sisco

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High-grade sports watch instructions

Year
Week
Month
Day
AM
PM
Hour Min Sec

Interval counter

SPLIT
LAP
Total elapsed time

Hour Min Sec 1/100 Sec

Clock interface — **Stopwatch interface**

Data retrieval function interface

Alarm clock function interface

Press the M key to circularly switch the clock, stopwatch, alarm clock, timer, football stopwatch, metronome

PACE
F- S

Metronome function interface

Football stopwatch function interface

Timer function interface
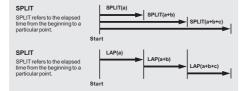
Thank you for using the product. Please read through all the instructions of this manual before you use this watch, and keep manual for reference.

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Key manual

L–executing the interval/halfway and reset operations. (Start/close the singing
R–retrieve the interval/intermediate time and the total elapsed time. Long press to enter the setting state.
S–start or suspend the timing.
Y–turn on the backlight.
M–circularly switch the clock, stopwatch, alarm clock, timer, football stopwatch, metronome, on/off.

Use of the stopwatch

SPLIT
SPLIT refers to the elapsed time from the beginning to a particular point.

SPLIT(a) → SPLIT(a+b) → SPLIT(a+b+c)

Start

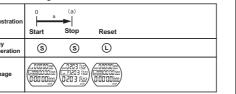| SPLIT |
|---|
| SPLIT refers to the elapsed time from the beginning to a particular point. |

LAP(a) → LAP(a+b) → LAP(a+b+c)

Start

Timing limit

The measuring limitation of the total elapsed time and the SPLIT time is 9 h, 59 min 59.999 sec.
The measuring limitation of the LAP is 59 min 59.999 sec. It will return to 0 and re-start the timing when the limitation is overtaken. The LAP is counted from 1 to 100 and it is repeated from 0.
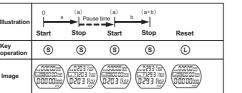
The retrieval function is used to check the material in the stopwatch memorizer

• Memorizer- it can keep a total of 100 memories. (They must be started from the same point)
• To start a new stopwatch measuring operation, which will make the data in the memorizer automatically deleted to make room for the new record group. That is, to save the last set of data.
• The FS,SL,AV records stand for the fastest, slowest and mean of the LAP time of this set of memorizer.
• Press R to switch from the stopwatch function interface to the retrieval function interface. Keep pressing R to circularly switch and check the fastest, slowest and mean time. Press S or L to thumb through the data.
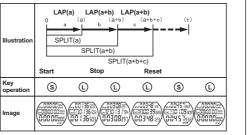
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Standard Timing

Illustration	0	a (a)
	Start	Stop Reset
Key operation	S	S L
Image		

Net time
Press L to stop the counting of the net time and re-press it to recover the timing.

Illustration	0	a (a) Pause time b (a+b)
	Start	Stop Start Stop Reset
Key operation	S	S S S L
Image		

Off-time/LAP

Illustration	0	a (a) LAP(a) b (a+b) LAP(a+b) c (a+b+c) LAP(a+b) (τ)
		SPLIT(a)
		SPLIT(a+b)
		SPLIT(a+b+c)
	Start	Stop Reset
Key operation	S	L L L S L
Image		

3

Page 4
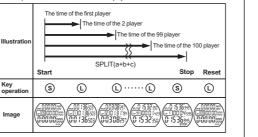
Time of some players
For example: To record the time of 100 different players.

Illustration	The time of the first player
	The time of the 2 player
	The time of the 99 player
	The time of the 100 player
	SPLIT(a+b+c)
	Start Stop Reset
Key operation	S L L · · · · · · S S L
Image	

Check the data in the stopwatch memorizer
• Press R to switch from the stopwatch function interface to the retrieval function interface. Keep pressing R to circularly switch and check the fastest, slowest, and the average. Press S or L to thumb through the data.
• On the retrieval function interface, press S to thumb through the records forward and press L to thumb through the records backward.
• Press M to return to the stopwatch function interface from the retrieval function interface.

Time and Date Setting

mute

1. On the stopwatch interface, keep pressing R for two seconds to enter the setting state. The "Year" is flickering.
2. Press R to circularly switch the contents to be set

Year	Month	Day	Hour
	Sec	Min	

3. Press S(+) or L(-) to change the flickering value.
*Press S or L to rapidly change the value
*The adjustment range of the year is 2018-2099.
4. After the setting, press M to exist the setting interface.

