OPERATION CHART: MODULE QW-1026/QW-1046

GENERAL GUIDE

- Press © to change from mode to mode.
- Press ® in any mode to illuminate the display.

TIMEKEEPING MODE

In addition to normal Timekeeping Mode functions, this watch also is equipped with an LED (light emitting diode) indicator that flashes whenever an alarm sounds.
- In the Timekeeping Mode, the Graphic Display indicates the counting of seconds.
- In the Timekeeping Mode, press © to switch between the 12-hour and 24-hour formats.

To set the time and date
1. Hold down © while in the Timekeeping Mode until the seconds digits start to flash on the display. The seconds flash because they are selected.
2. Press © to change the selection in the following sequence:
   Seconds → Hour → Minutes → Month → Date → Day of Week
3. While the seconds digits are selected (flashing), press © to reset the seconds to "00". If you press © while the seconds count is in the range of 30 to 59, the seconds are reset to "00" and 1 is added to the minutes. If the seconds count is in the range of 00 to 29, the minutes count is unchanged.
4. While any other digits (besides seconds) are selected (flashing), press © to increase the number. While the day of the week is selected, pressing © advances to the next day. Holding down © changes the current selection at high speed.
5. After you set the time and date, press ® to return to the Timekeeping Mode.

About the LED Indicator

The LED (light emitting diode) indicator of this watch flashes whenever an alarm (daily alarm, countdown alarm) is sounding, and when various signals are sounded in the stopwatch and timer modes. For details of each of these operations, see the applicable section of this manual.

Use the following procedure whenever you want to test the operation of the LED Indicator.

1. While in the Timekeeping Mode, press © and ® at the same time, and the watch will beep. This indicates that the watch is in the LED Indicator test mode.
2. When the seconds count of the current time reaches "00", the LED Indicator will flash with each of the first 15 seconds of the new minute.
3. The pattern of the LED Indicator changes with each second, and it flashes more quickly as the seconds count approaches the 15-second point.
4. The watch stays in the LED Indicator test mode (which means that the LED indicator flashes during the first 15 seconds of each subsequent minute) until you press any other button.

Important!
The LED Indicator operation consumes power. Leaving the watch in the LED Indicator test mode for long periods will shorten the life of the battery.

Be sure to press a button to exit the test mode after you test LED Indicator operation.

COUNTODOWN ALARM MODE

The Countdown Alarm Mode has four different timers that countdown in units of one-tenth of a second. When any countdown reaches zero, an alarm sounds for 10 seconds.
- The LED Indicator flashes while the 10-second countdown alarm is sounding.

Note:
- With Timer 3 and Timer 4, the countdown time is automatically reset to its starting value after the alarm stops.
- If you press ® during operation of Timer 1 or Timer 2, the countdown time automatically returns to its starting value and restarts a new countdown operation.

TOGGLE DISPLAY OFF

The operational procedures for Modules 1026 and 1046 are identical. All of the illustrations in this manual show Module 1026.
STOPWATCH MODE

The StopWatch Mode measures elapsed time, lap times, and split times. It also includes 9 lap/split times memories, plus a host of other useful functions.

- You can use the lap time function to time how long it takes to complete a specific portion (such as a single lap) of a race.
- You can use split time function to time how long it takes to get from the start to a specific point in a race.

To measure elapsed time
1. Press @ to start the stopwatch.
2. Press $ to stop the stopwatch.
3. Press © to reset the stopwatch.

To select lap time or split time operation
In the StopWatch Mode, press © to switch between the lap time and split time. The current setting is shown on the display by an indicator.

To measure lap times or split times
1. Select lap time or split time operation.
2. Press @ to start the stopwatch.
3. Press $ at the end of the 1st lap (or split) to display the time for the lap (or split) in the lower display.
4. Repeat step 3 for subsequent lap (or split). The times for up to 9 laps/splits are retained in memory. Each time you start timing of a new lap (or split), the Lap/Split Number increases by 1.
5. Press © while a measurement is in progress in the StopWatch Mode switches between lap time and split time operation.
6. Press © to stop the stopwatch.
7. Press © to clear the stopwatch to all zeros.

To time the first 10 finishers
1. Select split time.
2. Press @ at the start of the race to start the stopwatch.
3. At the end of the race, press © each time one of the first 10 racers crosses the finish line.
4. Press $ when the 10th racer crosses the finish line.
5. Press © to clear the stopwatch to all zeros.
6. You can view the 10 recorded finish times in the Data Recall Mode.

