

Armitron 45/7099BLK

Armitron Sport Digital Watch User Manual

Model: 45/7099BLK

INTRODUCTION

Thank you for choosing the Armitron Sport Digital Chronograph Watch, Model 45/7099BLK. This watch features a durable black resin case and strap, a clear LCD display, and multiple functions designed for active lifestyles. This manual provides detailed instructions on how to set up, operate, and maintain your watch to ensure optimal performance and longevity.





Figure 1: Front view of the Armitron Sport Digital Chronograph Watch.

SETUP

Initial Setup: Setting Time and Date

Your Armitron Sport watch comes with a pre-installed lithium metal battery. Follow these steps to set the correct time and date:

- 1. Identify Buttons:** Locate the buttons on the sides of your watch. Typically, these are labeled "MODE", "RESET", "ST/STP", and "EL" (for Electroluminescent backlight).
- 2. Enter Time Setting Mode:** Press the **MODE** button repeatedly until the time setting mode is displayed. Usually, the seconds will start flashing.
- 3. Adjust Seconds:** Press the **RESET** button to reset the seconds to zero.
- 4. Navigate to Hours:** Press the **ST/STP** button to move the flashing cursor to the hours digit.
- 5. Adjust Hours:** Use the **RESET** button to adjust the hour. Pay attention to AM/PM indicators if your watch uses a 12-hour format.
- 6. Navigate to Minutes:** Press the **ST/STP** button to move to the minutes digit.
- 7. Adjust Minutes:** Use the **RESET** button to adjust the minutes.
- 8. Set Date (Year, Month, Day):** Continue pressing the **ST/STP** button to cycle through setting the year, month, and day. Use the **RESET** button to adjust each value.
- 9. Exit Setting Mode:** Once all settings are correct, press the **MODE** button to return to the normal time display.

Note: Specific button functions may vary slightly. Refer to the on-screen indicators for guidance.

OPERATING INSTRUCTIONS

Your Armitron Sport watch offers several useful functions. Navigate between modes using the **MODE** button.

Chronograph (Stopwatch) Function

The chronograph allows you to measure elapsed time.

1. Press **MODE** until "CHRONO" or "STW" appears on the display.
2. Press **ST/STP** to start the stopwatch.
3. Press **ST/STP** again to pause the stopwatch.
4. Press **RESET** to reset the stopwatch to zero.

Lap Time Function

While the chronograph is running, you can record lap times.

1. Start the chronograph as described above.
2. Press **RESET** while the chronograph is running to display the lap time. The chronograph continues to run in the background.
3. Press **RESET** again to return to the running chronograph display.

Alarm Function

Set an alarm to sound at a specific time.

1. Press **MODE** until "ALARM" or "AL" appears.
2. Press **RESET** to toggle the alarm on/off or to enter setting mode (if applicable).
3. If setting, use **ST/STP** to select hours/minutes and **RESET** to adjust.
4. Press **MODE** to exit.

Dual Time (Second Time Zone)

Display a second time zone.

1. Press **MODE** until "DUAL TIME" or "DT" appears.
2. Enter setting mode (if needed, usually by holding **RESET**).
3. Use **ST/STP** to select hours/minutes and **RESET** to adjust.
4. Press **MODE** to exit.

Military Time (24-Hour Format)

Toggle between 12-hour and 24-hour (military) time format.

- In normal time display mode, press the **ST/STP** button to switch between 12-hour (AM/PM) and 24-hour formats.

Backlight (EL)

Illuminate the display in low-light conditions.

- Press the **EL** button (usually located on the top right or left side) to activate the electroluminescent backlight. The light will stay on for a few seconds.

MAINTENANCE

Cleaning Your Watch

To keep your watch looking its best, wipe it regularly with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials, as these can damage the resin case and strap.

Water Resistance

This watch is water resistant to 100 meters (330 feet). This means it is generally suitable for swimming and snorkeling. However, it is **not** suitable for scuba diving. Avoid pressing buttons underwater, as this can compromise the water resistance seal.

