




**Instructions For the Fastime 01 Stopwatch:** With basic start, stop, cumulative split and time of day functions

Press button **B** to switch between stopwatch and time of day modes

**Stopwatch mode:**

A	B	C	Event Timing:	Split Timing:	1-2 Finish:
			<p><b>C</b> – Start</p> <p><b>C</b> – Stop (time Out)</p> <p><b>C</b> – Continue</p> <p><b>C</b> – Stop</p> <p><b>A</b> - Reset</p>	<p><b>C</b> –Start</p> <p><b>A</b> – Split (cumulative)</p> <p><b>A</b> – Release.</p> <p><b>C</b> – Stop</p> <p><b>A</b> - Reset</p>	<p><b>C</b> – Start</p> <p><b>A</b> – Stop</p> <p><b>C</b> – Stop (1<sup>st</sup> finish time)</p> <p><b>A</b> – Release (2nd finish time)</p> <p><b>A</b> - Reset</p>

**Time of Day Mode:**

Time Date & Alarm Display:	How to Set Time & Date:	How to Set Alarm:
<p>Press button <b>B</b> to switch between stopwatch and time of day display.</p> <p>Hold <b>C</b> to display month date and day.</p> <p>Hold <b>A</b> to display alarm</p> <p>Hold <b>A</b> then press <b>C</b> to set alarm on or off</p>	<p>Press button <b>B</b> 3 times to enter set mode.</p> <p>Press <b>A</b> to select the digits</p> <p>Press <b>C</b> to change digits (seconds reset to zero)</p> <p>Hold <b>C</b> for rapid digit change</p> <p>Press <b>B</b> to return to time display.</p>	<p>Press button <b>B</b> 2 times to enter set mode</p> <p>Press <b>A</b> to select the digits</p> <p>Press <b>C</b> to change the digits</p> <p>Press <b>B</b> to return to Time of day display.</p>

AST Limited.

+44(0)1530 411321.

E.mail: [admin@astopwatch.co.uk](mailto:admin@astopwatch.co.uk)

[www.astopwatch.com](http://www.astopwatch.com)