

Professional Stopwatch Manual

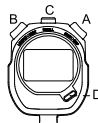
Model: TF-C300

PART I FEATURES:

1. 300 Laps and split memory at 1/100 sec.
2. Support 12/24 hour time format.
3. Time and date display, chrono data, Stores data for each run with data tag.
4. Displays fastest lap, slowest lap and average lap.
5. Count down timer with 10 hours working range.
6. Pacer function with selectable pacer interval, frequency of 10-320 beats/minute prompt.
7. Measures strokes per minute for events such as rowing and swimming.
8. For stroke rate a sequence from race start to finish is recorded as a data block. A sequence of measurement data obtained from race start to finish is recorded as a group of data namely "BLK", up to 100 blocks of data can be stored in memory without deleting the previous data.
9. CR2032 lithium battery with battery hatch for changing battery easily.
10. Lanyard included.
11. Low battery notice.
12. Water resistance: 3 bar.

PART II PUSHBUTTONS INSTRUCTION

- 【A】** —START/STOP **【B】** —RESET/LAP, SPLIT
【C】 —RECALL **【D】** —MODE



PART III OPERATION INSTRUCTION

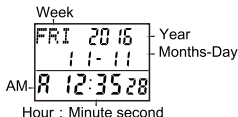
1. Switching between modes

Press **【D】** switch between modes as the following sequence :

Time/Calendar → Alarm → Stopwatch 1 → Stopwatch 2 → Countdown → Pacer → Stroke rate

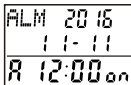
2. Time/Calendar operation and settings

While in Time/Calendar mode, press **【C】** for 2 seconds to enter the setting **【Time/Calendar】**. The "Year" starts to flash and then press **【B】** to display "Year-Month-Day-12/24-Hour-Minute-Second" successively and repeatedly. Press **【A】** add 1 during the flashing, add quickly by hold this button. After setting ok, press **【C】** to exit the setting mode.



3. Alarm settings

While in Time/Calendar mode, press **【D】** to display the alarm mode, and then press and hold **【C】** for 2 seconds to enter the alarm setting. Press **【B】** when "Hour" starts to flash, "Hour-Minute" display successively and repeatedly. Press **【A】** to add 1 and add quickly by hold this button. After setting ok, press **【C】** to exit the alarm setting mode. While in alarm mode, turn on /off the alarm function by pressing **【A】**. Display "on" means the alarm function is active, "-" means is without alarm. When it goes up preset time, the alarm will last for 15 second. You may silence the alarm by pressing any pushbutton.



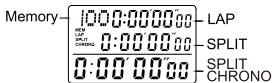
PART IV CHRONOGRAPH MODE

4.1 Stopwatch Setting

"Stopwatch 1" and "Stopwatch 2" records the same running time, only the third line is different.

The third line of "Stopwatch 1" shows the current accumulated split time .

The third line of "Stopwatch 2" shows the current accumulated lap time. (The third line will show "L" and "LAP" symbols) as shown in below charts.



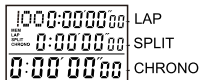
【Stopwatch 1】 interface



【Stopwatch 2】 interface

After enter the chronograph, press **[A]** to start or stop "CHRONO".

- If stopwatch is running, press **[B]** to record the time for each lap.
- If stopwatch is paused, press **[B]** to reset and save the previous memories as a group of data.
- If stopwatch is the state of resetting (all zero appear), the current memory displays means the left space of the memory, and will appear "MEM" (Memory).
- If stopwatch is running or pause mode, the memory display means the current lap number, and will not appear "MEM" (Memory).
- If the memory is full, and then it cannot save the update data, the "Memory number" will flash to notice the memories need to be removed.



4.2 How to recall of the stored data

A sequence of measurement data obtained from race start to finish is recorded as a group of data namely "BLK", up to 100 blocks of data can be stored in memory without deleting the previous data.

Press **[C]** to enter the recall mode (if no memory and then no recall) when the stopwatch is running/stopped/reset, "RECALL" appears as the above image. Then press **[C]** to recall any "memory group" data, long press to recall quickly. "BLK-001→BLK-002→BLK-003..." When recall the "memory group" you need, press **[A]** to enter the data. And each press **[A]** to recall the Fastest (FS), Slowest (SL) and Average (AV) time and each memory time of this memory group, long press to recall quickly. After finish the memory recall of one group, press **[C]** back to "BLK" group number, repeat the above operation to recall other group's data. Press **[D]** to return to the Chrono mode at any time.

BLK(BLOCK)



Months-Day-Year

Hour : Minute

4.3 How to clear the stored data

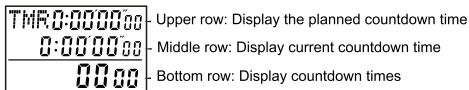
During the any time of memory recall, press **[B]** and then appear "Clear all data" image with the warning beep "Di-Di". Keeping press **[B]** for three seconds, and long alarm notice "Di...", all the data will be cleared and back to Chrono mode. Otherwise, it will back to Memory Recall image and give up to clear the memory. Notice: Please confirm the chronograph mode paused and reset, and then clear the memories.



