



Instructions For the Fastime 14 Stopwatch: 500 lap memory, Data segment storage, countdown/up/repeating timer, pacer, stroke rate, Speed conversion, time of day/date, alarm functions

A	B	C
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Stopwatch Event Timing:

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

C– Splits,

A – 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** again for average lap time
Press **B** each split time to show split times starting from the first 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 Data display:

Data Storage

The first display shows the available space remaining in the memory measured in laps. Up to 500 splits can be stored in memory. To delete all segment times press and hold **A** until DELETE ALL is shown. All segments will be deleted at the end of the beeps.

Split times are stored in segments. If the timing session consists of (say) 10 split times, these are stored in the memory as one block of 10 splits (segment.)

Press **A** to move to the first segment. The display shows the segment number and the number of splits within the segment. The time and date that the segment times began is also shown.

Press **B** to display and scroll through the individual cumulative and lap splits within the segment.

Press **A** to move to the next segment and repeat the above sequence.

Press **B** to return to the first segment.

How to delete individual segments:

Press **A** to move to the required segment. Press and hold **A** until DELETE ONE is shown. The segment is deleted after 2 seconds.

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

Three options are available:

Countdown and stop. Countdown and repeat. Countdown to zero then count up.

The display shows: Target time, counting down time, number of repeats and time of day.

To set the target time and timer option press and hold **B** until the digits flash. Press **A** to choose digits to change. Press **C** to change the digits.

To choose the timer option, select CR for repeating countdown. CS for countdown and stop. CU for countdown to zero and then count up.

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. Or counts down to zero and then stops.

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

The display shows the pace rate selected, the number of elapsed paces and a 1/100th minute stopwatch.

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

Press **C** 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 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 **C** to capture split times

Press **A** to stop

Press **A** to reset

Press **B** for memory recall

The top display shows the speed per split time and the split number

The middle display shows the lap split time

The bottom display shows the cumulative running time

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.

In this mode you also have the option of turning on/off the sound and altering the display contrast.

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 **A** to turn alarm on or off

