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QWM ST01

Professional Digital Sports Stopwatch User Manual

Brand: QWM | Model: ST01

Introduction

Thank you for purchasing the QWM Professional Digital Sports Stopwatch. This multi-functional device is designed for precision timing in various sports and training activities, including swimming, running, and general fitness. It features multiple operating modes, a large display, and a durable, water-resistant design. Please read this manual carefully to understand the full capabilities of your new stopwatch and ensure proper operation and maintenance.



Image: Front view of the QWM Professional Digital Sports Stopwatch, showing its digital display and buttons.

Package Contents

- 1 x QWM Professional Digital Sports Stopwatch
- 1 x User Manual (this document)
- 1 x Gift Box Package

Product Overview

The stopwatch features a clear digital display and four primary control buttons for easy navigation and operation across its various modes.

LAP/SPLIT/RESET Button: Used for recording lap/split times and resetting the stopwatch.

RECALL Button: Used to view stored lap/split records.

START/STOP Button: Used to start and stop timing functions.

MODE Button: Used to switch between the different operating modes.



Image: Diagram illustrating the 6 multi-functional modes of the stopwatch: Clock, Timer, Stopwatch, Metronome, Alarm Clock, and Football Stopwatch.

Setup

Initial Use and Battery

Your stopwatch comes with a CR2032 button battery pre-installed. If the screen appears blinking or dim, it indicates that the battery level is low and needs replacement. Please refer to the "Maintenance" section for battery replacement instructions.

Setting Time and Date

1. Press the **MODE** button repeatedly until you reach the Time mode (usually indicated by a clock icon or current time display).
2. While in Time mode, press and hold the **RESET** button to enter setting mode. The digits will start blinking.
3. Use the **START/STOP** button to adjust the blinking value (hours, minutes, seconds, year, month, day).
4. Press the **LAP/SPLIT** button to move to the next setting item.
5. Once all settings are correct, press the **RESET** button again to exit setting mode.
6. You can choose between 12-hour and 24-hour display formats during time setting.

Operating Modes

The stopwatch features 6 distinct operating modes. Use the **MODE** button to cycle through them.

1. Stopwatch Mode

This mode is for precise timing of events, offering lap and split time recording with 1/100 second accuracy and 100 lap memory.

1. Press **MODE** until "STOPWATCH" or a similar indicator appears.
2. Press **START/STOP** to begin timing.
3. Press **LAP/SPLIT** to record a lap time (split time). The display will momentarily show the lap time while the main timer continues running.
4. Press **START/STOP** again to pause the timer.
5. To resume, press **START/STOP**.
6. To reset the stopwatch, press **RESET** while the timer is stopped.

Recalling Lap/Split Times

The stopwatch can store up to 100 lap records in two sets. You can review these records at any time.

1. While in Stopwatch mode (either running or stopped), press the **RECALL** button.
2. Use the **LAP/SPLIT** and **START/STOP** buttons to scroll up and down through the recorded lap times.
3. The display will show the lap number, lap time, and cumulative split time. It can also show the Fastest Time (FS).
4. Press **RECALL** again to exit recall mode.

2. Countdown Timer Mode

Set a countdown for up to 9 hours, 59 minutes, and 59 seconds.

1. Press **MODE** until "TIMER" or "COUNTDOWN" appears.
2. Press and hold **RESET** to enter setting mode.
3. Use **START/STOP** to adjust the blinking value (hours, minutes, seconds).
4. Press **LAP/SPLIT** to move to the next setting item.
5. Press **RESET** to confirm settings and exit.
6. Press **START/STOP** to begin the countdown.
7. Press **START/STOP** again to pause/resume.
8. When the countdown reaches zero, an alarm will sound. Press any button to stop the alarm.

3. Time and Alarm Mode

View current time and date, and set up to two alarms.

