



**Instructions For the Fastime 7 Stopwatch:** 100 lap memory, Speed conversion, stroke rate, time of day/date, alarm, pacer, countdown/up/repeating timer

<b>A</b>	<b>B</b>	<b>C</b>
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**Stopwatch Event Timing:**

Press **C** – Start, **C** – Stop (time Out). **C** – Continue  
**C** – Stop **A** - Reset

**Split Timing:**

Top display shows cumulative time to last split.  
 Middle display shows previous split lap time. Bottom display shows the cumulative running time

Press **C** –Start,

**A** – Splits,

**C** – Stop. **A** - Reset

**Memory Recall:** Press **B** anytime to recall memory.  
 1<sup>st</sup> display shows fastest lap number and time. Press **B** again for slowest lap details  
 Press **B** each split time to show split times starting from the last split. Each display shows the split number, the lap time and cumulative time.  
 Press **B** to return to current running time

Press **MODE** button to move to Speed display:

To set enter the distance to be timed, Press and hold **B** until digits flash. Press **A** to choose digits to change. Press **C** to change the digits. Press **B** to exit setting.

- Press **C** to start the stopwatch
- Press **A** to capture split times
- Press **C** to stop
- Press **A** to reset
- Press **B** for memory recall

The top display shows the speed per split time  
 The middle display shows the lap split time  
 The bottom display shows the cumulative running time

N.B. When speed mode has a distance value, then speed mode replaces stopwatch mode. Memory recall also includes average speed and lap speeds

Press **MODE** button to move to Stroke rate display:

Press **A** The values on the display will decrease

After 3 Strokes/frequencies have been observed Press **A** again

The display will show the expected number of times that action will occur during one minute.

Press **MODE** button to move to Time of Day/date display:

To set time of day and date, Press and hold **B** until digits flash. Press **A** to choose digits to change. Press **C** to change the digits. Press **B** to exit setting

Press **MODE** button to move to Alarm/Time of Day display:

To set alarm time, Press and hold **B** until digits flash. Press **A** to choose digits to change. Press **C** to change the digits. Press **B** to exit setting

Press **MODE** button to move to Pacer display:

Press **A** to set the pacer (from 5 to 240 per minute). Press **C** to start/stop the pacer

Press **MODE** button to move to Countdown/up Timer (9hr 59m 59sec) display:

Two options are available:

Countdown then count up and repeating countdown.

To choose a timer mode press and hold **A** until the arrows next to the timer icon (at the bottom left of the display) changes. A down arrow means the setting is for a repeating countdown timer. A down/up arrow means the setting is for a countdown/up timer.

To set timer, Press and hold **B** until digits flash. Press **A** to choose digits to change. Press **C** to change the digits. Press **B** to exit setting.

To start/stop the timer press **C**

Depending on the timer chosen the timer counts down to zero then counts up until stopped. Or counts down to zero and repeats.