WATER RESISTANT CHART	
	NOT WATER RESISTANT
	NOT WATER RESISTANT
	ACCIDENTAL SPLASHES
	WATER RESISTANT TO 30M (100FT): In general, withstands splashes or brief immersion in water, but not suitable for swimming or bathing
	SWIMMING
	WATER RESISTANT TO 50M (165FT): In general, suitable for short periods of recreational swimming, but not diving or snorkeling
	SNORKELING
	WATER RESISTANT TO 100 M (330 FT): In general, suitable for swimming and snorkeling, but not scuba diving

Figure 2: Water Resistance Chart, illustrating suitable activities for different water resistance ratings. This watch is rated for 100m (330ft), making it suitable for swimming and snorkeling.

Important: Exposure to hot water (e.g., hot tubs, showers) can damage the watch's seals and is not recommended, even for water-resistant watches.

Battery Replacement

The watch uses 1 Lithium Metal battery (included). When the display dims or functions become erratic, it may be time to replace the battery. It is recommended to have battery replacement performed by a qualified watch technician to ensure the water resistance seal is properly re-installed.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Display is blank or dim.	Low battery.	Replace the battery.

Problem	Possible Cause	Solution
Time is incorrect.	Time not set correctly or accidental button press.	Refer to the "Setting Time and Date" section to reset the time.
Buttons are unresponsive.	Watch may be in a locked mode or internal issue.	Try pressing all buttons to see if any respond. If not, a battery reset (removal and re-insertion) by a professional may be needed.
Condensation inside the watch face.	Compromised water resistance due to impact, age, or extreme temperature changes.	Stop using the watch immediately and take it to a qualified watch repair service.

SPECIFICATIONS

- Model Number:** 45/7099BLK
- Movement:** Quartz Digital
- Case Material:** Resin
- Case Diameter:** 40mm
- Strap Material:** Textured Resin
- Display:** LCD Multifunctional
- Functions:** Chronograph, Lap Time, Alarm, Dual Time, Military Time, Backlight
- Water Resistance:** 100m (330ft) - Suitable for swimming and snorkeling, not diving.
- Battery:** 1 Lithium Metal battery (included)
- Approximate Weight:** 1 ounce
- Package Dimensions:** 3.94 x 3.5 x 2.8 inches

WARRANTY AND SUPPORT

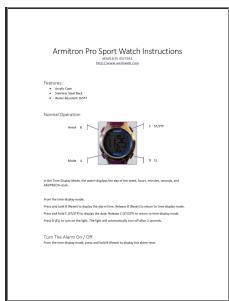
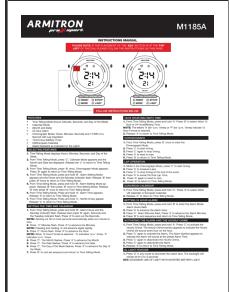
For warranty information and customer support, please refer to the warranty card included with your purchase or visit the official Armitron website. Keep your proof of purchase for any warranty claims.

[Visit Armitron Official Website](#)

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Related Documents

	<p>Armitron Sport Oval Digi B (4 Button) Watch Instructions Manual</p> <p>Comprehensive instructions for the Armitron Sport Oval Digi B (4 Button) digital watch, covering features, time and calendar setting, alarms, stopwatch functions, dual time, battery replacement, water resistance, and service information.</p>
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	<p>Armitron Pro Sport Watch Instructions MS063(R) 45/7042</p> <p>Complete instructions for operating the Armitron Pro Sport Watch, model MS063(R) 45/7042. Learn how to set the time, date, alarm, use the stopwatch, and understand the 24-hour clock feature.</p>
	<p>Armitron M1185A/M1185 Digital Watch Instructions Manual</p> <p>Comprehensive instructions manual for the Armitron M1185A and M1185 digital watches, covering features, time setting, chronograph, alarm, timer, battery replacement, and service information.</p>
	<p>Armitron Watch Instructions: Setting Time, Adjusting & Changing Straps</p> <p>Comprehensive guide to setting the time, adjusting the size of steel and mesh bands, and changing straps for Armitron watches. Includes step-by-step instructions for operation and maintenance.</p>