

# Fastime 500DM2 instructions



## Stopwatch operation

Press **D** to select stopwatch mode.

Press **A** to show the current segment period number.

Press and hold **A** to turn vibrate on/off.

## Back Light

**F** - on (5 seconds)

## Event Timing

**C** - Start  
**C** - Stop (time Out)  
**C** - Continue  
**C** - Stop  
**A** - Reset

## Split Timing

Top row shows lap split time. Next row shows cumulative time. Bottom row shows cumulative running time.

**C** - Start

**A** - Split (cumulative)

**A** - Split (up to 600 laps)

**C** - Stop. Upper right shows current lap number. Upper left shows segment period. Bottom row shows stop time.

**B** - Check segment period, display shows AVERAGE lap recall

**B** - BEST lap time

**B** - SLOWEST lap time

**A** - Reset

## Fastime 500DM2 instructions continued

### Recall Segmented Memory.

When stopwatch is running, press **B** to recall AVERAGE, BEST and SLOWEST lap data. Press **D** to return to current running time. Press **C** to stop, press **A** to reset.

When stopwatch is stopped and reset to 0:00, press **B** to enter recall mode. Lower row shows segmented time (MCH), middle and top rows show time of day/date.

Press **B** to select segment period. Press **A** for times starting from the first lap. Each display shows the lap number, lap time and cumulative time.

Continue to press **B** to get to STOP TIME, AVERAGE, BEST and SLOWEST lap data.  
to check corresponding data.

Press **B** to return to recall mode.

**NOTES:** If the lap counter shows a flashing '000' the memory is full and needs to be cleared



### Clearing the Memory.

From Stopwatch Mode press **B** to enter recall.

Confirm the serial number after MCH is the one you wish to delete. Press **B** to change this.

Press and hold **A** for 3 seconds to clear current MCH.

continue to hold **B** for to clear all data.

### Pacer

Press **D** to move to Pacer display. Top row displays frequency, middle row is number of beats, bottom row is timing.

Press **B** to set the pacer (from 5 to 320 per minute).

Press **C** to start the pacer.

Press **A** to stop the Pacer

Press **A** to reset.

## Fastime 500DM2 instructions continued

### Stroke Rate

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

Press **A** to check current segment period.

Press **C** to start the measurement and after 3 strokes/frequencies have been observed, press **C** again. Repeat to get 2<sup>nd</sup> and 3<sup>rd</sup> strokes/frequencies. Press **A** to stop.

Press **B** to recall current segment data. AVERAGE rowing frequency will be displayed. Press **B** again for BEST then SLOWEST.

Press **A** to recall the 1<sup>st</sup> rowing frequency. Press **A** again to display 2<sup>nd</sup> and 3<sup>rd</sup> frequencies.

Press **D** to return to Stroke Rate display. Press **C** to restart or **A** to reset.



### Timer

Press **D** to move to Dual Countdown Timer display. Top row is Timer 1, next row is Timer 2. The bottom row is the timer counter.

Press and hold **A** to set and select digits to change. Press **C** to change digits. Hold **C** for rapid digit change. Once set, press **C** to start the timer.

When Timer 1 approaches 0:00, it gives 4 beeps, and Timer 2 will start to countdown. When Timer 2 approaches 0:00 it gives 2 beeps, the timer counter will increase by 1 on the bottom row and Timer 1 will start to countdown.

To reset Timers to 0:00, press and hold **A**.

### Clear the Stroke Rate Memory

After Stroke Rate is reset to 0 press **B** to enter recall mode.

Press and hold **A** for 3 seconds to clear current MCH.

Press and hold **A** for 6 seconds to clear all data.

## Fastime 500DM2 instructions continued

### Environment Temperature and Alarm

Press **D** to move to Temp display and the counter indicator **CNT** is shown.

Upper row displays ,measured temperature, Middle row shows the time of couting operation. The bottom row shows the counter.

Press **B** to switch from Celsius to Fahrenheit.

Press **C** once, the bottom row will increase by 1 and the middle row starts timing at the same time.

Press **C** continuously to add to the bottow row.



### How to set time and date

Press **D** to move to clock display.

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

Press **A** to choose digits to change.

Hold **C** for rapid digit change.

Press D to exit setting

### To Set Alarm:

Hold **A** until digits flash. Press **A** until Alarm **ON/OFF** is showing. Press **C** to turn Alarm **ON/OFF**

Continue to press **A** until Alarm is selected.

Press **C** to change digits.

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***FASTIME***