

DUAL TIME ZONE

1. From Time Telling Mode, press 'B' three times to enter the Second Time Zone Mode.
2. Press 'A' Hours flash. Press 'D' to advance the Hour.
3. Press 'B' Minutes flash. Press 'D' to adjust the Minutes.
4. Press 'A' to end set sequence.
5. Press 'B' to return to Time Telling Mode.

NOTE: The Second Time Zone (Dual Time) Clock may be used to keep track of a foreign time.

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.

EL LIGHT FEATURE

Press 'C' or the 'EL' button in any mode to illuminate the watch face. The backlight will remain lit for 3 seconds.

NOTE: EXCESSIVE USE OF THE LIGHT WILL SHORTEN BATTERY LIFE.

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.

ARMITRON
pro sport

MD0699

LIMITED WARRANTY & INSTRUCTIONS MANUAL

VISIT US AT OUR WEBSITE
WWW.ARMITRON.COM

TO RETURN YOUR WATCH FOR SERVICING:

Please call (718) 482-4195 for a listing of all approved and authorized service stations 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 your 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.

LIMITED WARRANTY

This Armitron Watch is warranted to you, the owner, for your lifetime against all defects in material or workmanship. This warranty does not apply to normal wear and tear or abuse and excludes batteries, case, strap, crystal, or bracelet. In the event of a defect or malfunction of the movement within this period it will be repaired or replaced, at our option, provided that it is returned prepaid with a check or money order for \$9.95 to cover the cost of handling and return postage. This charge does not apply to California residents. (This is not a repair charge.) DO NOT SEND CASH. No additional charge will be made unless additional servicing is necessary for reasons beyond our control such as accident, misuse, neglect or replacement of parts not warranted is required such as case, crystal, strap, bracelet or batteries in which event a moderate charge will be made. The movement of any timepiece requires periodic cleaning/timing which is not a defect and, as such not warranted. After one year from the date of purchase each cleaning/timing will be performed as required without charging a fee in excess of

the specified \$9.95 handling charge.

The above remedy is exclusive. Armitron shall not be liable for any incidental or consequential damages.

Should any other part of your watch require repair, please use our Service Center for quick and inexpensive repairs on your watch.

This warranty gives you specific legal rights and you may also have other rights which may vary from state to state. Some states do not allow limitations on how long an implied warranty lasts, or the exclusion or limitation of incidental or consequential damages, so the above limitations and exclusions may not apply to you. In the event of a problem with warranty service or performance, you may be able to go to Small Claims Court, a State Court or a Federal District Court.

CALIFORNIA RESIDENTS ONLY!!

There is no handling charge for in warranty service. Charges apply only for NON-WARRANTY ITEMS such as cleaning after one year and other routine maintenance.



4. Press 'B' Years flash. Press 'D' to advance the Years.
5. Press 'B' Months flash. Press 'D' to advance the Months.
6. Press 'B' Date flash. Press 'D' to advance the Date.
7. Press 'A' to end sequence and return to Time Telling Mode.

12/24 HOUR (MILITARY) TIME

1. Press 'A' to select either 12 Hour time or 24 Hour (Military Time).

NOTE: When 12 Hour Format is selected, 'A' indicates 'a.m.' times; 'P' indicates 'p.m.' times. There is no indicator for 24 Hour (Military Time).

FEATURES

1. Standard display mode: Hour, Minutes, Seconds, Month, Day of the Week.
2. Function:
 - Month, Date, AM/PM and Electro-Luminescent Light
 - Alarm function with buzzer signal output.
 - Chronograph function with lap operation.
 - Hourly chime. • 12/24 Hour (Military Time).
 - Second time zone.
 - Water Resistant as indicated on the watch.
 - INSTALITE – Electro Luminescent Display
3. Accuracy at normal temperature (25°C): +/- 30 secs/month.
4. Normal operating temperature range: 10°C–40°C.
5. Battery: □ CR2016 □ CR1620 □ CR2025

STOPWATCH

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

SELECTING FEATURES

1. Time Telling Mode displays Hours, Minutes, Seconds, Date, and Day of the Week.
2. From Time Telling Mode, press 'B' once. Alarm Mode appears. Press 'B' three times to return to Time Telling Mode.
3. From Time Telling Mode, press 'B' twice. Stopwatch Mode appears. Press 'B' two times to return to Time Telling Mode.

SPLIT TIME

1. While in Stopwatch Mode, press 'D' to start timing.
2. Press 'A' to display split time, stopwatch timing continues internally.
3. Press 'A' to clear split time and continue time measurement.
4. Repeat step 2 and 3 and you can measure the multi-split time.
5. Press 'D' to stop the stopwatch
6. Press 'A' to reset to zero.
7. Press 'B' twice return to Time Telling Mode.

4. From Time Telling Mode, press 'B' three times. Dual Time Mode appears. Press 'B' once to return to Time Telling Mode.

5. From Time Telling Mode, press and hold 'D'. Calendar Mode appears. Release 'D' to return to Time Telling Mode.

SETTING THE 24 HOUR ALARMS

1. From Time Telling Mode, press 'B' once to enter the Alarm Mode.
2. Press 'A'. Alarm Hours flash. Press 'D' to advance the Alarm Hour.
3. Press 'B'. Alarm Minutes flash. Press 'D' to advance the Alarm Minute.
- NOTE: Pressing and holding 'D' will advance digits rapidly
4. Press 'A' to exit the set state.
5. Press 'B' three times to return to Time Telling Mode.

SETTING THE TIME AND CALENDAR

1. From Time Telling Mode, press and hold 'A'. Seconds flash. Press 'D' to zero out the seconds. NOTE: Zeroing out 30 or more seconds automatically adds one minute to time.
2. Press 'B'. Hours flash. Press 'D' to advance the Hour. NOTE: Pressing and holding 'D' will advance digits rapidly.
3. Press 'B'. Minutes flash. Press 'D' to advance the Minutes.

ACTIVATING ALARM + HOURLY CHIME

1. While in Alarm Mode, press 'D' to deactivate the Alarm and Chime.
2. Press 'D' again to activate the Alarm.
3. Press 'D' again to activate the Chime. The Hourly Chime symbol appears to indicate the Hourly Chime will sound every hour on the hour.
4. Press 'D' again to activate the Alarm and Chime.
5. Press 'B' three times to return to Time Telling Mode.