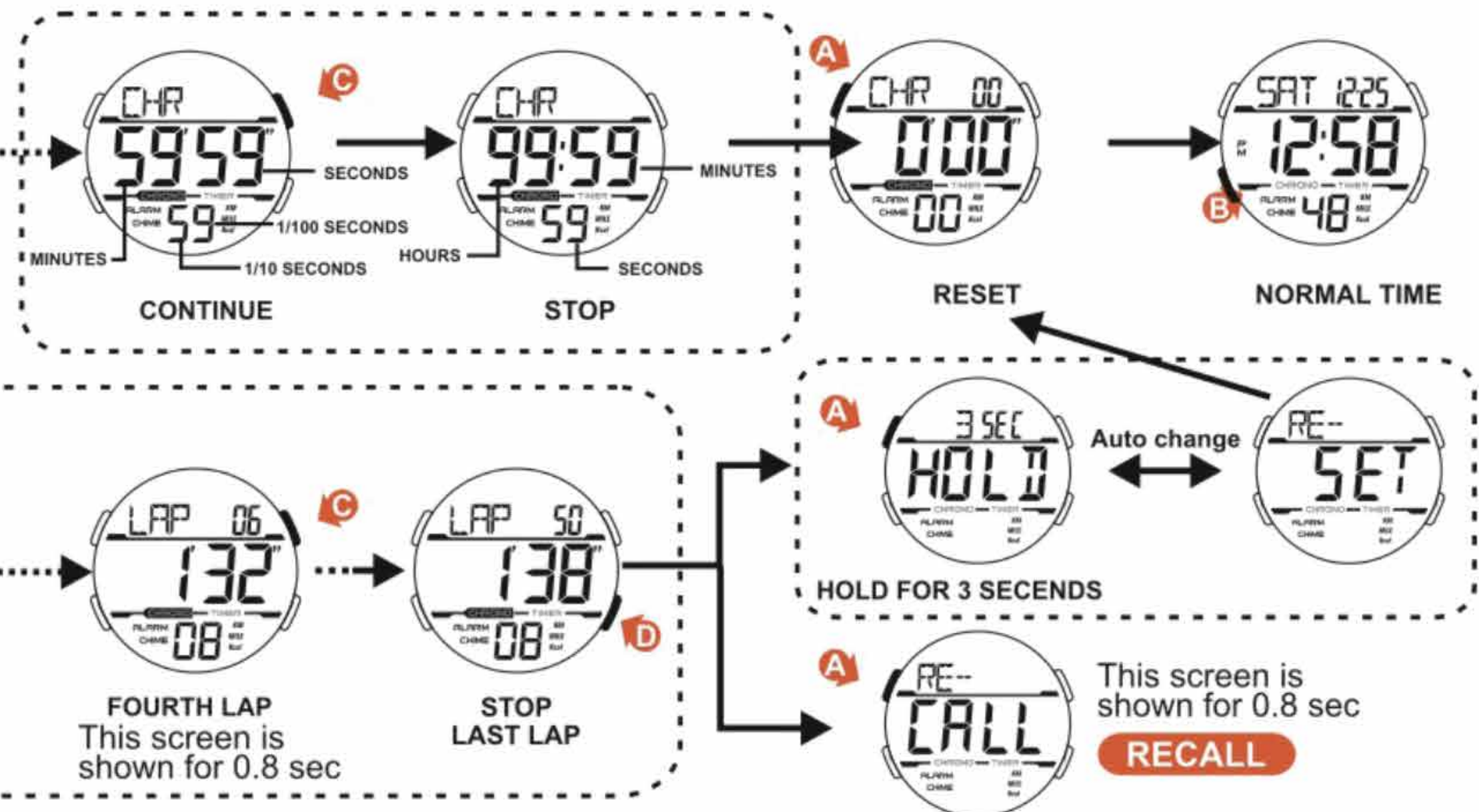
## HOW TO SET THE SPLIT OR LAP OPERATION

E-08



## HOW TO SET THE SPLIT OR LAP OPERATION

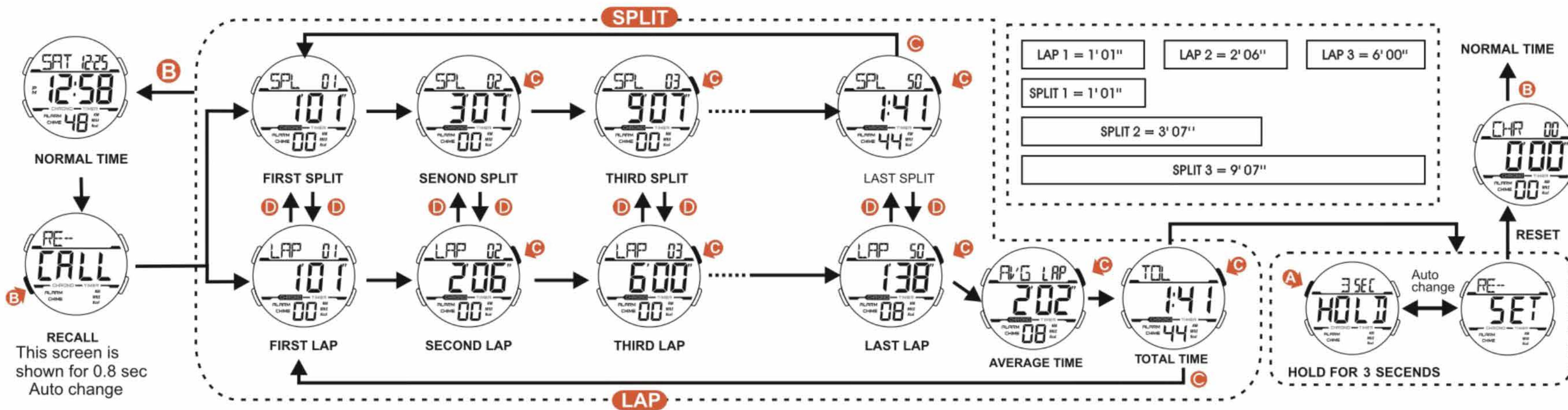
E-09





## HOW TO USE THE RECALL

E-10)

