

INSTRUCTIONS MANUAL

FEATURES

- Time Telling Mode (Hours, Minutes, Seconds, Date and Day of the Week)
- Calendar Mode (Month, Date, and Day of the Week)
- 24 Hour Alarms
- Hourly Chime: One 'Beep' sound every full Hour
- Chronograph Mode: Hours, Minutes, Seconds, and 1/100 of a second with Lap Operation
- Countdown Timer
- Dual Time Zone
- 12/24 Hour (Military Time)
- Pacer
- Water Resistant as indicated on the watch
- INSTALITE - Electro Luminescent Display

SELECTING FEATURES

1. Time Telling Mode displays Hours, Minutes, Seconds, Date, and Day of the Week.
2. From Time Telling Mode, press 'A' once. Chronograph appears. Press 'A' five times to return to Time Telling Mode.
3. From Time Telling Mode, press 'B' twice. Countdown Timer Mode appears. Press 'B' four times to return to Time Telling Mode.
4. From Time Telling Mode, press 'B' three times Alarm Mode appears. Press 'A' three times to return to Time Telling Mode.
5. From Time Telling Mode, press 'B' four times. Alarm Mode appears. Press 'A' twice to return to Time Telling Mode.
6. From Time Telling Mode, press 'B' five times. Pacer Mode appears. Press 'B' once to return to Time Telling Mode.

SETTING THE TIME AND CALENDAR

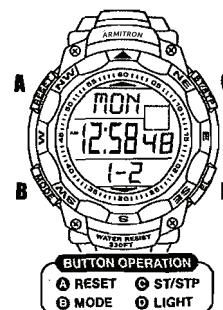
1. From Time Telling Mode, press and hold 'A'. Seconds flash. Press 'C' to zero out the Seconds.
 2. Press 'B'. Hours flash. Press 'C' to advance the Hour.
- NOTE:** Pressing and holding 'C' will advance digits rapidly. When 12 Hour Format is selected, 'P' indicates 'p.m.' times; there is no indicator for 'a.m.' times.
3. Press 'B'. Minutes flash. Press 'C' to advance the Minute.
 4. Press 'B'. The Year flashes. Press 'C' to advance the Year.
 5. Press 'B'. The Month flashes. Press 'C' to advance the Month.
 6. Press 'B'. The Date flashes. Press 'C' to advance the Date.
 7. Press 'A' to end set sequences and return to Time Telling Mode.
 8. Press 'C' to select either 12/24 Hour Time Format or 24 Hour (Military) Time.
- NOTE:** 'AM' or 'PM' indicates 12 Hour Format.

SETTING THE 24 HOUR ALARM

1. From Time Telling Mode, press 'B' three to enter the Alarm Mode
 2. Press 'D' to select the Alarm Number (Alarm 1 to 5).
 3. Press 'A'. Alarm Hours flash. Press 'C' to advance the Alarm Hour.
- NOTE:** Pressing and holding 'C' will advance digits rapidly.
4. Press 'B'. Alarm Minutes flash. Press 'C' to advance the Alarm Minute.
 5. Press 'A' to end set sequence.
 6. Press 'B' three times to return to Time Telling Mode.

ACTIVATING ALARM + HOURLY CHIME

1. While in Alarm Mode, press 'C' to activate the Hourly Chime. The Hourly Chime Symbol appears to indicate the Hourly Chime will sound every hour on the hour.
2. Press 'C' again to deactivate the Hourly Chime.
3. Press 'D' to select the Alarm Number (Alarm 1 to 5).
4. Press 'C' again to activate the selected Alarm. The Alarm Symbol appears to indicate the selected Alarm will sound at the present Alarm Time for about 60 seconds or until any button is pressed.
5. Press 'C' again to deactivate the selected Alarm.
6. Press 'B' three times to return to Time Telling Mode.