On the stopwatch function interface, press S to switch the 12/24h.
On the stopwatch function interface, press M toturn on/off.
On the stopwatch function interface, press L to alternately turn on/ off the singing.

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Use of the alarm clock

This product has two sets of alarm clocks. Warning sounds will be made at the time of the alarm clock. The singing can be stopped by pressing any key.

Alarm clock setting
1. Keep pressing **M** to switch to the alarm clock interface (as shown in figure)
2. Press **L** to alternately switch the desired set of alarm clock (AL-1or AL-2)
3. Press **S** to turn on/off the corresponding set of alarm clock. (The alarm clock turned on will be displayed by icons)

How to set the alarm clock:
1. On the alarm clock function interface, press **L** to switch to AL-1 or AL-2.
2. Press **R** to enter the setting state. The set value is flickering.
3. Press **R** to switch the contents to be set.
4. Press **S** (+) or **L** (-) to change the flickering value. (* Press **S** or **L** to rapidly change the value)
5. After completing the settings, press the **M** key to exit the setting interface.

Use of timer
Press the R button repeatedly to switch to the interface of timer function. (as shown in figure)
How to set the countdown time
1. Press and hold the **R** button to enter the setting state, and the setting value is flashing.
2. Press the **R** button to switch the settings in cycle (hour-minute-second-hirtduration)
3. Press the **S** (+) or **L** (-) button to change the flashing value. (* Press and hold the **S** or **L** button to quickly change the value)
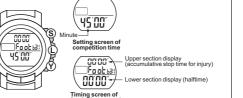4. After completing the settings, press the **M** key to exit the setting interface.
Start countdown
• Before starting the countdown. You may press the **R** button to select whether it is a single countdown (LAP) or an automatic cycle countdown (SP).
• Press **S** to count down.
• Press **S** to pause during countdown, and then press S again to continue the countdown.
• When the countdown is paused, press **L** to reset to the set countdown time, and then press **L** to clear the time.
End of countdown
• It will prompt "Drip" sound when a single countdown comes to 0, and then the countdown time will return to the set value after the end of "Drip" sound, or press any key to close the "Drip" sound and return to the original set value. If no additional time appears, it indicates that the countdown continues once again. At this moment, press **S** to count down again, then the number of repetitions will add 1 if it comes to 0. The number of repetitions will increase correspondingly if repeating such operation.
• When the time of the automatic cycle countdown counts down to 0, the "Drip" sound is automatically sent to the next countdown, and the automatic cumulative prompt duration of 2 5 10 30 seconds is optional.

Countdown time set
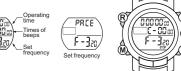Number of repetitions
Countdown timer

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Use of football stopwatch

Minute

Setting screen of competition time

Upper section display (accumulative stop time for injury)
Lower section display (halftime)

Timing screen of football stopwatch

How to set competition time
1. Keep pressing **R** button to enter the setting state, set the value of "Min" to flash.
2. Keep pressing **S** (+) or **L** (-) to change the flashing value. ("Keeping pressing **S** or **L** may change the value rapidly.)
 • Only the value of "Min" may be set.
 • The competition time is set from 1 to 99 minutes, in addition, there is a "-" setting indicating that the competition time is unlimited.
3. After completing the settings, press **M** to exit the setting interface.

Start the game
1. Press **S** button to start timing
2. After timing, press upper section of **S** button for timing with "Football" character fleshing in the middle line, and then press **S** button to suspend timing of the upper section without "Football" character fleshing in the middle line (for accumulative stop time for injury)
3. When the countdown of the next period is over, it will make sound for 10 seconds. Meanwhile, it starts positive timing. It is convenient to check the added duration.
4. To terminate the game timing, pause the timing of the previous period ("Football" character does not flash), and then press and hold the **R** button for about 2 seconds, and the time will return to the last timing value. Ratime or change the competition time at this moment.

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Use of metronome

Operating time
Times of beeps
Set frequency

PACE
F- 3

Set frequency

Set frequency
1. Press and hold **L** to enter the setting state, and the frequency value is flashing. Re-press **L** to change the value. Press and hold **L** to quickly change the value.
2. Press **S** to run the metronome after completing the setting.

Operation of metronome
• Press **S** to start the operation, and press again to pause. (Pause **L** to reset)
• If frequency 320 is selected, it will send "B" sound 320 times per minute. (Note: The metronome data will not be saved if you leave the metronome.)

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