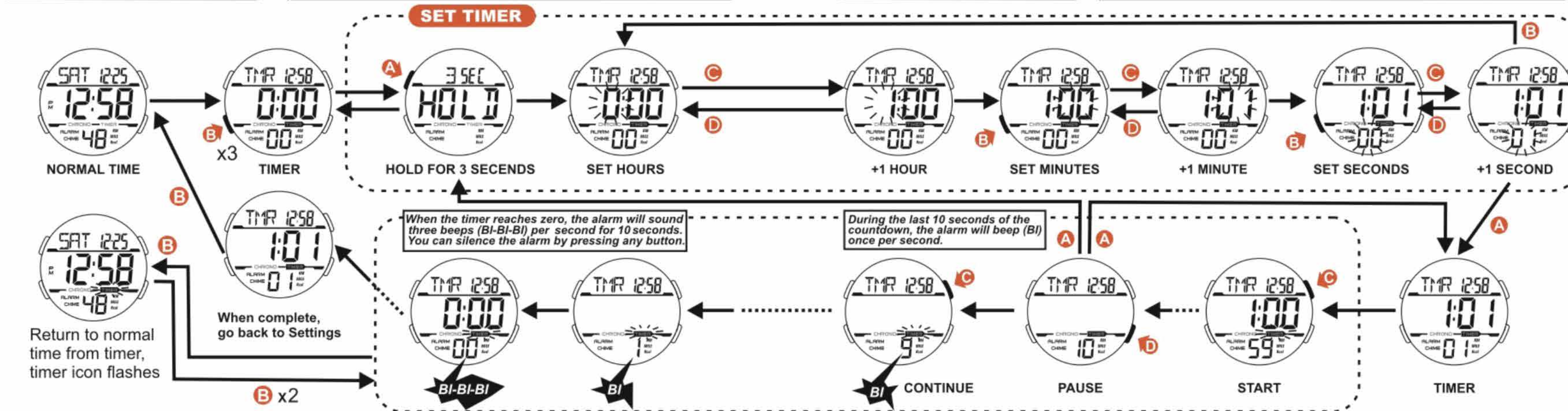


## HOW TO USE THE RECALL

E-11)

## HOW TO USE TIMER

E-12)



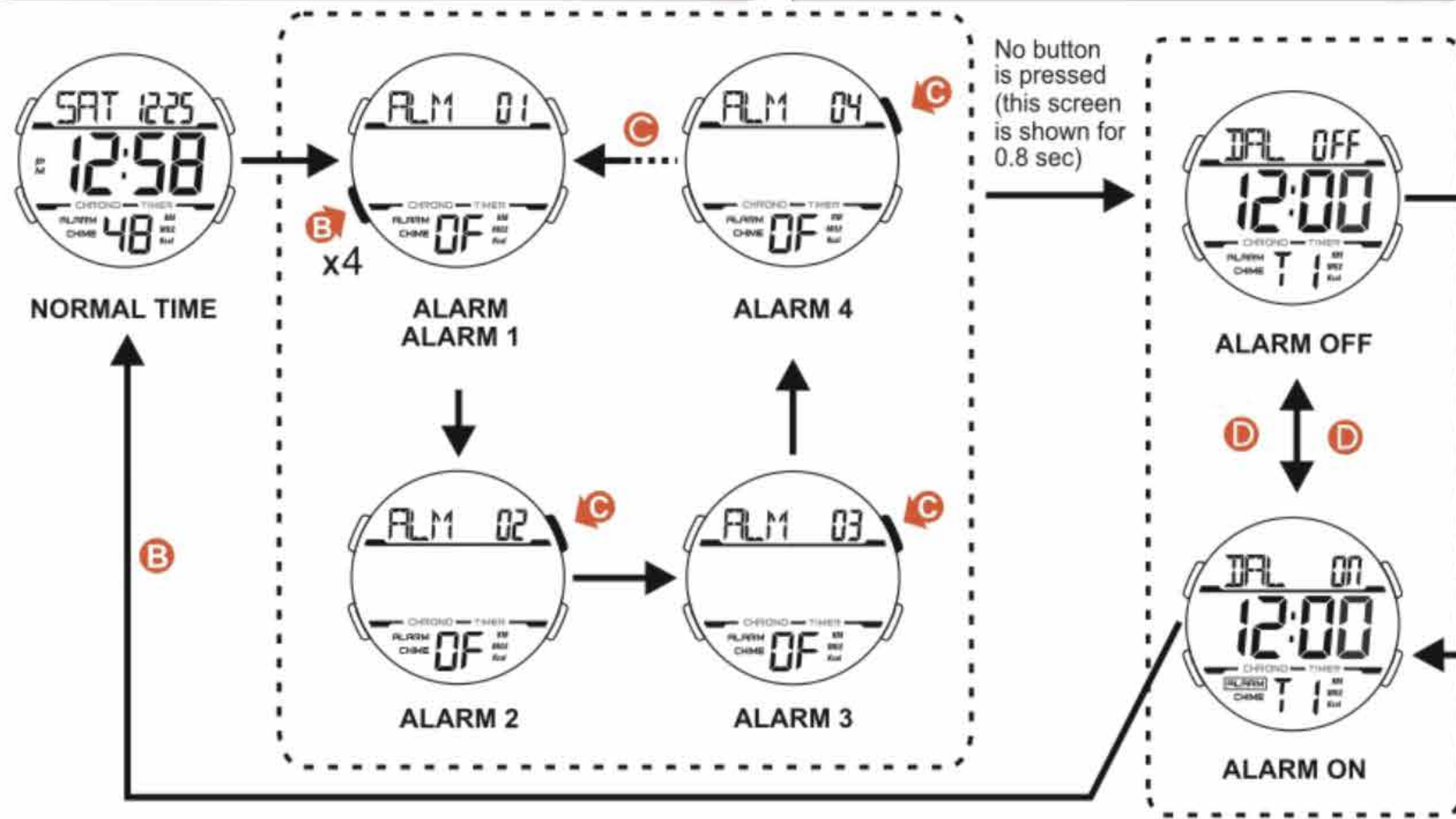
## HOW TO USE TIMER

E-13)



