



Multi-functional Timer/Clock Operating Instructions:

- You can set a 10 second countdown preparation on each program (count up, countdown, interval) (Key F3)
- You can automatically repeat a countdown or countup program (Key F4)
- You can mute the buzzer and the clock will silently flash when it reaches its preset time in any mode.
- While any program is running you can press shift key and you can see the clock time for 3 seconds without stopping the operating program
- You can store up to 8 programs for quick recall at the press of a button (Keys F5-F12)
- Direct entry via the keypad of any time desired (You don't have to move digits one at a time, just enter the number desired)

1. GENERAL

- The clock has normal clock, countdown, count up, interval, stopwatch functions,
- The clock can store 8 programs of countdown, count up, or interval.
- Remote works with 2 AAA batteries.
- The Clock has an installed backup battery to keep the time running, for 10 years+ if power goes off (The battery will not operate the display)

2. NORMAL CLOCK

- PRESS POWER KEY TO TURN CLOCK ON
- PRESS "SHIFT" KEY TO SHIFT TO 12HOURS FORMAT OR 24 HOURS FORMAT

Display: The normal clock is in HH:MM:SS format and this is the default display once the power is off or press the Clock key to access at any time.

Setting: Press “Set” key to set the time: The hour digits will start blinking. Press the number key to change blinking digits and press the left arrow or right arrow key to move to the minutes and seconds digits and change in the same way. Press the “Set” key again to save data and exit setting and the clock will be working. Or press “Exit” key to exit setting without saving.

3. COUNTDOWN TIMER

- Press the **DOWN** arrow key to enter the countdown function and the clock displays 99:59:59 or the previous time that was set. If the timer displays the last set time, press “RESET” key to re-set time.
- Press “SET” key to set time: Press the number keys to change blinking digits and press left arrow or right arrow key to move between hours, minutes, seconds.
- Press the “SET” key again to save data and exit the setting. Or press the “EXIT” key
- to exit setting without saving.
- Press one of F5~F9 key to save the defined program.
- If desired Press F4 to set or cancel automatic repeat of the program v If desired press F3 to set or cancel 10 second countdown preparation time v Press “OK” key to start the function or to stop.
- When the program has finished and the digits are flashing press the OK key again
- to stop flashing immediately
- While the countdown function is working, you can press the “SHIFT” key to glance at the time for 3 seconds (the countdown function continues to run)

4. COUNT UP TIMER

- Press the **UP** arrow key to enter the count up function and the clock displays 00:00:00 or the previous time that was set. If the timer displays the last set time, press “Reset” key to re-set time.
- Press “Set” key to set time: Press the number keys to change blinking digits and press left arrow or right arrow key to move between hours, minutes, seconds.
- Press the “Set” key again to save data and exit the setting. Or press the “Exit” key
- to exit setting without saving.
- Press F5~F12 to save the defined program.
- If desired Press F4 to set or cancel automatic repeat of the program
- If desired press F3 to set or cancel 10 second countdown preparation time

- Press “OK” key to start the function or to stop.
- When the program has finished and the digits are flashing press the OK arrow key
- again to stop flashing immediately.
- While the count up function is working, you can press the “Shift” key to glance at the time for 3 seconds (the count up function continues to run).

5. STOPWATCH

- Press **F1** to enter the Stopwatch function and the clock displays 00:00:00.
- Press the “Reset” key or F1 key to clear data when the stopwatch stops
- Press the “OK” key to start the stopwatch or pause.
- While the stopwatch is working, you can press the “Shift” key to glance at the time for 3 seconds (the stopwatch continues to run)

6. RACE CLOCK COUNT UP TIMER

Sometimes it is necessary to start the countup timing from a time other than zero. To do this:

- Set the normal clock time to 24 hour time
- Set the time to the time you wish to start from --(say) 20 minutes so the timer says 00: 20:00
- Press OK and the timer will start counting up. The maximum countup time will be 23:59:59 which should be more than sufficient for most races

7. INTERVAL TIMER

The Interval Timer uses 3 sequential programs. H1 is the working time for your exercise, H2 is the resting time and H3 is the number of times you want to repeat the exercise.

- Press the **F2** key to enter the interval timer function and the clock displays H1 00 00.
- Press “Set” key for the first time and the clock displays H1 XX XX and the XX blinks. Change the time required by pressing the number keys to change blinking digits and press left arrow or right arrow key to move between minutes and seconds. This is the working time.
- Press “Set” key a second time and the clock displays H2 XX XX and the XX blinks. Change the time MM:SS and this is the rest time.

- Press “Set” key a third time and the clock displays H3 XX XX and the XX blinks.
- Enter the number of times you want the program to repeat.
- Press “Set” key a fourth time to save data and exit the setting.
- Press F5~F9 to save customized program if desired
- Press “OK” key to start or pause program.
- When the program has finished and the digits are flashing press the OK key again to stop flashing immediately
- While the interval timer function is working, you can press the “Shift” key to glance at the time for 3 seconds (the interval timer function continues to run)

8. BUZZER

BUZZER MUTE CONTROL AND NUMBER OF BEEPS CONTROL

Press the **MUTE** key and one single digit will display. Set the number of beeps required and press Set key to save. If the digit is set to 0 then this means the sound is muted. If you set the digit to 1 then the buzzer beeps one time. Set it to two and it beeps 2 times and so on from 1-9 (Remember 0 is mute). Press set to store. If the light on the right is not lit then the sound is muted. The light will stay lit when a number of beeps is set.

FLASHING

The digits will flash indicating the end of the program

IF THE BUZZER IS ON, AN LED LIGHT AT THE BOTTOM RIGHT HAND CORNER WILL LIGHT. IF IT IS MUTED THERE IS NO LIGHT.

9. PROGRAM PREPARATION FUNCTION

Press **F3** to add or cancel 10 seconds countdown preparation on each program: Count up, countdown, Interval timing. When selected, a light on the right of the unit lights up. (If you use the program preparation function and the overall sound is muted you will still hear a beep sound for the last 3 seconds of the preparation when it beeps 3-2-1- start.)

10. AUTO REPEAT

When **AUTO REPEAT** is selected (**KEY F4**), the countdown or count up program finishes and then flashes and beeps for 6 seconds and then repeats again and so on. When selected, a light on the right of the unit lights up.

11. STORED PROGRAM ACCESS

To access a stored program, just press the **F5-12 KEY** in which it is stored. The clock will switch automatically to whatever function the stored program applies to.