PACER

1. From Time Telling Mode, press 'B' five times to enter the Pacer Mode. The tempo number flashes.
2. Press 'A' to select the tempo. The tempo may be selected in the following sequence: 10, 20, 30, 40, 60, 80, 120, 160, 240, and 320.
3. Press 'C' to start the tempo
4. Press 'C' again to stop the tempo.
5. Press 'B' to return to Time Telling Mode.

SPLIT TIME

1. While in the Time Telling Mode, press 'C' to start timing.
2. Press 'A' to measure and display Split Times.
3. Press 'C' to stop timing at the end of the event and reveal the final Split Time.
4. Press 'A' again to reset to zero.
5. Press 'B' five times to return to Time Telling Mode.

COUNTDOWN TIMER

1. From Time Telling Mode, press 'B' twice to enter the Timer Mode.
 2. Press 'A'. Hours flash. Press 'C' to advance the Hour.
 3. Press 'B'. Minutes flash. Press 'C' to adjust the Minutes.
 4. Press 'B'. Seconds flash. Press 'C' to adjust the Seconds.
 5. When the Countdown Timer is set, press 'A' to end set sequence and return to Timer Mode.
 6. Press 'C' to start the Countdown Timer.
 7. If desired, press 'C' again to stop the Countdown Timer. Press 'C' again to resume the Countdown Timer.
- NOTE:** The Countdown timing will continue in any mode until 'C' is pressed. When the Timer has expired, the alarm will sound for about 10 seconds or until any button is pressed.
8. Press 'C' to stop the Timer.
 9. Press 'B' twice to return to Time Telling Mode.

DUAL TIME ZONE

1. From Time Telling Mode, press 'B' four times to enter the Second Time Zone Mode.
 2. Press 'A'. Hours flash. Press 'C' to advance the Hour.
 3. Press 'B'. Minutes flash. Press 'C' to adjust the Minutes.
 4. Press 'A' to end set sequence.
 5. Press 'B' to return to Time Telling Mode.
- NOTE:** The Dual Time (Second Time Zone) Clock may be used to keep track of a foreign time.

EL LIGHT FEATURE

1. Press 'D' in any mode to illuminate the watch face. The backlight will remain lit for 2 to 3 seconds.
- NOTE:** Excessive use of light will shorten battery life.

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CHANGING THE BATTERY

Change the battery when the watch becomes slow, the readout darkens or does not appear, or the backlight fails. Before removing the old battery, be sure to denote its polarity so that the new battery is installed in exactly the same way. Replace with the same kind or equivalent only. This watch contains precise electronic components and should only be opened by a qualified watch technician. However, it is not necessary to return your watch to the manufacturer for battery replacement. It is recommended that you bring your timepiece to a local jeweler.

WATER RESISTANCE

This is a **WATER RESISTANT** watch. Do not operate push buttons below the surface of the water. Should water or condensation appear in the watch, immediately have the watch checked. Water can corrode electronic parts inside the case.

USE OUR NATIONWIDE SERVICE CENTERS. YOU CANNOT RETURN WATCH FOR SERVICE WHERE IT WAS PURCHASED.

If your watch requires cleaning, lubrication, battery changing, or needs a crystal replaced, Armitron Adventure approved Service Centers are available in your area. These repair facilities use Armitron Adventure parts and components to assure quality and future performance. Free estimates are available in advance, should you need servicing or repairs not covered under the warranty. Repairs covered under the warranty may require proof of purchase, so retain the purchase receipt.

RETURN YOUR WATCH FOR SERVICING

Please call **(718) 482-4195** for a listing of all approved and authorized service centers and locations, or visit our website at:

WWW.ARMITRON.COM

YOUR WATCH SHOULD NOT BE RETURNED TO THE PLACE OF PURCHASE. Carefully pack your watch in a sturdy box (do not send in a gift box for same will not be returned) and mail to the nearest approved authorized service station. Because of possible loss, we recommend that you insure the watch, return receipt requested, when using the mail. If you do not receive a receipt within a reasonable time, start a tracer through the originating post office. Never include a special watch band or any other article of personal value in your shipment.