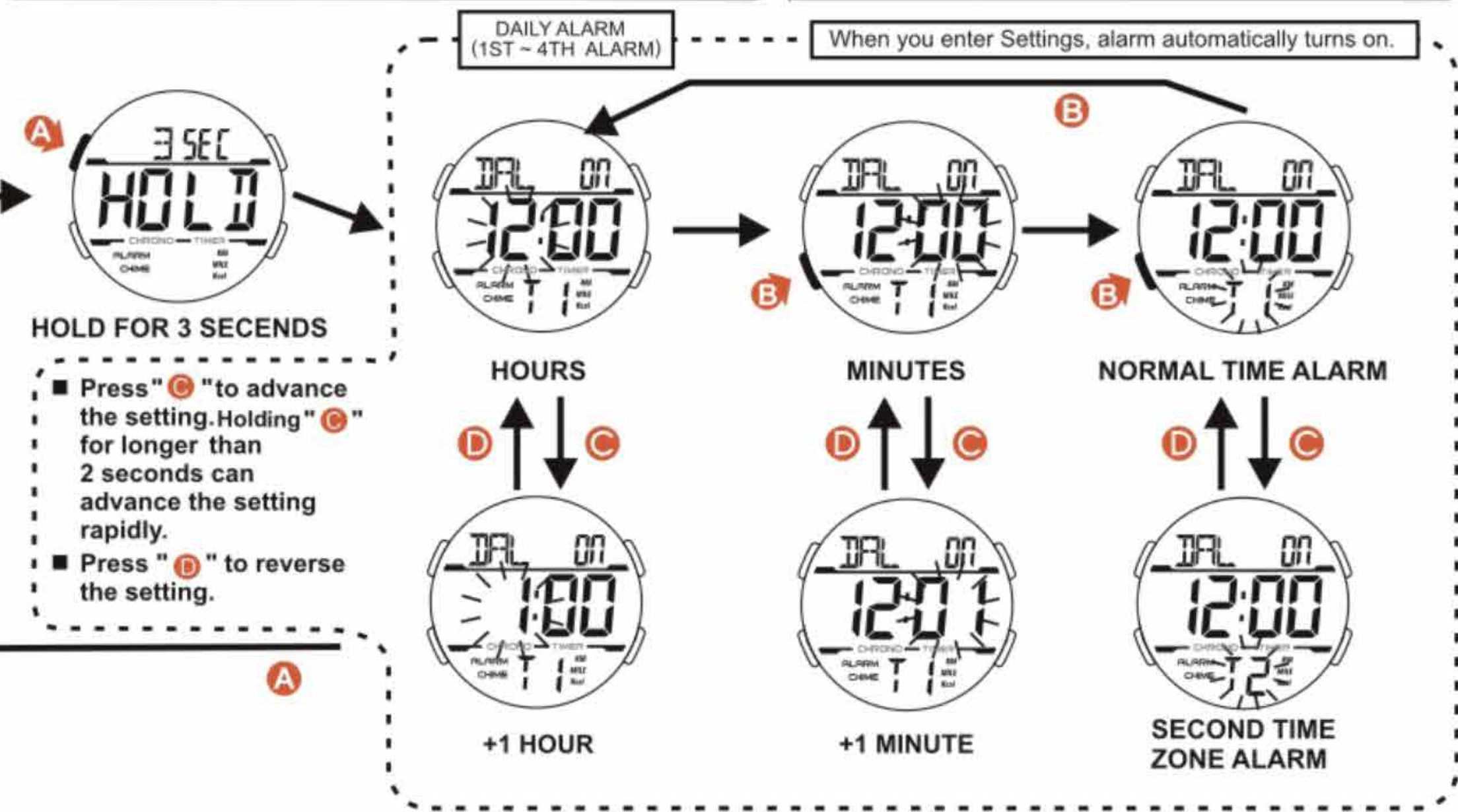
## HOW TO SET DAILY ALARM TIME

E-14



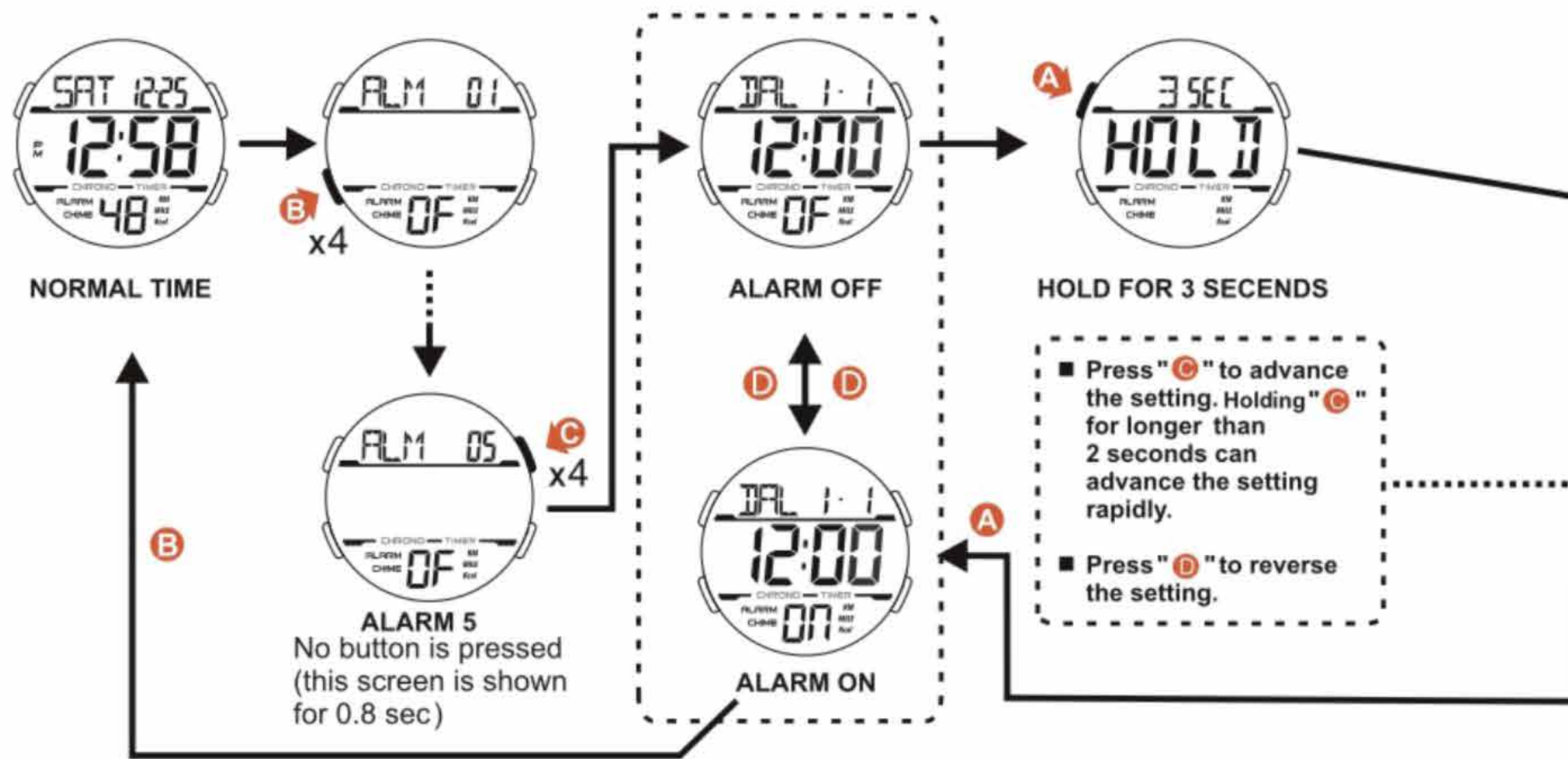
## HOW TO SET DAILY ALARM TIME

E-15



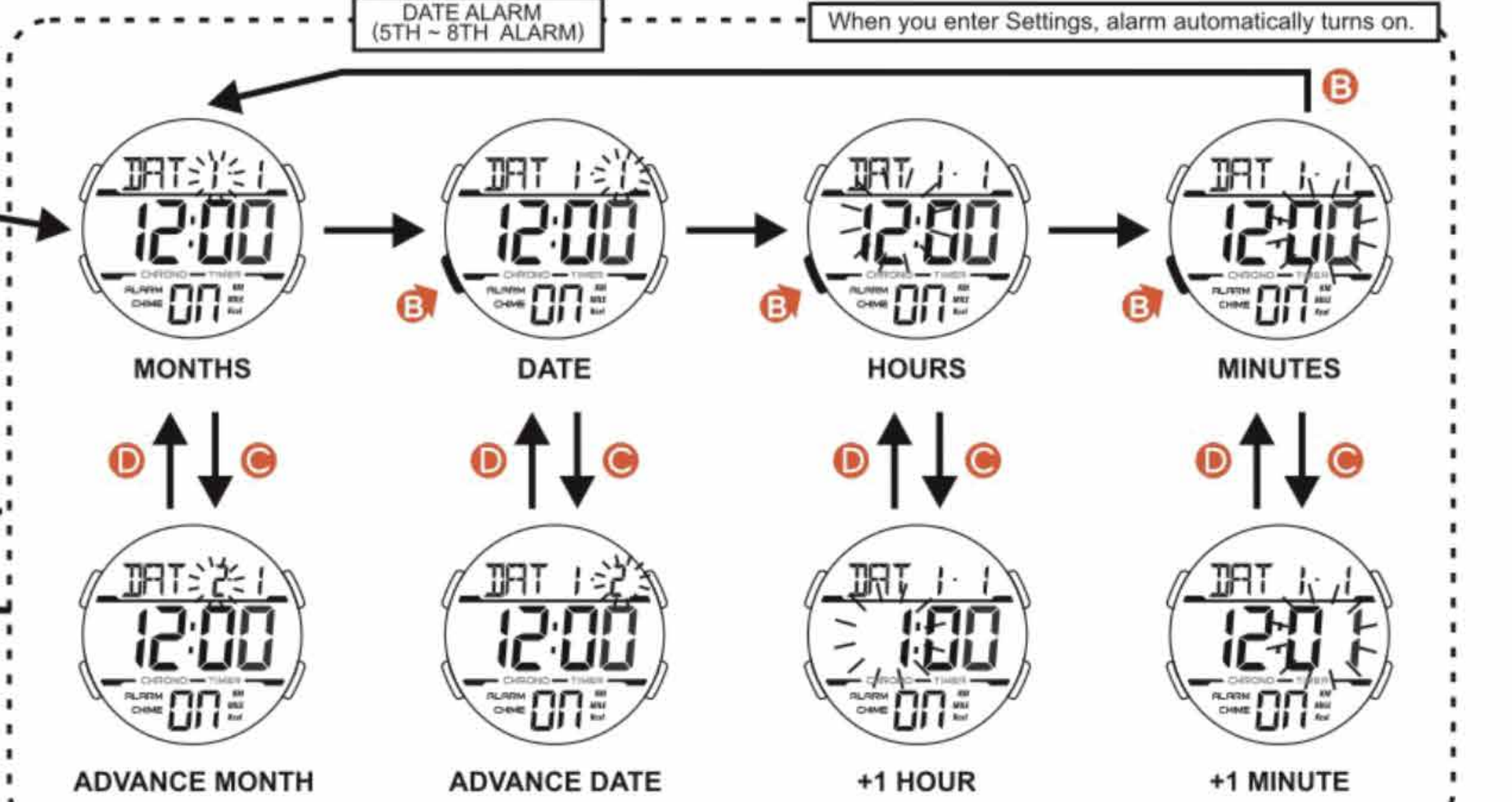
## HOW TO SET DATE ALARM TIME

E-16



## HOW TO SET DATE ALARM TIME

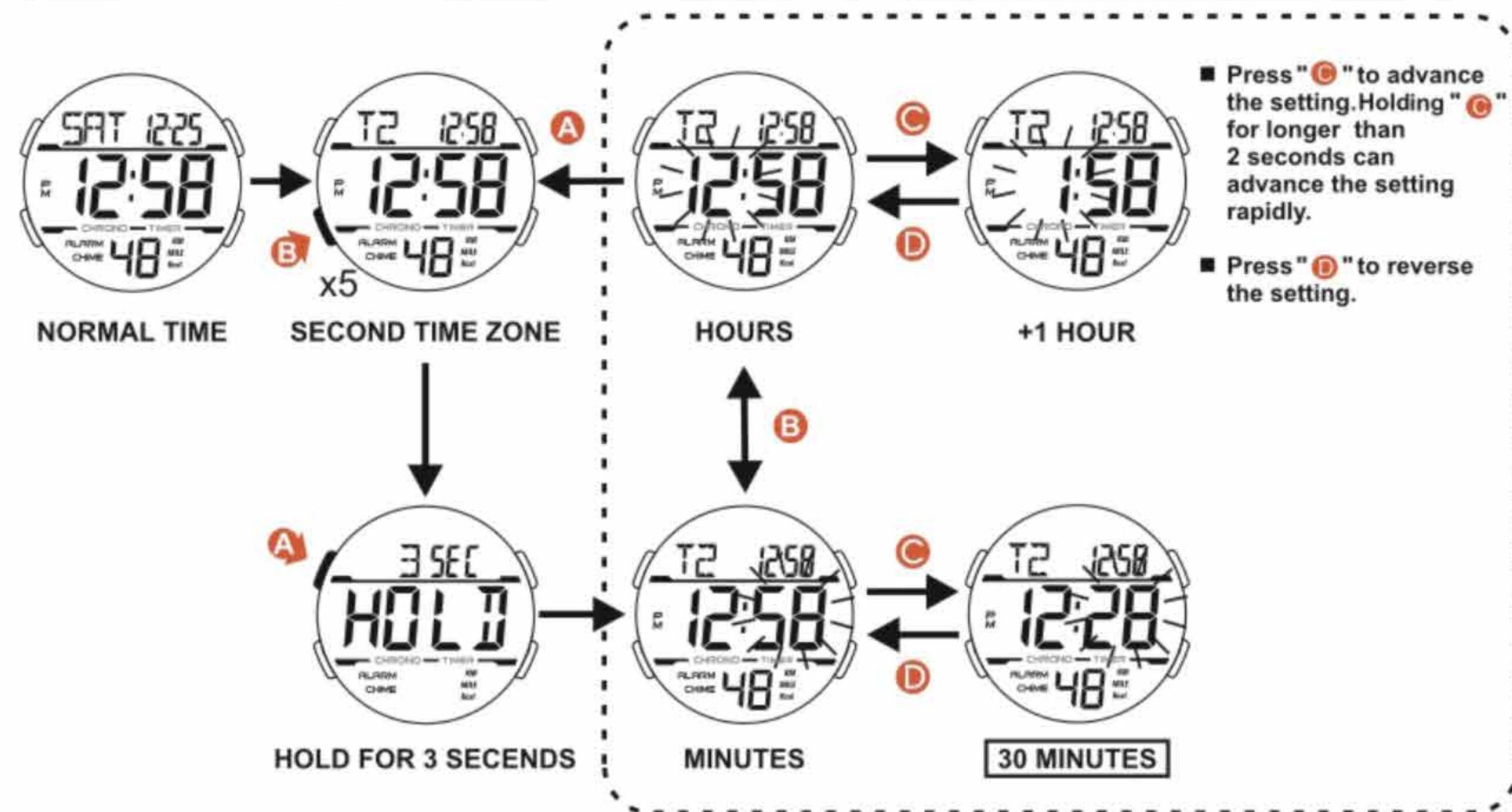
E-17





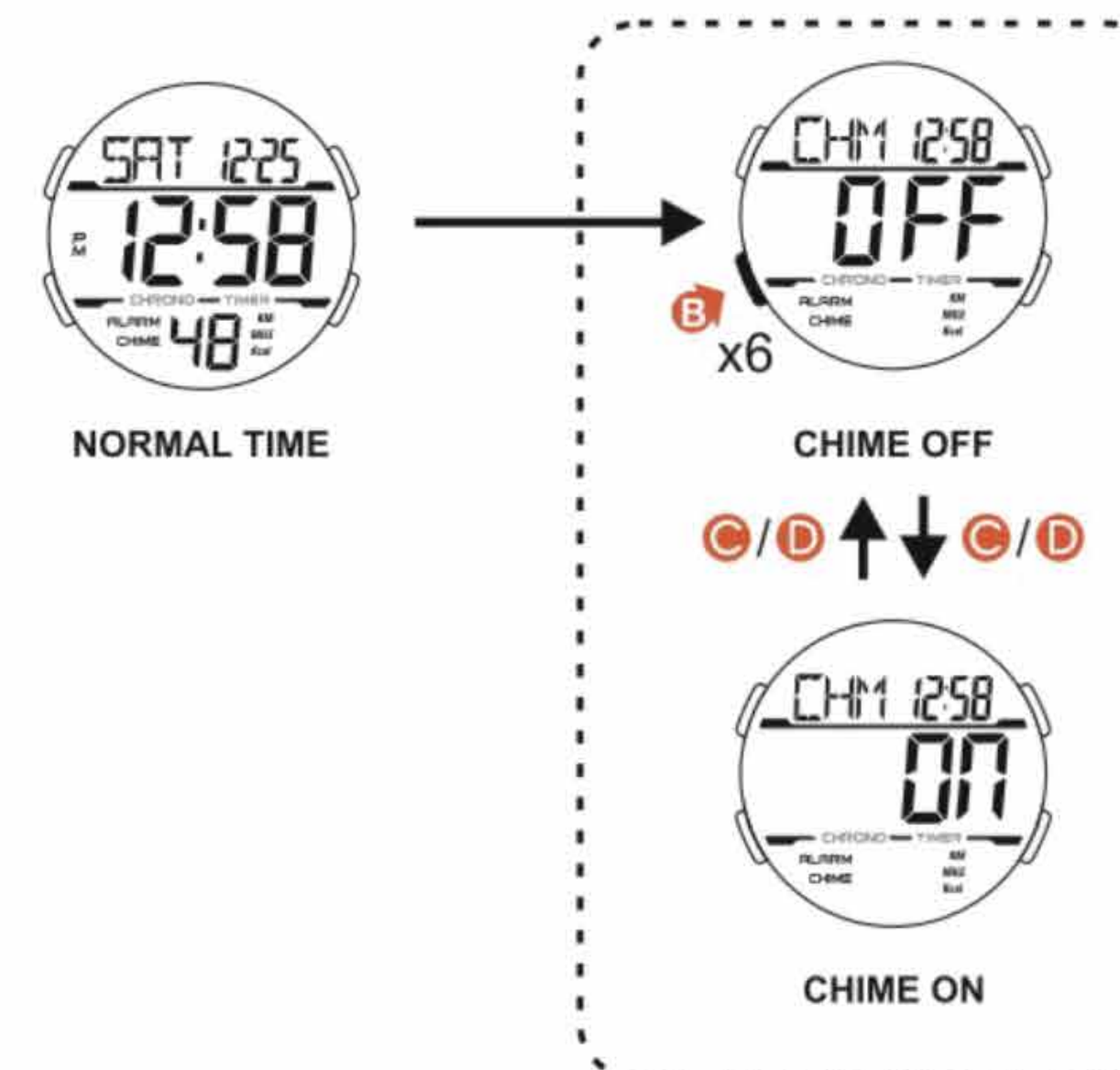
## HOW TO SET SECOND TIME ZONE

E-18



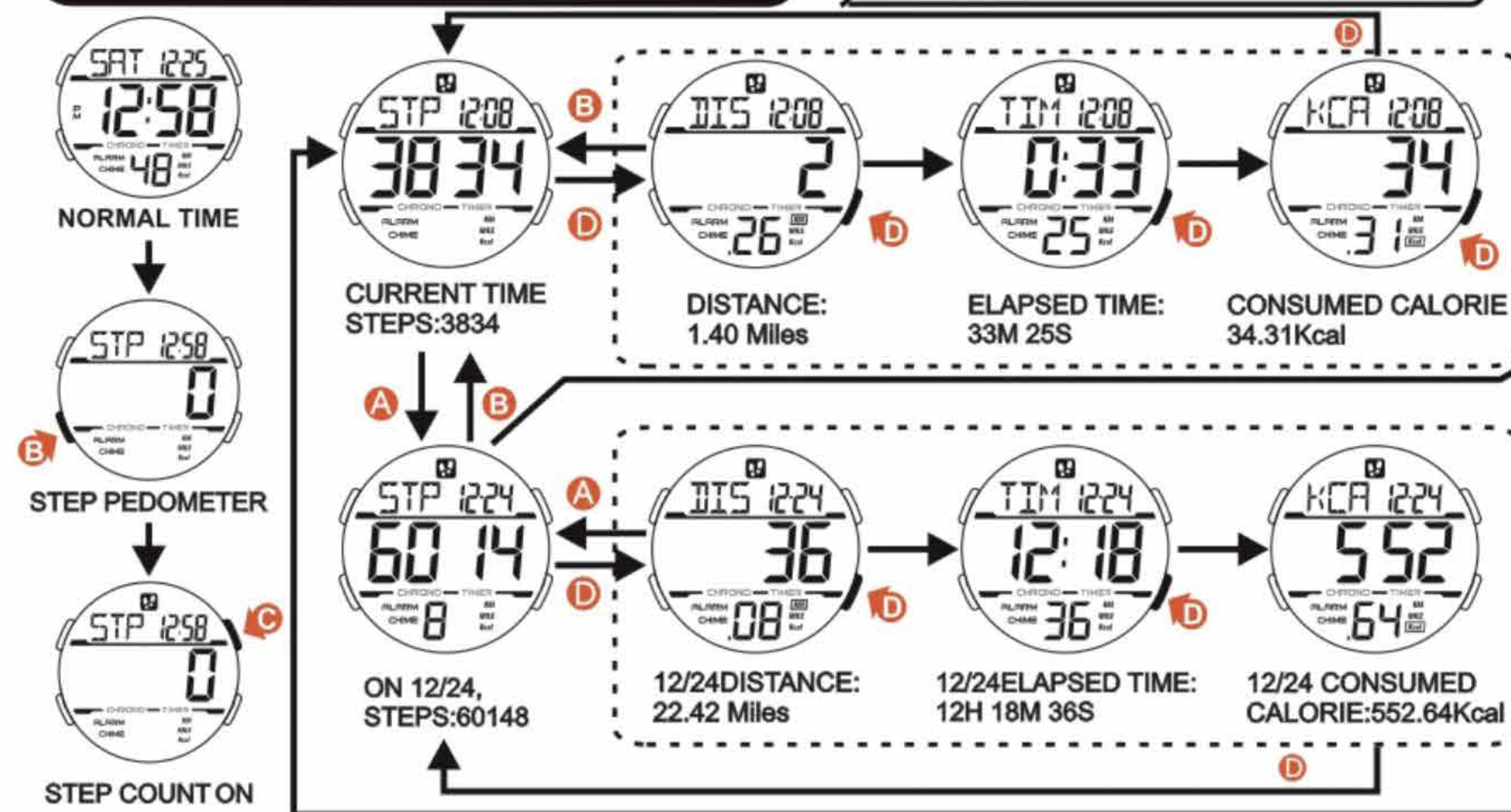
## HOW TO SETUP HOURLY CHIME ON/OFF

E-19



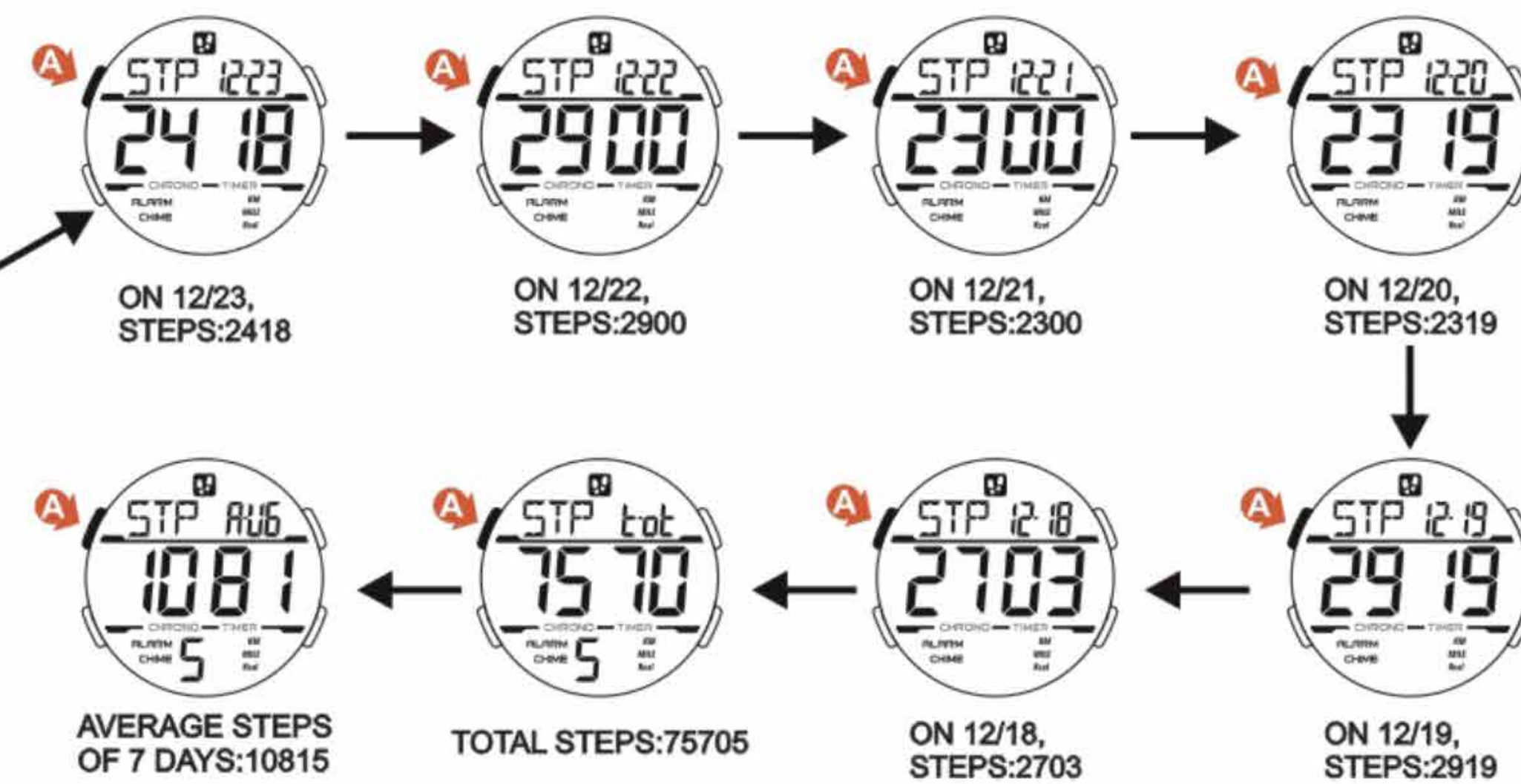
