

MARATHON ST083009-RD

Marathon Adanac 4000 Digital Stopwatch Timer Instruction Manual

Model: ST083009-RD

INTRODUCTION

This manual provides comprehensive instructions for the operation and maintenance of your Marathon Adanac 4000 Digital Stopwatch Timer. Please read this manual thoroughly to ensure proper use and to maximize the lifespan of your device.

PRODUCT OVERVIEW

The Marathon Adanac 4000 is a high-precision digital stopwatch designed for various timing needs. It features a clear display, durable construction, and multiple timing modes.

Key Features:

- High precision accuracy to 1/100th seconds.
- Water, dust, and shock resistant design.
- Multiple operating modes: Stopwatch, Time-Out, Split, and Time/Calendar with alarm.
- Large, easy-to-read digital display.
- Includes a 46-inch lanyard for convenient carrying.

Components:



Figure 1: Front view of the Marathon Adanac 4000 Digital Stopwatch Timer. This image shows the red stopwatch with its black lanyard, clearly displaying the digital screen and the 'SPLIT/RESET', 'MODE', and 'START/STOP' buttons.

- **START/STOP Button:** Initiates and pauses timing functions.
- **SPLIT/RESET Button:** Records split times and resets the timer.
- **MODE Button:** Cycles through different operating modes (Stopwatch, Time/Calendar).

- **Display:** Shows time, date, and stopwatch readings.
- **Lanyard:** For secure and convenient carrying.

SETUP

Battery Installation:

The Marathon Adanac 4000 uses one LR44 battery (included). To install or replace the battery:

1. Locate the battery compartment on the back of the stopwatch.
2. Carefully open the compartment using a small screwdriver.
3. Insert the LR44 battery with the correct polarity (+/-).
4. Close the battery compartment securely.

Note: Ensure the compartment is sealed properly to maintain water resistance.

Setting Time and Date:

To set the current time and date:

1. Press the **MODE** button repeatedly until the Time/Calendar display is shown.
2. Press and hold the **SPLIT/RESET** button until the time digits begin to flash.
3. Use the **START/STOP** button to adjust the flashing digit (hours, minutes, seconds, month, day, year).
4. Press the **MODE** button to move to the next digit or setting.
5. Once all settings are correct, press **SPLIT/RESET** to exit the setting mode.

DYNAMIC DISPLAY

Time/Calendar displays the hour, minute, seconds, date, day & alarm.



Figure 2: Close-up of the stopwatch display in Time/Calendar mode. This image highlights the digital display showing the time, day of the week, and AM/PM indicator, demonstrating its dynamic display capabilities.

OPERATING MODES

1. Stopwatch Mode:

This mode is used for precise timing of events.

1. Press the **MODE** button until the stopwatch display (00:00:00) appears.
2. Press **START/STOP** to begin timing.
3. Press **START/STOP** again to pause the timer.
4. To resume timing, press **START/STOP**.
5. To reset the stopwatch to zero, ensure it is paused, then press **SPLIT/RESET**.

2. Split Time Mode:

This function allows you to record intermediate times while the main timer continues to run.

1. Start the stopwatch as described above.

2. During timing, press **SPLIT/RESET** to record a split time. The display will momentarily freeze to show the split time, while the internal timer continues.
3. Press **SPLIT/RESET** again to return to the running total time.
4. Repeat to record multiple split times.
5. Press **START/STOP** to end the timing.
6. Press **SPLIT/RESET** to view the final time, then again to reset.

