

Armitron 40/8309

Armitron Sport Men's Digital Chronograph Watch 40/8309 Instruction Manual

INTRODUCTION

This manual provides detailed instructions for the operation and maintenance of your Armitron Sport Men's Digital Chronograph Watch, model 40/8309. This watch features a digital display with multiple functions including time, date, chronograph, lap time, alarm, dual time, military time, and backlight. Please read this manual thoroughly to ensure proper use and to maximize the lifespan of your watch.

WATCH COMPONENTS

Familiarize yourself with the buttons and display areas of your watch:

- **MODE Button:** Used to cycle through different operating modes (Time, Chronograph, Alarm, Dual Time).
- **RESET Button:** Used to reset values or adjust settings during setup.
- **ST/STP Button:** Used to start/stop functions, such as the chronograph, or to confirm settings.
- **EL Button:** Activates the Electro-Luminescent backlight for improved visibility in low light conditions.





Front view of the Armitron Sport Digital Chronograph Watch 40/8309. The display shows time, date, and day. Buttons are labeled **MODE** (bottom left), **RESET** (top left), **ST/STP** (top right), and **EL** (bottom right).

INITIAL SETUP

Setting Time and Date

1. In Time Mode, press and hold the **MODE** button until the seconds begin to flash. This indicates setup mode.
2. Press the **RESET** button to cycle through the settings: Seconds > Hour > Minute > Year > Month > Date.
3. Use the **ST/STP** button to adjust the flashing value. Hold **ST/STP** to increase values rapidly.
4. Once all settings are correct, press the **MODE** button to exit setup mode.

12/24 Hour Format

While in Time Mode, press the **ST/STP** button to toggle between 12-hour (AM/PM indicator) and 24-hour (military time) formats.

OPERATING MODES

Press the **MODE** button repeatedly to cycle through the following modes:

- **Time Mode:** Displays current time, date, and day.
- **Chronograph Mode:** Stopwatch function.
- **Alarm Mode:** Set and activate daily alarms.
- **Dual Time Mode:** Set and view a second time zone.

Chronograph (Stopwatch) Mode

1. From Time Mode, press **MODE** once to enter Chronograph Mode. The display will show '0:00:00'.
2. Press **ST/STP** to start the chronograph.
3. Press **ST/STP** again to stop the chronograph.
4. Press **RESET** to reset the chronograph to '0:00:00'.
5. **Lap Time:** While the chronograph is running, press **RESET** to record a lap time. The display will show the lap time while the chronograph continues to run in the background. Press **RESET** again to return to the running chronograph display.

Alarm Mode

1. From Time Mode, press **MODE** twice to enter Alarm Mode. The alarm time will be displayed.
2. Press **RESET** to toggle the alarm ON/OFF. An alarm icon will appear when activated.
3. To set the alarm time, press and hold **ST/STP** until the hour flashes.
4. Press **RESET** to select Hour or Minute.
5. Use **MODE** to adjust the flashing value.
6. Press **ST/STP** to confirm and exit alarm setting.

Dual Time Mode

1. From Time Mode, press **MODE** three times to enter Dual Time Mode.
2. Press and hold **ST/STP** until the hour flashes.
3. Press **RESET** to select Hour or Minute.
4. Use **MODE** to adjust the flashing value.
5. Press **ST/STP** to confirm and exit dual time setting.

Backlight Function

Press the **EL** button (bottom right) to illuminate the display for approximately 3 seconds. This feature is useful for viewing the time in dark environments.

MAINTENANCE AND CARE

Proper care will ensure the longevity and performance of your Armitron Sport watch.

- **Cleaning:** Wipe the watch regularly with a soft, dry cloth. For resin components, a slightly damp cloth can be used, followed by drying.

- **Temperature:** Avoid exposing the watch to extreme temperatures (hot or cold) or sudden temperature changes, as this can affect accuracy and battery life.
- **Chemicals:** Keep the watch away from solvents, detergents, perfumes, and cosmetics, which can damage the resin and seals.

Water Resistance

This watch is water resistant to 330 feet (100 meters). This rating means it is suitable for showering, swimming, and snorkeling. It is not recommended for scuba diving. Do not operate any buttons while the watch is submerged in water, as this can compromise the water resistance.





Side view of the Armitron Sport Digital Chronograph Watch 40/8309, showcasing the durable black resin case and strap with pink accents on the buttons.

Battery Replacement

The watch is powered by one product-specific battery (included). When the display becomes dim or functions become erratic, it may be time to replace the battery. It is recommended to have the battery replaced by a qualified watch technician to ensure the water resistance seal is properly maintained.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Display is blank or dim.	Low battery.	Replace the battery.
Time is incorrect.	Time not set correctly or accidental adjustment.	Refer to 'Setting Time and Date' section to reset the time.
Buttons are unresponsive.	Watch may be in a locked state or battery is very low.	Try pressing all buttons firmly. If issue persists, replace battery.
Water inside the watch.	Water resistance compromised (e.g., buttons pressed underwater).	Immediately take the watch to a professional for inspection and repair to prevent further damage.

SPECIFICATIONS

- **Model Number:** 40/8309
- **Display Type:** Digital LCD
- **Case Material:** Resin
- **Strap Material:** Resin
- **Functions:** Time (12/24 hr), Seconds, Day, Date, Chronograph, Lap Time, Alarm, Dual Time, Backlight

- **Water Resistance:** 330 feet (100 meters)
- **Battery:** 1 Product Specific battery (included)
- **Approximate Dimensions:** 4.61 x 3.78 x 3.03 inches (packaged)
- **Approximate Weight:** 5.4 ounces (packaged)





Back view of the Armitron Sport Digital Chronograph Watch 40/8309, featuring the stainless steel case back secured by screws and the durable resin strap.

WARRANTY AND SUPPORT

Armitron watches are manufactured to high standards. For information regarding warranty coverage, service, or 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.

For further assistance, you may contact Armitron customer service through their official channels. Always provide your watch model number (40/8309) when seeking support.

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