## HOW TO USE STEP PEDIOMETER

E-20



## HOW TO USE STEP PEDIOMETER

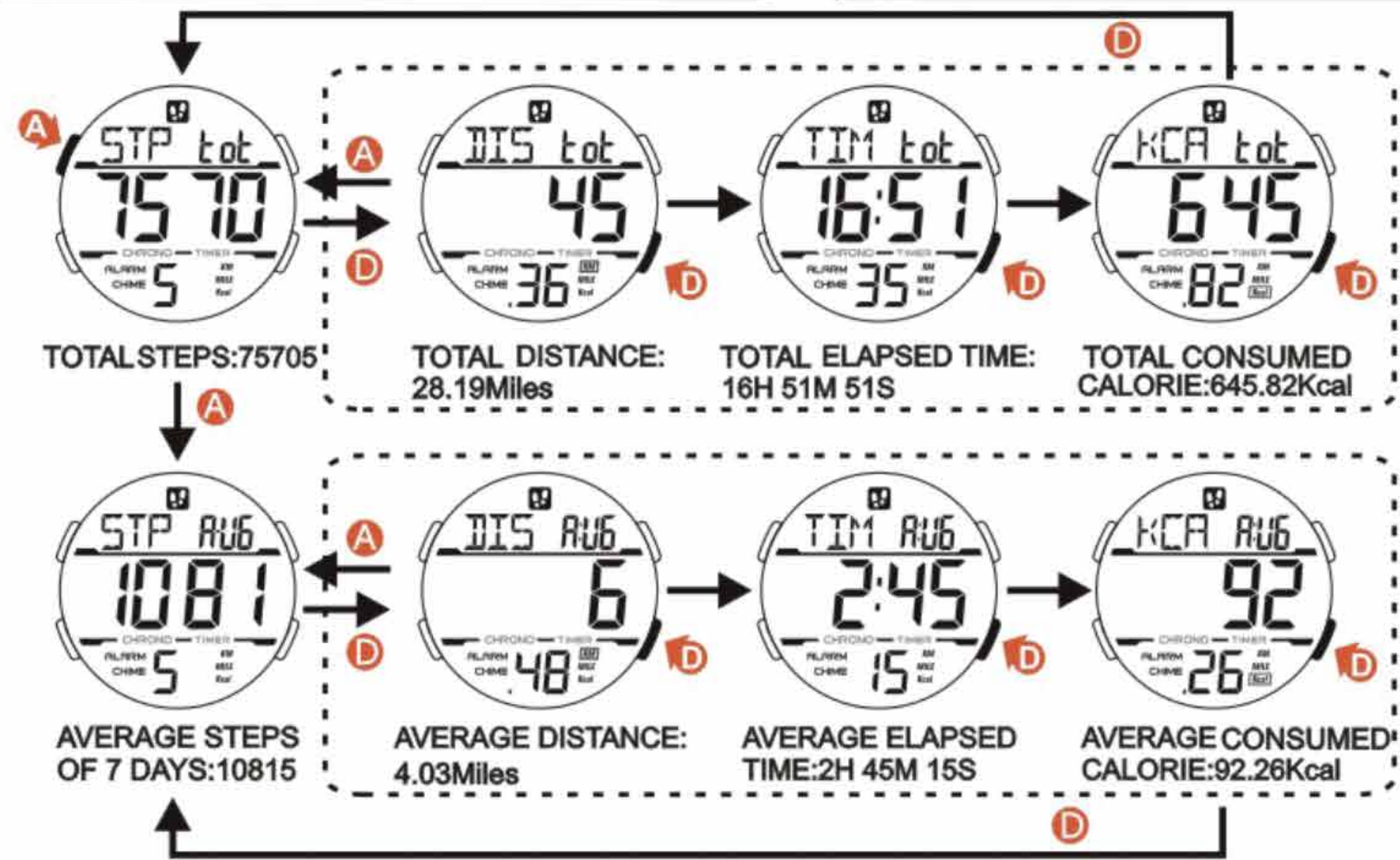
E-21





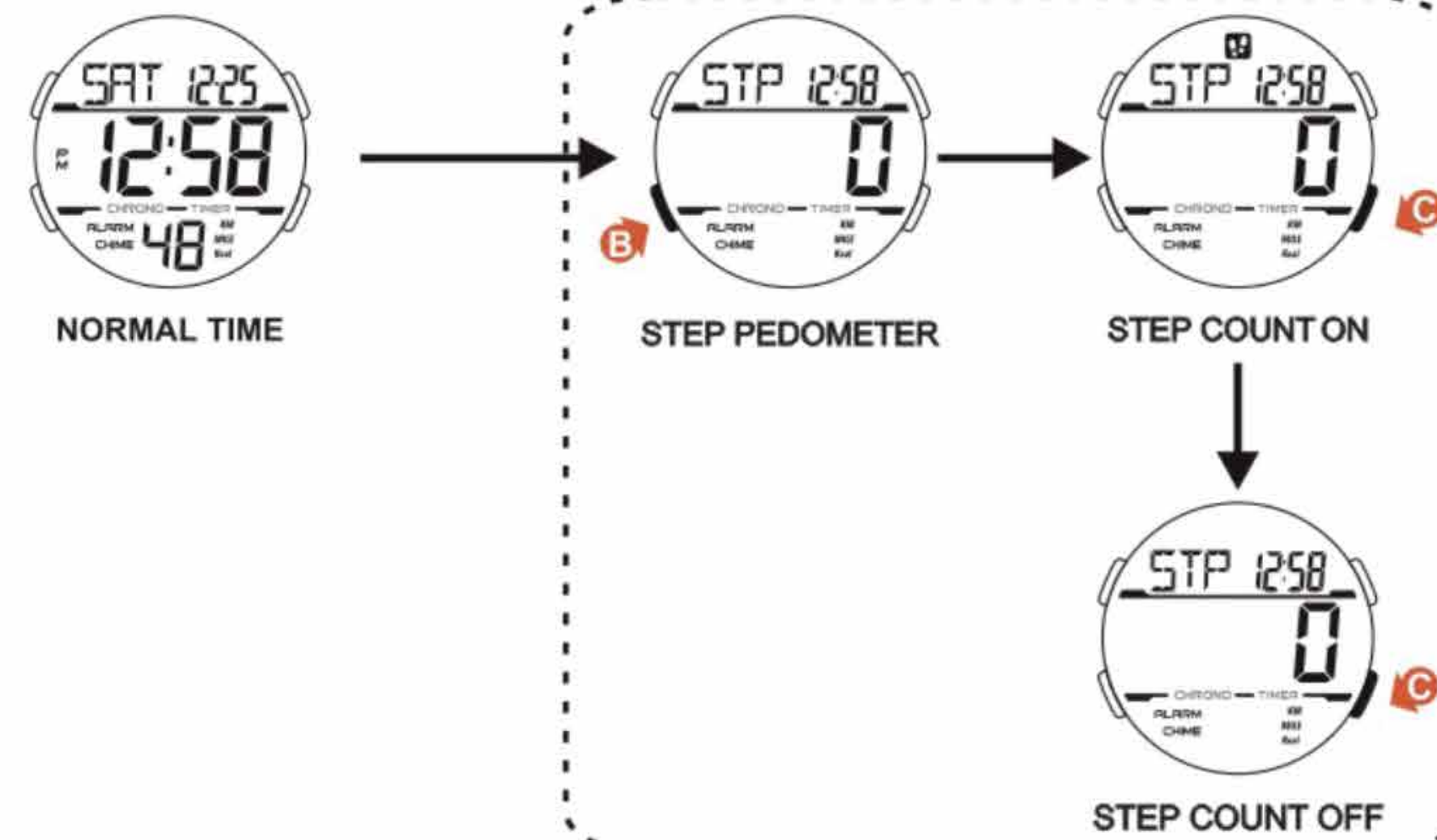
### HOW TO TURN STEP COUNT ON/OFF

E-22



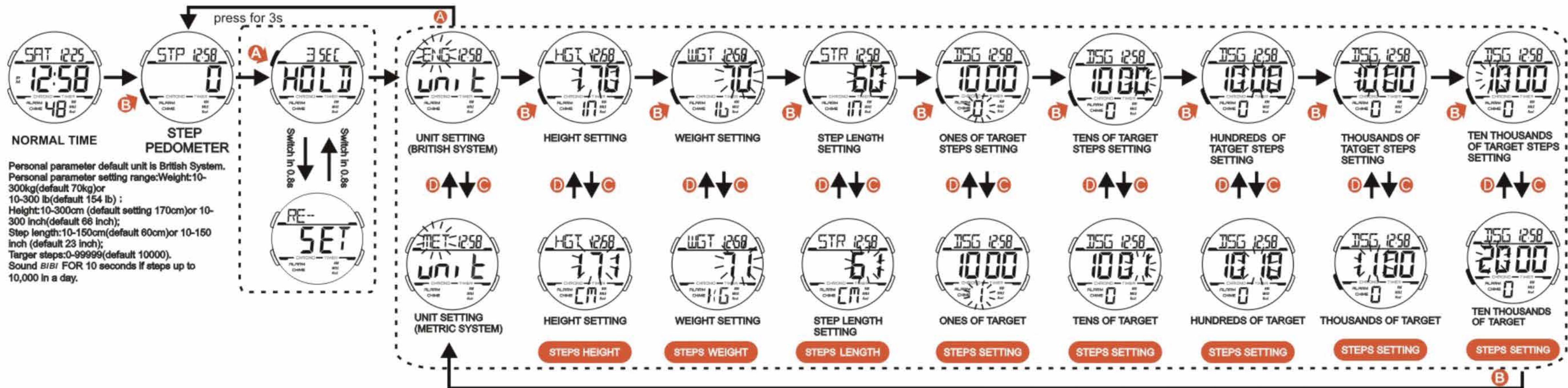
### HOW TO TURN STEP COUNT ON/OFF

E-23



### HOW TO SET STEP PEDIOMETER

E-24



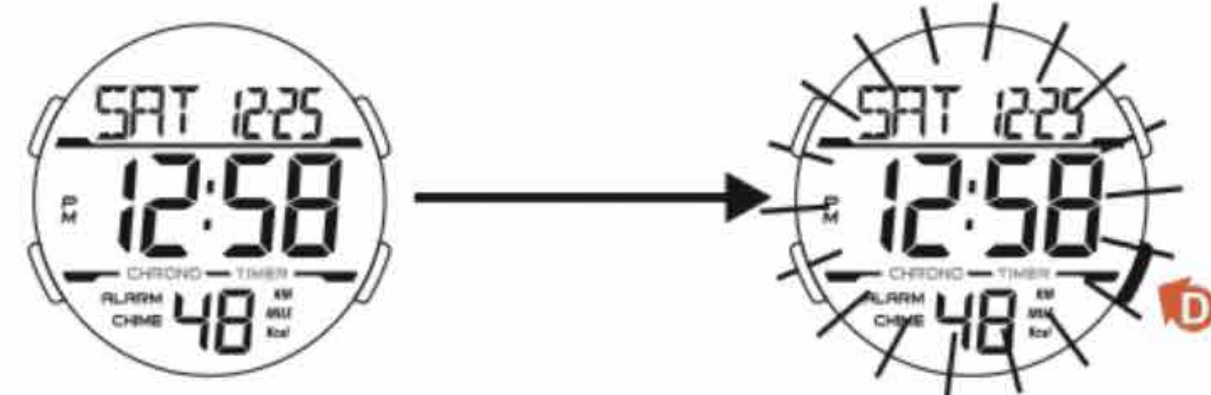
### HOW TO SET STEP PEDIOMETER

E-25



## HOW TO USE BACKLIGHT

E-26)



NOTE:

1. This watch features an electro-luminescent(EL)backlight, Which might lose illuminating power after very long use.