ADANAC 4000 DIGITAL STOPWATCH

- Easy-to-read display
- Includes a 46" lanyard

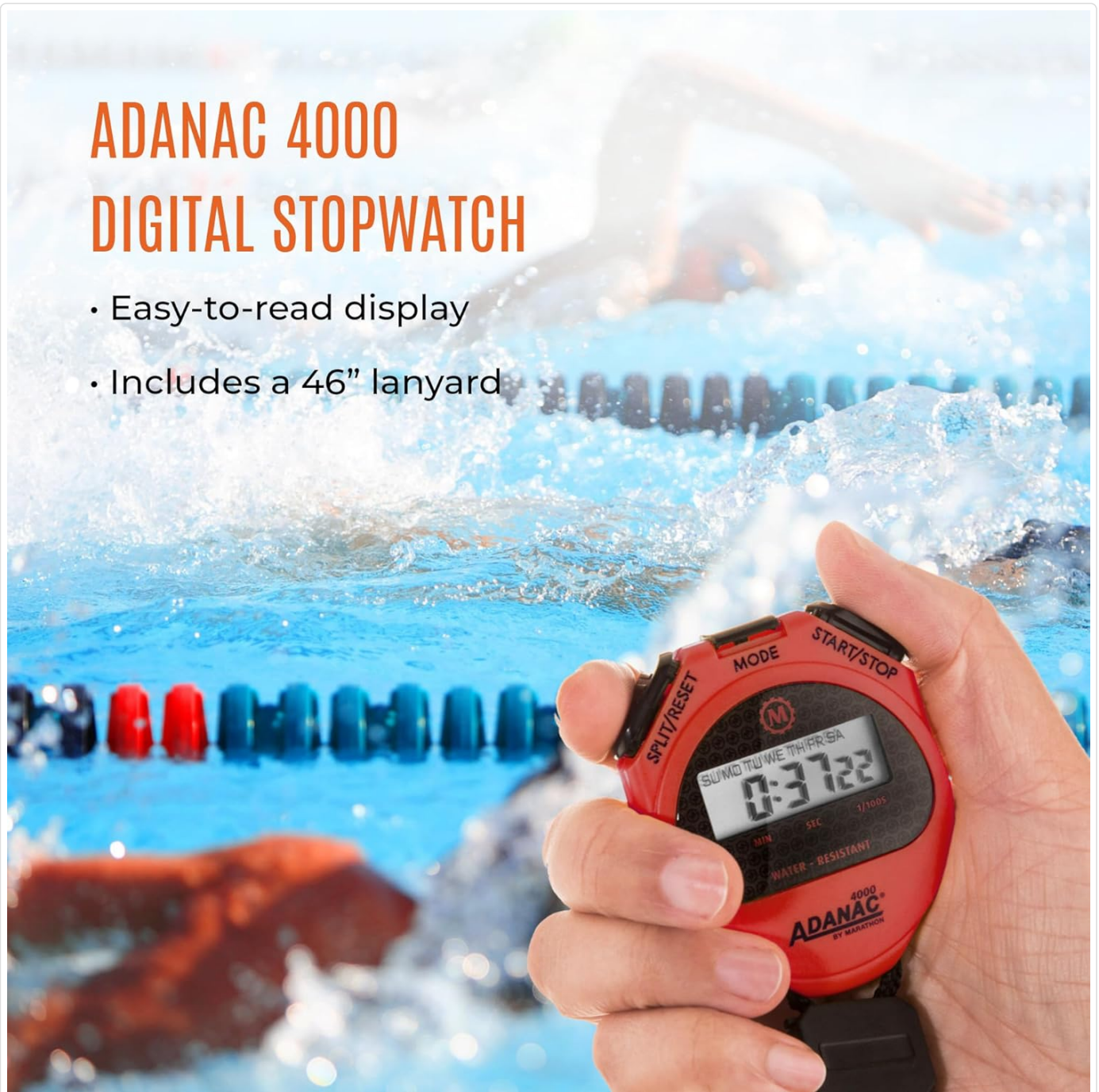


Figure 3: A hand holding the Marathon Adanac 4000 stopwatch near a swimming pool, demonstrating its use in a water-related activity. The display shows a time of 0:37:22.

3. Time-Out Mode:

This mode allows for pausing and resuming the timer without losing the accumulated time.

1. Start the stopwatch.
2. Press **START/STOP** to pause the timer (time-out).
3. Press **START/STOP** again to resume timing.

4. To reset the timer after stopping, press **SPLIT/RESET**.

4. Time/Calendar Mode:

This mode displays the current time, date, and day of the week. It also allows for setting an alarm.

1. Press the **MODE** button until the time and date are displayed.
2. To set the alarm: In Time/Calendar mode, press **START/STOP** to toggle the alarm on/off. When the alarm icon is visible, the alarm is active.
3. To adjust the alarm time: While in Time/Calendar mode, press and hold **MODE** until the alarm time flashes. Use **START/STOP** to adjust digits and **SPLIT/RESET** to move between hours and minutes. Press **MODE** to save.

MAINTENANCE

Cleaning:

Wipe the stopwatch with a soft, damp cloth. Avoid using harsh chemicals or abrasive cleaners, as these can damage the casing or display.

