

## INSTRUCTIONS MANUAL

### FEATURES

- Time Telling Mode (Hours, Minutes, Seconds, Date and Day of the Week)
- Calendar Mode (Month, Date, and Day of the Week)
- 24 Hour Alarm
- Hourly Chime: One 'Beep' sound every full Hour
- Chronograph Mode: Hours, Minutes, Seconds, and 1/100 of a second with Lap Operation
- Countdown Timer
- Second Time Zone
- 12/24 Hour (Military Time)
- Water Resistant as indicated on the watch
- INSTALITE - Electro Luminescent Display

### 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 WILL SHORTEN BATTERY LIFE.

### SELECTING FEATURES

1. Time Telling Mode displays Hours, Minutes, Seconds, Date, and Day of the Week.
2. From Time Telling Mode, press and hold 'C'. Calendar Mode appears and the Month, Date, and Day of the Week are displayed. Release 'C' to return to Time Telling Mode.
3. From Time Telling Mode, press 'B' once. Chronograph appears. Press 'B' four times to return to Time Telling Mode.
4. From Time Telling Mode, press 'B' twice. Alarm Mode appears. Press 'B' three times to return to Time Telling Mode.
5. From Time Telling Mode, press 'B' three times. Timer Mode appears. Press 'B' twice to return to Time Telling Mode.
6. From Time Telling Mode, press 'B' four times. Second Time Zone Mode appears. Press 'B' once to return to Time Telling Mode.

### SETTING THE TIME AND CALENDAR

1. From Time Telling Mode, press 'D'. Seconds flash. Press 'C' to zero out the Seconds.
- NOTE:** Zeroing out 30 or more seconds automatically adds one minute to time.
2. Press 'B'. Hours flash. Press 'C' to advance the Hour.
- NOTE:** Pressing and holding 'C' will advance digits rapidly. When 12 Hour Format is selected, 'PM' indicates 'p.m.' times; there is no indicator for 'a.m.' times.
3. Press 'B'. Minutes flash. Press 'C' to advance the Minutes.
  4. Press 'B'. Months flash. Press 'C' to advance the Months.
  5. Press 'B'. The Date flashes. Press 'C' to advance the Date.
  6. Press 'B'. The Day flashes. Press 'C' to advance the Day.
  7. Press 'D' to end set sequence and return to Time Telling Mode.

### 12/24 HOUR (MILITARY) TIME

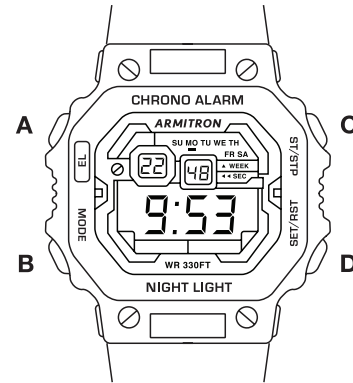
1. From Time Telling Mode, press 'D' Press 'B' six times to enter the 12/24 Hour (Military Time) Mode. Press 'C' to select either 12 Hour or 24 Hour (Military) Time.
2. Press 'D' to end set sequence and return to Time Telling Mode.

### 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 'D' 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 'D' to measure Laps.
3. Press 'C' to stop timing at the end of the event.
4. Press 'D' to reveal the final Lap Time.
5. Press 'D' again to reset to zero.
6. Press 'B' to return to Time Telling Mode.



### SETTING THE 24 HOUR ALARM

1. From Time Telling Mode, press 'B' twice to enter the Alarm Mode.
  2. Press 'D': Alarm Hours flash. Press 'C' to advance the Alarm Hours.
  3. Press 'B' Alarm Minutes flash. Press 'C' to advance the Alarm Minutes.
  4. Press 'B' Alarm Time Zone flashes. Press 'C' to select either Time Zone.
- NOTE:** The Alarm is available in one Time Zone only.
5. Press 'D' to end set sequence.
  6. Press 'B' to return to Time Telling Mode.

### ACTIVATING ALARM + HOURLY CHIME

1. While in Alarm Mode, press 'A' to select the Alarm (A1-A3), Hourly Chime (CH0, and "Beep" sound (BP).
  2. Press 'C' to activate or deactivate the selected Alarm, Hourly Chime, or "Beep" sound.
- NOTE:** The Alarm or Chime Symbols appear when the Alarm and Hourly Chime are activated. "ON" indicates that the "Beep" will sound. When the Alarm is activated, the selected Alarm will sound at the preset Alarm Time for 20 seconds or until any button is pressed. When the Hourly Chime is activated, the Hourly Chime will sound with one "Beep" every hour on the hour.
3. Press 'B' to return to Time Telling Mode.

### SECOND TIME ZONE

1. From Time Telling Mode, press 'B' four times to enter the Second Time Zone Mode.
  2. Press and hold 'D'. Hours flash. Press 'C' to advance the Hour.
  3. Press 'B'. Minutes flash. Press 'C' to advance the Minutes.
  4. Press 'A' to end set sequence.
  5. Press 'B' to return to Time Telling Mode.
- NOTE:** The Second Time Zone (Second Time Zone) Clock may be used to keep track of a foreign time.

### COUNTDOWN TIMER

1. From Time Telling Mode, press 'B' three times to enter the Timer Mode.
  2. Press and hold 'D'. Hours flash. Press 'C' to adjust the Hour.
  3. Press 'B'. Minutes flash. Press 'C' to adjust the Minutes.
  4. Press 'B'. Seconds flash. Press 'C' to adjust the Seconds.
  5. When the Countdown Timer is set, press 'D' to end set sequence and return to Timer Mode.
  6. Press 'C' to start the Countdown Timer.
  7. If desired, press 'C' again to stop the Countdown Timer. Press 'C' again to resume the Countdown Timer.
  8. If desired, press 'D' to reset the Countdown time to the preset Countdown time. Press 'D' again, then press 'C' to restart the Countdown Timer.
- NOTE:** The Countdown timing will continue in any mode until 'C' is pressed. When the Timer counts down below three minutes, an alarm ('Beep Beep') will sound when the Seconds Digit is '0' or '30'. When the Timer counts down below ten seconds, an alarm ('Beep') will sound every second. When the Timer has expired, the alarm ('Beep Beep Beep') will sound for ten seconds or until 'B' 'C' or 'D' is pressed.
9. Press 'C' to stop the Timer.
  10. Press 'B' to return to Time Telling Mode.

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### 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 Adventure approved Service Centers are available in your area. These repair facilities use Armitron Adventure 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.