2. The illumination provided by backlight may be hard to see Under direct sunlight.

## CARE OF YOUR WATCH

E-28)

1. This watch contains precise electronic components. Never attempt to open the case or remove the back cover.
2. Do not operate buttons while underwater.
3. Should water or condensation appear in the watch, immediately have the watch checked. Water can corrode electronic parts inside the case.
4. Avoid severe impact: The watch is designed to withstand impact under normal use. Do not subject it to severe impacts or rough usage, and do not drop it onto hard surfaces.
5. Avoid exposing the watch to extreme temperatures.
6. Clean the watch with a soft cloth and clean water only. Avoid using chemicals, especially soap.
7. Keep your watch away from strong electric fields and static electricity.
8. Avoid getting chemicals such as bug spray on printed watches(camo,etc.), and immediately rinse if watch comes in contact with some.

## SOUND

E-27)

1. Button tone: Turn ON or OFF, see "How to set function display."
2. Beeps with each press of a button except for the LIGHT button.
3. The button will only beep once when pressed and held
4. Alarm duration: 20 sec, two short beeps per second, beep once every hour.
5. The TIMER sound will take priority over the ALARM sound.

## FEATURES AND SPECIFICATIONS

E-29)

1. Standard display mode: Hour, Minutes, Seconds, Day of the week, Month, Date.
2. Function:
  - \*100-hour chronograph with memory for 50 laps/splits, and average lap.
  - \*24-hour countdown timer.
  - \*8 alarm (4 daily/4 date) function with buzzer signal output.
  - \*Second time zone.
  - \*Hourly chime.
  - \*Perpetual calendar.
  - \*Step pedometer: setting British unit or Metric unit, and record steps data of past 7 days.
  - \*12/24 hour format switch option.
  - \*AM/PM & Electro-Luminescent light.
  - \*Button tone ON/OFF function.
3. Accuracy at normal temperature 77°F (25°C): +/- 30 seconds a month.
4. Normal operating temperature range: 50°F - 104°F (10°C - 40°C)
5. Battery life varies greatly with the amount of use and can range from 6 to 24 months.

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