Armitron Pro Sport Watch Instructions

Features:

- Acrylic Case
- Stainless Steel Back
- Water Resistant 165FT

Normal Operation

Reset   B

C   ST/STP

Mode   A

D   EL

In the Time Display Mode, the watch displays the day of the week, hours, minutes, seconds, and AM/PM/24-clock.

From the time display mode:

Press and hold B (Reset) to display the alarm time. Release B (Reset) to return to time display mode.

Press and hold C (ST/STP) to display the date. Release C (ST/STP) to return to time display mode.

Press D (EL) to turn on the light. The light will automatically turn off after 2 seconds.

Turn The Alarm On / Off

From the time display mode, press and hold B (Reset) to display the alarm time.

Press C (ST/STP) to turn the alarm on or off. The chime indicator will appear in the lower right corner of the display when the alarm is on.

Release B (Reset) to return to time display mode.

Alternately

From the time display mode, press and hold C (ST/STP) to display the date.

Press B (Reset) to turn the alarm on or off. The Alarm time will flash temporarily. The chime indicator will indicate in the lower right corner if the alarm is on or off.

Turn The Hourly Chime On / Off

From the time display mode, press and hold B (Reset) to display the alarm time.

Press A (Mode) to toggle the hourly chime on or off. All the days of the week above the alarm time will display when the hourly chime is enabled.

Mode: Stopwatch

From the time display mode, press A (Mode) once to enter the stopwatch mode.

Press C (ST/STP) to start and stop the stopwatch.

Press B (Reset) to clear the stopwatch while the stopwatch is stopped.

Press B (Reset) to display the time when the stopwatch is running. The stopwatch continues to run in the background. Press B (Reset) again to resume viewing the running stopwatch.

Press A (Mode) to exit stopwatch mode.

Mode: Set the Alarm

From the time display mode, press A (Mode) twice to enter the alarm mode. The alarm will automatically be enabled (if it is not already enabled) by changing the alarm time.

With the hours flashing, press C (ST/STP) to advance the hours.

Press B (Reset) to set the minutes. The minutes will flash. Press C (ST/STP) to advance the minutes.

Press A (Mode) to exit alarm set mode.

Mode: Set the Date / Time

From the time display mode, press A (Mode) three times to enter the date / time set mode.

The seconds will flash. Press C (ST/STP) to reset the seconds to 0.

Press B (Reset) to set the minutes. The minutes will flash. Press C (ST/STP) to advance the minutes.

Press B (Reset) to set the hours. The hours will flash. Press C (ST/STP) to advance the hours. Hours will cycle through AM, PM, and a 24-hour clock indicated by "H".

Press B (Reset) to set the date. The date will flash. Press C (ST/STP) to advance the date.

Press B (Reset) to set the month. The month will flash. Press C (ST/STP) to advance the month.

Press B (Reset) to set the day of the week. The day of week will flash. Press C (ST/STP) to advance the day of the week.

Press B (Reset) to return to setting the seconds.

Press A (Mode) to exit the time set mode.

24-Hour Clock (Military Time)

The 24-hour clock is enabled and disabled by adjusting the hours while setting time. See *Mode: Set the Date / Time.* Setting the hours will cycle through AM, PM, and a 24-hour clock indicated by "H" on the display. When the 24-hour clock is enabled, the alarm time will also be displayed in a 24-hour clock.