PART V COUNTDOWN MODE

5.1 Setting the count down time

Press **【D】** to enter countdown mode, and press **【C】** and hold for 2 seconds to enter setting.



The "Countdown Hour" starts to flash, and then press **【B】** to switch "Hour-Minute-Second". During the flash of the number, press **【A】** to add 1, long press to add quickly. Press **【C】** to exit the setting procedures. After finished the setting, the middle row (current countdown time) updated to the upper row (planned countdown time). If the planned countdown time is "0", then the current countdown time will start to count down from "9:59:59".

5.2 Counting down

Press **【A】** to start or stop the countdown during the countdown time mode. Bottom row (countdown times) counting "1" after completed once planned countdown time, and with a notice "Di-Di", and then start the countdown again. The countdown mode will be stopped and the countdown times is "0" when the countdown times is 9999. Press **【B】** to reset the countdown and clear all the countdown times during the pause of the countdown mode.

PART VI PACER MODE

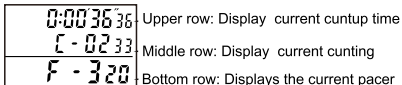
6.1 Setting the pacer

While in the TIME mode, press **【D】** to enter PACER mode. The frequency is flashing and press **【B】** to select the frequency in the order :10 >>>20 >>>30 >>>40 >>>60 >>>80 >>>120 >>>160 >>>240 >>>320.



6.2 Running the pacer mode.

Press **[A]** to start or stop the pacer after selected the required frequency. During the running of the Pacer mode, it will have a Notice "Di" per minute and frequency number is "1" according to the selected frequency, the maximum frequency number is 9999. The pacer will be stopped and reset and all frequency number will be cleared when the frequency number is up to 9999. During the pause of the pacer, press **[B]** to rest the pacer and clear the frequency number. After press **[B]** resetting to reset the frequency again.



What does Stroke/frequency mean?

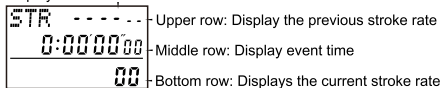
The stroke/frequency of an activity per minute is automatically calculated by measuring the time required to make three strokes. Measurable number of strokes per minute is between 10 and 180. For example, F-10 means the sound will beep 10 times in 60 seconds. This works out 6 seconds per beep. F-80 means the sound will beep 80 times in 60 seconds which works out 0.75 second per beep.

PART VII STROKE RATE MODE

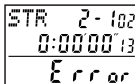
7.1 Calculating

While in the time mode, press **[D]** switch to stroke rate mode. While in the stroke rate mode, press **[A]** to start count up the current time and "the current stroke rate" is "180". It will count down from "180" after 1 second. During the countdown, press **[A]** if completed three times stroke, and it will display the current stroke rate. At the same time, Press **[A]** again to start the stroke and save the previous stroke rate automatically. When the stroke is stopped, press **[B]** to reset and save the previous "current stroke rate" automatically. Up to 10 data can be stored in memory. When more than 10 measurements are made, the oldest data will be erased from memory.

Display "---" under no stroke records



Notes: After started the stroke rate mode, "180" display "1" second firstly. During this 1 second, press **[A]** immediately will stop and show "ERROR" means the recall is failed. Meanwhile, if "180" starts to countdown and up to "10", press **[A]** immediately will stop and show "ERROR" means the recall is failed.



7.2 Recalling and clearing

When the calculation is stopped, press **【A】** to recall the previous stroke rate , and appear "RECALL". After recall a group of memory, it will exist to recall.

Press **【B】** at the state of recall, it will appear "Clear all data" and with the warning beep "Di-Di". All the stroke rates will be cleared after 3 seconds, Unless **【B】** is kept pressed for less than 3 seconds, the stored data will not be erased from memory.

PART VIII POWER SAVING AND LOW BATTERY REMINDER

8.1 Power saving

Please stop and reset the stopwatch/countdown/pacer/stroke rate mode firstly, and then back to **【Time/Calendar】** mode, press **【A,B,C】** for 3 seconds to shutdown the stopwatch, but the **【Time/Calendar】** function is still continue and useful.

8.2 Shutdown the stopwatch

Press **【D】** for 2 seconds after shutdown the stopwatch, and then the stopwatch will power on.

8.3 Low battery notice

When the middle line on display will flash, it shows low battery. Please ask your local retailer to replace the battery for you using a CR2032 (Lithium) or equivalent.

8.4 Resetting the stopwatch

When using the stopwatch, press **【A,B,C,D】** at the same time for 3 seconds to reset the stopwatch if the stopwatch is abnormal or all the time/calendar/alarm parameter. After resetting, time/calendar/alarm parameter will restore factory setting, but the saved chrono data and stroke rate memories will not be cleared.

PART IX MAINTENANCE

- Keep away severe vibration or impact with hard objects to avoid damage.
- Keep away prolonged exposure in high temperature environments.
- Please replace with a new one as soon as possible when the battery nears its end.
- If the timepiece is not marked "water-resistant", avoid immersing or exposing it to water, steam, or other forms of moisture.