Fastime 7 instructions

Stopwatch operation Press **C** to start stopwatch. Press **C** to stop stopwatch. Press **A** to reset stopwatch to 0.00

Event Timing

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.

C - Start
A - Split (cumulative)
A - Split (up to 100 laps)
C - Stop
A - Reset

Memory Recall

Press **B** anytime to recall memory. 1st display shows fastest lap number and time. Press **B** again for slowest lap details.

Press **B** each split time for times starting from the last split. Each display shows the split number, lap time and cumulative time.

Press **B** to return to current running time. Press **C** to stop, press **A** to reset.

Speed Coversion Function

Press **D** for Speed display. To set, enter the distance to be timed, Press and hold **B** until digits flash. Press **A** to select digits. Press **C** to change the digits. Press **B** to exit.

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 speed per split time.The middle display shows lap split time. The bottom display shows cumulative running time. N.B. When speed mode has a distance value, then it replaces stopwatch mode. Memory recall includes average speed and lap speeds.

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FASTIME

Fastime 7 instructions continued

Stroke Rate

Press **D** button to move to Stroke rate display.

Press **C** to start the measurement and after 3 strokes/frequencies have been observed, press **C** again. The display will show the expected number of times that action will occur during one minute.

How to set time and date

Press **D** to move to Time of Day/date display.

Press and hold **B** until digits flash.

Press **A** to choose digits to change. Hold **C** for rapid digit change.

Press **B** to return to time of day display.

Pacer

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

Set alarm

Press **D** to move to the Alarm display.

Press and hold **B** until digits flash.

Press **A** to select digits. Press **C** to change the digits. Hold **C** for rapid digit change.

Press **B** to return to Alarm/Time Of Day.

Timer

Press **D** to move to Countdown/Up Timer 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 the timer, press and hold **B** until digits flash. Press **A** to choose digits to change. Press **C** to change the digits. Hold **C** for rapid digit change.

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.

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