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## Armitron Sport 45/7099TNO

# Armitron Sport Digital Chronograph Watch User Manual

Model: 45/7099TNO

## 1. INTRODUCTION

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Thank you for choosing the Armitron Sport Digital Chronograph Watch, Model 45/7099TNO. This watch is designed for active lifestyles, offering a range of useful functions in a durable and water-resistant design. Please read this manual carefully to understand the features and proper operation of your new timepiece.

### Key Features:

- Durable white resin case with transparent neon orange top ring and neon pink accents.
- Clear LCD display showing time, seconds, day, and date.
- Functions include: Chronograph, Lap Time, Alarm, Dual Time, Military Time, and Backlight.
- Comfortable transparent neon orange resin strap with buckle closure.
- Water resistant up to 100 meters (330 feet).



This image displays the Armitron Sport 45/7099 digital chronograph watch. It features a vibrant neon orange transparent resin case and strap, with neon pink accents on the buttons. The clear LCD screen shows the time, day of the week (WE for Wednesday), and date (17). The watch face also indicates 'WATER RESIST 330FT' and has directional markings (N, S, E, W) around the bezel. Buttons are labeled 'RESET', 'ST/STP', 'MODE', and 'EL'.

## 2. SETUP

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## 2.1 Initial Power On / Battery

Your Armitron Sport watch comes with a product-specific battery included and pre-installed. The watch should be ready for use upon arrival. If the display is blank or dim, the battery may need replacement. Please refer to the "Maintenance" section for battery replacement guidelines.

## 2.2 Setting Time and Date

To set the time and date on your watch, follow these steps:

1. In Timekeeping Mode, press and hold the **MODE** button until the seconds begin to flash. This indicates you are in setting mode.
2. Press the **RESET** button to cycle through the settings: Seconds → Hour → Minute → Year → Month → Date.
3. While a setting is flashing, use the **ST/STP** button to increase the value. Hold the button to rapidly advance the value.
4. Once all settings are correct, press the **MODE** button again to exit the setting mode and return to Timekeeping Mode.

Note: The watch supports both 12-hour (AM/PM) and 24-hour (military) time formats. This can typically be toggled when setting the hour.

## 3. OPERATING INSTRUCTIONS

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Your Armitron Sport watch features multiple modes accessible via the **MODE** button. Pressing the **MODE** button cycles through Timekeeping, Chronograph, Alarm, and Dual Time modes.

### 3.1 Timekeeping Mode

This is the default display mode, showing the current time (hour, minute, second), day of the week, and date. In this mode, you can press the **EL** button to activate the backlight for visibility in low-light conditions.

### 3.2 Chronograph (Stopwatch) Mode

The chronograph function allows you to measure elapsed time. To use the chronograph:

1. From Timekeeping Mode, press the **MODE** button until "CHRONO" or a similar indicator appears on the display.
2. Press the **ST/STP** button to start the chronograph.
3. Press the **ST/STP** button again to stop the chronograph.
4. To record a lap time while the chronograph is running, press the **RESET** button. The lap time will display briefly, and the chronograph will continue running in the background.
5. To reset the chronograph to zero, ensure it is stopped, then press the **RESET** button.

### 3.3 Alarm Mode

The alarm function allows you to set a daily alarm. To set and activate the alarm:

1. From Timekeeping Mode, press the **MODE** button until "ALARM" or a bell icon appears.
2. Press the **RESET** button to select the hour or minute to set.
3. Use the **ST/STP** button to adjust the flashing value.
4. Press the **MODE** button to confirm the alarm setting.

5. To turn the alarm ON/OFF, in Alarm Mode, press the **ST/STP** button. An alarm icon will appear/disappear to indicate its status.
6. When the alarm sounds, press any button to stop it.

### 3.4 Dual Time Mode

This feature allows you to keep track of a second time zone. To set the dual time:

1. From Timekeeping Mode, press the **MODE** button until "DUAL TIME" or "T2" appears.
2. Press and hold the **MODE** button until the hour flashes.
3. Use the **ST/STP** button to adjust the hour.
4. Press the **RESET** button to move to the minute setting, then adjust with **ST/STP**.
5. Press the **MODE** button to exit dual time setting.

### 3.5 Backlight (EL)

Press the **EL** button (typically located on the top right or bottom right) in any mode to illuminate the display for a few seconds, making it readable in the dark.

## 4. MAINTENANCE

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### 4.1 Water Resistance

Your Armitron Sport watch is water resistant up to 100 meters (330 feet). This means it is suitable for showering, swimming, and snorkeling. However, it is NOT suitable for diving. Do not operate any buttons while the watch is wet or submerged, as this can compromise the water resistance seal.

**Important: Water resistance is not a permanent condition. Gaskets and seals can wear out over time, reducing the watch's water resistance. It is recommended to have the water resistance checked periodically by a qualified watch technician, especially after battery replacement.**

### 4.2 Cleaning Your Watch

To clean your watch, wipe it with a soft, damp cloth. For the resin strap, a mild soap solution can be used, but ensure to rinse thoroughly with clean water and dry completely. Avoid using harsh chemicals or abrasive cleaners, as these can damage the watch's finish or strap material.

### 4.3 Battery Replacement

The watch uses a product-specific battery. When the display becomes dim or functions become erratic, it is likely time to replace the battery. Battery replacement should ideally be performed by a qualified watch technician to ensure proper sealing and maintain water resistance. Attempting to replace the battery yourself may void the warranty and compromise the watch's integrity.

## 5. TROUBLESHOOTING

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- **Display is blank or dim:** The battery may be low or depleted. Refer to the "Battery Replacement" section.
- **Buttons are unresponsive:** Ensure the watch is not wet. If it is dry and still unresponsive, try resetting the watch (if a reset button is available, usually a small recessed button requiring a pointed object). If issues persist, the internal mechanism may require professional inspection.

- **Time is incorrect:** Re-set the time and date following the instructions in "Setting Time and Date". Ensure you have selected the correct 12/24-hour format.
- **Water inside the watch:** Immediately stop using the watch and take it to a qualified watch technician. Do not attempt to dry it yourself, as this can cause further damage.

## 6. SPECIFICATIONS

Feature	Detail
Model Number	45/7099TNO
Brand	Armitron Sport
Movement	Quartz
Display Type	Digital LCD
Case Material	Resin
Strap Material	Resin
Water Resistance	100 meters (330 feet)
Functions	Chronograph, Lap Time, Alarm, Dual Time, Military Time, Backlight
Battery	1 Product Specific (included)
Package Dimensions	10.7 x 9.8 x 7.6 cm
Weight	115 grams

## 7. WARRANTY AND SUPPORT

Armitron Sport products are manufactured to high-quality standards. For specific warranty information, please refer to the warranty card included with your purchase or visit the official Armitron Sport website. Keep your proof of purchase for any warranty claims.

For technical support, service, or inquiries regarding spare parts, please contact Armitron Sport customer service. Contact details can typically be found on the manufacturer's website or on the product packaging.

*Note: Spare parts availability information was not provided at the time of this manual's creation.*