

[manuals.plus](#) /› [Ultrak](#) /› **ULTRAK 495 Professional 100-Lap Digital Stopwatch User Manual**

Ultrak 495

ULTRAK 495 Professional 100-Lap Digital Stopwatch

USER MANUAL

1. Product Overview

The ULTRAK 495 Professional 100-Lap Digital Stopwatch is designed for precise timekeeping in various sports and training activities. It features a large, easy-to-read display and multiple functions to support athletes, coaches, and referees.



Figure 1: ULTRAK 495 Stopwatch in blue.

Key Features:

- **100 Dual Split Recallable Memory:** Enhances accuracy for track and field events, ideal for athletes and coaches requiring precise timekeeping.
- **Versatile Functions:** Includes stroke/frequency, time, and calendar functions, suitable for diverse sports activities.
- **Water Resistant Design:** Allows for outdoor use in various weather conditions.
- **Large 3-Row Display:** Facilitates easy viewing of multiple lap times simultaneously.
- **Durable Lithium Battery:** Ensures reliability for extended use.

2. Setup

2.1. Battery Installation

The ULTRAK 495 Stopwatch comes with one Lithium Metal battery pre-installed. If battery replacement is needed, refer to the Maintenance section.

2.2. Initial Time and Date Setting

To set the time and date:

1. Press the **MODE** button repeatedly until the time/calendar display mode is active.
2. Press and hold the **SET** button (usually located on the top right) until the digits begin to flash.
3. Use the **LAP/SPLIT/RESET** button (top left) to adjust the flashing digit.
4. Press the **SET** button to move to the next digit or setting (e.g., hours, minutes, seconds, month, day, year).
5. Once all settings are correct, press the **MODE** button to exit the setting mode.



Figure 2: Stopwatch displaying various modes, including Time/Calendar.

3. Operation

3.1. Stopwatch Mode (Standard Timing)

This mode is used for basic timing of events.

1. Ensure the stopwatch is in the standard stopwatch mode (usually indicated by "STOPWATCH" on the display). If not, press **MODE** until it appears.
2. Press **START/STOP** (top right button) to begin timing.
3. Press **START/STOP** again to pause the timer.
4. Press **START/STOP** to resume timing.
5. To reset the timer to zero, ensure it is stopped, then press **LAP/SPLIT/RESET** (top left button).

3.2. Lap/Split Timing with Memory Recall

The ULTRAK 495 can record up to 100 lap and split times.

1. In stopwatch mode, press **START/STOP** to begin timing.
2. Press **LAP/SPLIT/RESET** to record a split time. The display will momentarily show the split time while the main timer continues running in the background. The bottom row displays the running event or lap time.
3. Repeat step 2 for each lap or split you wish to record.
4. Press **START/STOP** to end the timing session.
5. To recall recorded times, press the **RECALL** button (top center). Use the **LAP/SPLIT/RESET** and **START/STOP** buttons to navigate through the stored lap and split times.
6. To exit recall mode, press **MODE**. To clear memory, ensure the stopwatch is stopped and not in recall mode, then press and hold **LAP/SPLIT/RESET**.

Precision Timing for Every Athlete



- ✓ 100-Lap Memory
- ✓ Countdown Timer
- ✓ Water Resistant
- ✓ Large Sunlight-Readable Display

Figure 3: Display showing simultaneous split, lap, and total times.

3.3. Countdown Timer Mode

The stopwatch includes a countdown timer function.

1. Press **MODE** until the countdown timer display appears.
2. Press and hold **SET** to enter setting mode.
3. Use **LAP/SPLIT/RESET** to adjust the time and **SET** to move between hours, minutes, and seconds.
4. Once the desired countdown time is set, press **MODE** to exit setting mode.
5. Press **START/STOP** to begin the countdown. An alarm will sound when the timer reaches zero.

3.4. Stroke/Frequency Measuring Mode

This mode is useful for measuring stroke rates in swimming or other repetitive actions.

1. Press **MODE** until the stroke/frequency mode is displayed.
2. Press **START/STOP** to begin measuring.
3. Press **LAP/SPLIT/RESET** at the start of each stroke or cycle. The stopwatch will calculate and display the frequency.
4. Press **START/STOP** to stop measuring.

4. Maintenance

4.1. Cleaning

Wipe the stopwatch with a soft, dry cloth. For stubborn dirt, use a slightly damp cloth and mild soap, then dry thoroughly. Avoid harsh chemicals or abrasive cleaners.

4.2. Water Resistance

The ULTRAK 495 is water-resistant, making it suitable for use in various weather conditions. However, it is not designed for submersion. Avoid pressing buttons while the stopwatch is wet to prevent water ingress.

4.3. Battery Replacement

The stopwatch uses one Lithium Metal battery. When the display becomes dim or functions become erratic, it's time to replace the battery. Carefully open the battery compartment (usually on the back, secured by small screws) and replace with a new battery of the same type. Ensure proper polarity and securely close the compartment.

5. Troubleshooting

- **Display is blank or dim:** Check the battery. Replace if necessary.
- **Stopwatch resets unexpectedly during timing:** This can sometimes occur due to low battery or a temporary electrical glitch. Try replacing the battery. If the issue persists, ensure buttons are not being pressed inadvertently.
- **Buttons are unresponsive:** Ensure the stopwatch is not in a locked mode (if applicable, check manual for specific lock features). If wet, ensure it is completely dry. If still unresponsive, try replacing the battery.
- **Incorrect time or date:** Refer to section 2.2 to re-set the time and date.

6. Specifications

Feature	Detail
Model Number	495
Memory	100 Dual Split Recallable Laps
Display	Large 3-Row Display
Functions	Stopwatch, Lap/Split, Countdown Timer, Stroke/Frequency, Time, Calendar
Water Resistance	Yes (Water Resistant)
Battery Type	1 Lithium Metal battery (included)
Material	Plastic
Product Dimensions	0.2"D x 2.5"W x 3.5"H
Item Weight	3.2 ounces

7. Warranty and Support

For specific warranty information and customer support, please refer to the documentation included with

your product or visit the official Ultrak website. Keep your purchase receipt as proof of purchase for any warranty claims.