Water Resistance:

The Adanac 4000 is designed to be water resistant. However, it is not intended for prolonged submersion. Ensure the battery compartment is securely closed to maintain water resistance. Avoid pressing buttons while the stopwatch is wet or submerged to prevent water ingress.

Storage:

Store the stopwatch in a cool, dry place when not in use. Avoid extreme temperatures and direct sunlight.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Display is blank or dim.	Low or dead battery.	Replace the LR44 battery.
Buttons are unresponsive.	Temporary software glitch or moisture.	Remove and reinsert the battery. Ensure the stopwatch is dry.
Incorrect time/date displayed.	Time/date not set correctly.	Refer to the "Setting Time and Date" section to re-adjust.
Stopwatch not timing accurately.	Rare internal malfunction.	Contact customer support if battery replacement and reset do not resolve the issue.

SPECIFICATIONS

- **Model:** ST083009-RD
- **Accuracy:** 1/100th second
- **Material:** Plastic
- **Dimensions:** 0.59 x 2.24 x 2.64 inches (1.5 x 5.7 x 6.7 cm)
- **Weight:** 0.64 ounces (18.14 grams)
- **Battery:** 1 x LR44 (included)
- **Features:** Water, dust, and shock resistant

- **Lanyard Length:** 46 inches (116.8 cm)

MEASUREMENTS



2.2 in (5.5 cm)



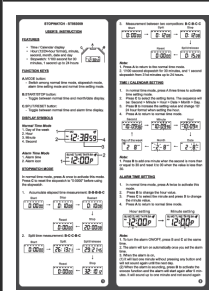
2.6 in (6.5 cm)

Figure 4: Diagram illustrating the dimensions of the Marathon Adanac 4000 stopwatch, showing its width as 2.2 inches (5.5 cm) and height as 2.6 inches (6.5 cm).

WARRANTY AND SUPPORT

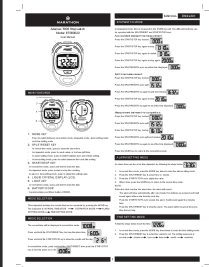
For warranty information or technical support, please refer to the official Marathon product website or contact their customer service department. Details are typically provided with the product packaging or on the manufacturer's website. Marathon has been manufacturing precision timing instruments since 1941, upholding a legacy of quality and craftsmanship.

Related Documents - ST083009-RD



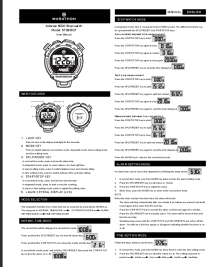
[Marathon ST083009 Stopwatch User Instructions](#)

User instructions for the Marathon ST083009 stopwatch, detailing features, function keys, display symbols, and operation for time, calendar, alarm, and stopwatch modes. Includes battery replacement and hourly chime settings.



[Marathon Adanac 7000 Stopwatch User Manual](#)

User manual for the Marathon Adanac 7000 Stopwatch (Model ST083022), detailing stopwatch mode, alarm setting, time setting, battery replacement, precautions, specifications, and warranty information.



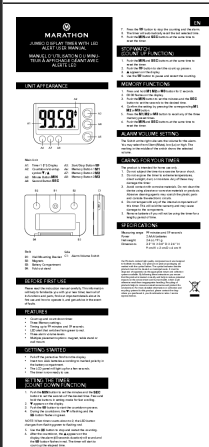
[Marathon Adanac 8000 Stopwatch ST083021 User Manual | Features & Operation](#)

Comprehensive user manual for the Marathon Adanac 8000 Stopwatch (Model ST083021). Learn about its features, modes, operation, settings, battery replacement, precautions, and specifications.



[Adanac 8000 Stopwatch User Manual - Marathon Watch Company](#)

Official user manual for the Marathon Adanac 8000 Stopwatch (Model ST083021). Learn how to use stopwatch, alarm, time setting, and other features.



[Marathon Jumbo Display Timer with LED Alert User Manual - TI030016](#)

User manual for the Marathon Jumbo Display Timer with LED Alert (Model TI030016). Learn how to set up, operate countdown and stopwatch functions, use memory settings, and care for your timer.



Marathon 24 Hour Compact Digital Countdown Timer with Count-Up & Clock Feature

Operating instructions and features for the Marathon 24 Hour Compact Digital Countdown Timer, including setting the clock, timer, and count-up functions. Details on time format, preset times, and warnings.