1. Press **MODE** until "TIME" or the current time is displayed.
2. To set the time, refer to the "Setting Time and Date" section under "Setup".
3. To set an alarm:
    - From Time mode, press **LAP/SPLIT** to cycle through Alarm 1 (AL1) and Alarm 2 (AL2) settings.
    - When the desired alarm is displayed, press and hold **RESET** to enter setting mode.
    - Use **START/STOP** to adjust hours and minutes.
    - Press **LAP/SPLIT** to toggle the alarm ON/OFF.
    - Press **RESET** to confirm and exit.

4. Paddling Frequency Meter Mode

This mode is designed for measuring rowing or paddling frequency.

1. Press **MODE** until "PACE" or a similar indicator for paddling frequency appears.
2. Follow on-screen prompts or specific instructions for this mode to measure strokes per minute.

5. Metronome Mode

Generate a rhythmic beat from 10 to 320 beats per minute (BPM).

1. Press **MODE** until "METRONOME" or "F" (for frequency) appears.
2. Press and hold **RESET** to enter setting mode.
3. Use **START/STOP** to adjust the desired BPM frequency.
4. Press **RESET** to confirm and exit.
5. Press **START/STOP** to start the metronome beat.
6. Press **START/STOP** again to stop the metronome.

6. Football Stopwatch Mode

This mode is specifically designed for timing football matches, likely including half-time and extra time functions.

1. Press **MODE** until "FOOTBALL" or a football icon appears.
2. Follow the on-screen instructions for setting match duration and operating the football timer.

Maintenance

Battery Replacement

The stopwatch uses one CR2032 button battery. If the screen blinks or dims, it's time to replace the battery.

1. Locate the battery compartment on the back of the stopwatch.
2. Use a small screwdriver or coin to open the battery cover.
3. Carefully remove the old CR2032 battery.
4. Insert a new CR2032 battery with the positive (+) side facing up.
5. Replace the battery cover and secure it tightly to maintain water resistance.



Image: Top and back views of the stopwatch, illustrating its compact size and the location of the battery compartment on the back.

Cleaning and Storage

- Clean the stopwatch with a soft, dry cloth. Do not use abrasive cleaners or solvents.
- While the stopwatch is water-resistant, avoid prolonged submersion or exposure to high-pressure water jets.
- Store the stopwatch in a cool, dry place away from direct sunlight and extreme temperatures.
- If not in use for a long time, the stopwatch will automatically enter standby mode to conserve battery life.

Troubleshooting

Problem	Possible Cause	Solution
Screen is blinking or dim.	Low battery.	Replace the CR2032 battery. Refer to "Battery Replacement" section.
Stopwatch not responding to button presses.	May be in standby mode or battery is completely drained.	Press any button to wake from standby. If still unresponsive, replace battery.
Incorrect time/date displayed.	Time/date not set correctly or reset after battery change.	Re-set the time and date. Refer to "Setting Time and Date" section.
Water visible inside the screen.	Exposure to excessive water or compromised water resistance.	Discontinue use. Contact customer support if within warranty. Ensure battery cover is securely fastened after replacement.

Specifications

Model: ST01

Brand: QWM

Color: Black

Material: Plastic

Product Dimensions: Approx. 74 x 60 x 21.5 mm (2.91"D x 2.36"W x 0.84"H)

Window Size: 36 x 23 mm (1.42" x 0.9")

Item Weight: Approx. 72g (2.54 Ounces)

Timing Accuracy: 0.01 seconds

Lap Memory: 100 laps (two sets of records)

Countdown Timer: Max 9 hours, 59 minutes, 59 seconds

Metronome Frequency: 10 to 320 beats per minute

Battery Type: 1 x CR2032 (included)

Features: Shock-proof, skid-proof, water resistant design, automatic standby.

Warranty and Support

QWM products are manufactured to high quality standards. For any questions, technical support, or warranty claims, please contact your retailer or the manufacturer directly. Please retain your proof of purchase for warranty purposes.

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