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**Ultrak 495**

# ULTRAK 495 Professional Stopwatch Instruction Manual

Your guide to precision timing and performance tracking.

## 1. INTRODUCTION

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The ULTRAK 495 is a professional-grade stopwatch designed for athletes, coaches, and timing professionals. It features a 100-lap memory, dual split recall, continuous display of event time, and a water-resistant design, making it suitable for various sports and training environments. This manual provides detailed instructions for setting up, operating, and maintaining your stopwatch to ensure optimal performance.



Figure 1: The Ultrak 495 Professional Stopwatch, showcasing its clear display and button layout.

## 2. PRODUCT OVERVIEW

Familiarize yourself with the key components and controls of your ULTRAK 495 stopwatch:

- **Display:** Large, three-row LCD for simultaneous display of split, lap, and total elapsed time.
- **START/STOP Button:** Initiates and pauses timing functions.
- **LAP/SPLIT/RESET Button:** Records lap/split times and resets the stopwatch.

- **RECALL Button:** Accesses stored memory data.
- **SELECT Button:** Navigates through different modes or settings.
- **SET Button:** Confirms selections or enters setting mode.
- **MODE Button:** Switches between different operational modes (Stopwatch, Time, Countdown, Stroke).



Figure 2: Front view of the Ultrak 495, highlighting the display and primary control buttons.



Figure 3: The Ultrak 495 stopwatch shown with its included lanyard for convenient carrying.

### 3. SETUP

The ULTRAK 495 comes with a long-lasting Lithium battery pre-installed. No initial battery setup is typically required. To set the time and date:

1. From the Time mode, press and hold the **SET** button until the digits begin to flash.
2. Use the **SELECT** button to cycle through the hours, minutes, seconds, month, day, and year.
3. Use the **LAP/SPLIT/RESET** button to adjust the flashing value.
4. Press **SET** again to confirm and exit the setting mode.

### 4. OPERATING MODES

The ULTRAK 495 offers multiple timing modes. Use the **MODE** button to switch between them.

#### 4.1. Stopwatch Mode (Time/Lap/Split)

This is the primary timing function for events and races.

1. Ensure the stopwatch is in Stopwatch mode (indicated on the display).
2. Press **START/STOP** to begin timing.
3. Press **LAP/SPLIT/RESET** to record a lap time and split time. The display will show the current lap time, the split time, and the total elapsed time.
4. Press **START/STOP** again to pause the timing.
5. Press **LAP/SPLIT/RESET** while paused to reset the stopwatch to zero.



**Effortlessly track and review  
your performance with 100-  
lap memory recall**

Figure 4: The three-row display simultaneously showing split time, current lap time, and total elapsed time.

**ULTRAK**

# ULTRAK 495

## Professional Grade

### 100 Dual Split Memory Timer



Figure 5: The 100-lap memory recall feature allows for precise tracking of multiple laps during training or races.

#### 4.2. Countdown Timer Mode

Ideal for interval training or specific duration exercises.

1. Navigate to Countdown Timer mode using the **MODE** button.
2. Press and hold **SET** to enter setting mode.
3. Use **SELECT** and **LAP/SPLIT/RESET** to set the desired countdown time.
4. Press **SET** to confirm.
5. Press **START/STOP** to begin the countdown. An alarm will sound when the time reaches zero.

#### 4.3. Stroke Frequency Mode

Measures strokes per minute for activities like swimming or rowing.

1. Switch to Stroke Frequency mode using the **MODE** button.
2. Press **START/STOP** to begin.
3. Press **LAP/SPLIT/RESET** for each stroke cycle (e.g., every two strokes for swimming). The display will

calculate and show the average strokes per minute.

4. Press **START/STOP** to pause, then **LAP/SPLIT/RESET** to reset.

## 5. MEMORY RECALL

The ULTRAK 495 can store up to 100 lap and split times. These can be recalled even during ongoing timing operations.

1. From Stopwatch mode, press the **RECALL** button.
2. Use the **SELECT** button to scroll through the stored lap and split times. Each press will display the next recorded set.
3. The display will show the lap number, its corresponding lap time, and the cumulative split time.
4. Press **RECALL** again to exit memory review and return to the current timing display.



Figure 6: The display indicating the 100-lap/split memory capacity, allowing for extensive data review.

# Precision Timing for Every Athlete



- 100-Lap Memory**
- Countdown Timer**
- Water Resistant**
- Large Sunlight-Readable Display**

Figure 7: The 100-lap memory recall feature enables easy tracking and review of performance data.

## 6. MAINTENANCE

To ensure the longevity and accuracy of your ULTRAK 495 stopwatch:

- **Cleaning:** Wipe the stopwatch with a soft, damp cloth. Do not use harsh chemicals or abrasive cleaners.
- **Water Resistance:** The stopwatch is water-resistant, meaning it can withstand splashes and brief immersion. It is not designed for prolonged underwater use or diving. Ensure all buttons are not pressed while submerged.
- **Battery:** The stopwatch uses a long-lasting Lithium battery. When the display becomes dim or unresponsive, it may be time for a battery replacement. This should ideally be performed by a qualified technician to maintain water resistance.
- **Storage:** Store the stopwatch in a cool, dry place away from direct sunlight and extreme temperatures.

# Achieve Your Best With Every Lap



- Lap and split time**
- Recall during operation**
- Stroke frequency function**

Figure 8: The water-resistant design of the Ultrak 495 makes it suitable for use in aquatic environments.

## 7. TROUBLESHOOTING

If you encounter issues with your ULTRAK 495, refer to the following common problems and solutions:

| Problem                   | Possible Cause                                    | Solution   |
|---------------------------|---|--|
| Display is blank or dim.  | Low battery.                                      | Replace the Lithium battery.   |
| Buttons are unresponsive. | Temporary software glitch or extreme temperature. | Remove and reinsert the battery (if comfortable doing so), or allow the stopwatch to return to room temperature. |
| Inaccurate timing.        | Incorrect mode selected or user error.            | Ensure you are in the correct timing mode and pressing buttons firmly. Refer to Section 4.                       |

If the problem persists after attempting these solutions, please contact customer support.

## 8. SPECIFICATIONS

| Feature                | Detail                                |
|------------------------|---------------------------------------|
| Model Number           | 495                                   |
| Memory                 | 100 Lap/Split Memory                  |
| Display                | Large 3-row display                   |
| Timing Capacity        | Up to 10 hours                        |
| Water Resistance       | Yes                                   |
| Battery Type           | Lithium                               |
| Dimensions (L x W x H) | 7.1 x 4.2 x 1.2 inches (Item Package) |
| Weight                 | 0.11 Kilograms (Package)              |

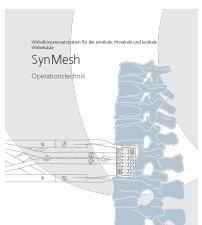
## 9. WARRANTY AND SUPPORT

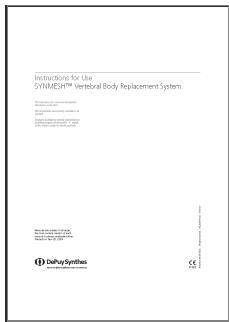
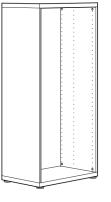
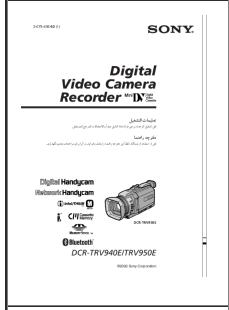
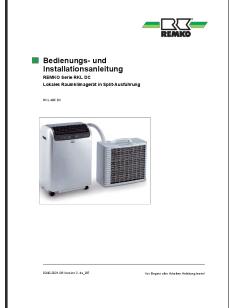
The ULTRAK 495 Professional Stopwatch comes with a **Five-Year Warranty** from the date of purchase, covering defects in materials and workmanship under normal use. This warranty does not cover damage caused by misuse, accidents, unauthorized repairs, or normal wear and tear.

For warranty claims, technical support, or any inquiries regarding your ULTRAK 495 stopwatch, please contact Ultrak customer service through their official website or the retailer from whom you purchased the product. Please have your proof of purchase and the product model number (495) ready when contacting support.

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### Related Documents - 495

|   |   |
|---|---|
|  | <p><a href="#"><b>SynMesh Wirbelkörperersatzsystem: Operationstechnik für die Wirbelsäule</b></a></p> <p>Detaillierte Operationstechnik für das SynMesh Wirbelkörperersatzsystem von DePuy Synthes zur Behandlung von Defekten in der zervikalen, thorakalen und lumbalen Wirbelsäule, inklusive Indikationen, Produktübersicht und Instrumenten.</p> |
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|                        | <p><b><a href="#">SYNMESH™ Vertebral Body Replacement System: Instructions for Use</a></b></p> <p>Comprehensive instructions for the SYNMESH™ Vertebral Body Replacement System, detailing intended use, indications, contraindications, warnings, precautions, surgical procedures, and MR conditional information. For use by qualified healthcare professionals.</p> |
|                       | <p><b><a href="#">Premium Home Solution Outdoor Furniture Use and Care Guide</a></b></p> <p>Comprehensive use and care guide for Premium Home Solution outdoor furniture, including assembly instructions, safety information, and warranty details for models PV-495-TR, PV-495-2, and PV-495-T.</p>   |
| <p><b>BESTÅ</b></p>  | <p><b><a href="#">IKEA BESTÅ Assembly Instructions: Step-by-Step Guide for Furniture Assembly</a></b></p> <p>Comprehensive assembly instructions for the IKEA BESTÅ furniture series. This guide provides detailed steps, safety warnings, and a parts list to help you build your BESTÅ storage unit safely and correctly.</p>   |
|                      | <p><b><a href="#">Handycam DCR-TRV940E/TRV950E دليل مستخدم كاميرا الفيديو الرقمية سوني</a></b></p> <p>يقدم DCR-TRV940E و DCR-TRV950E طراز Handycam دليل شامل لكاميرات الفيديو الرقمية سوني معلومات أساسية لالتقاط اللحظات الثمينة بجودة صوت وصورة فائقة، مع تفاصيل حول الإعداد، التسجيل، التشغيل، والوظائف المتقدمة.</p>  |
|                     | <p><b><a href="#">REMKO RKL 495 DC Bedienungs- und Installationsanleitung</a></b></p> <p>Diese Anleitung bietet detaillierte Informationen zur Bedienung und Installation des REMKO RKL 495 DC lokalen Raumklimageräts in Split-Ausführung. Enthält Sicherheitshinweise, technische Daten und Wartungsanleitungen.</p>  |