About time memories
The StopWatch Mode includes nine lap/split time memories, plus one stop time memory. If you store more than nine times, the watch automatically deletes the oldest time stored in memory to make room for the newest time. This means that a set of 10 measurements always includes the nine newest measurements plus the final time that is on the display when stopWatch operation is terminated. If you measure 20 laps, for example, the lap/split indicator will show "20" but only the times for laps 12 through 20 will be saved in memory. You can view memory contents using the Data Recall Mode.

About the Auto-Start function
With the Auto-Start function, the watch performs a 10-second countdown. When the countdown reaches zero, stopWatch operation starts automatically. During the final 5 seconds of the countdown, a beeper sounds and the LED indicator flashes with each second. The Auto-Start function can be used in both the StopWatch Mode and the Multi-StopWatch Mode.

To use the Auto-Start function
1. In the StopWatch Mode or Multi-StopWatch Mode, press ©. The upper display shows a count of 10 seconds, which is the starting value of the Auto-Start countdown.
2. Press $ to start the countdown. When the countdown reaches zero, the watch emits a long beep and the stopWatch begins operation.
3. To stop the Auto-Start Countdown and return to the stopWatch display (all zeros), press ©.

About the Previous Lap Time Countdown function
With this function, the watch compares the time of the current lap with that of the previous lap.
When the current lap time is within 10 seconds of the previous lap time, the watch beeps and the LED indicator flashes with each second. This function operates in both the StopWatch Mode and the Multi-StopWatch Mode.
- Note that you can use the Previous Lap Time Countdown function only when the previous lap time is greater than 20 seconds.
- This function can be used with either lap times or split times.

About the graphic display
The graphic display shows the following information to compare the current lap time with the previous lap time (when the previous lap time is greater than 20 seconds). This function operates in both the StopWatch Mode and the Multi-StopWatch Mode.
- The graphic display indicates from 0.0 to 200.0 of the previous lap time.
- This function can be used with either lap times or split times.

MULTI-STOPWATCH MODE

The Multi-StopWatch Mode lets you measure speed, estimated finish time, and strokes, as you measure lap or split times with the normal StopWatch Mode.

Note
The Multi-StopWatch Mode and the normal StopWatch Mode are synchronized with each other. This means that if you switch between (by pressing ©) the Multi-StopWatch Mode and the StopWatch Mode, you will find the same timing operation being performed.
Remember that selecting between lap time operation and split time operation is performed in the StopWatch Mode.

About Multi-StopWatch Mode measurements
You can select from among the following types of measurements in the Multi-StopWatch Mode.
- Speed Measurement
- Estimated Finish Time
- Stroke Calculation

To select a Multi-StopWatch Mode measurement
While in the Multi-StopWatch Mode, press © to change the currently selected measurement, as illustrated in the following table.

<table>
<thead>
<tr>
<th>StopWatch</th>
<th>Mode Indicator</th>
<th>Lap Distance</th>
<th>Total Distance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Speed Measurement</td>
<td>Speed</td>
<td>Required</td>
<td>Not required</td>
</tr>
<tr>
<td>Estimated Finish Time</td>
<td>Estimated Finish Time</td>
<td>Required</td>
<td>Required</td>
</tr>
<tr>
<td>Stroke Calculation</td>
<td>Speed</td>
<td>Not required</td>
<td>Not required</td>
</tr>
</tbody>
</table>

- You can change the Multi-StopWatch Mode from one measurement type to another while a measurement is being performed.

To set the lap distance
1. Hold down © while in the Multi-StopWatch Mode until the 10's digit of the distance display starts to flash. The 10's digit flashes because it is selected.
2. Press © to change the selection in the following sequence:

| 10 | 100 | 1000 |

3. Press © to increase the selected digit. Holding down © increases the selection at high speed.
- The maximum lap distance is 99999 (kilometers or miles).
4. After you set the lap distance, press \( \odot \) to display the total distance setting screen.
5. Press \( \odot \) again to return to the Multi-Stopwatch Mode display. Or you can set the total distance as described from step 3 in the procedure below.

**To set the total distance**

- Note that the following explanation applies to kilometers and miles, and no adjustment is necessary to switch between the two distance units.
- 1. Hold down \( \odot \) while in the Multi-Stopwatch Mode until the 10's digit of the distance display starts to flash. The 10's digit flashes because it is selected.
- 2. Press \( \odot \) again to select the 100's digit.
- 3. Press \( \odot \) to change the selection in the following sequence.

\[
100 \text{ km} \quad 10 \text{ km} \quad \text{(km or miles)} \quad 1 \text{ km} \quad 10 \text{ km} \quad 100 \text{ km}
\]

4. Press \( \odot \) to increase the selected digit. Holding down \( \odot \) increases the selection at high speed.
- The maximum total distance is 999,999 kilometers (kms) or miles.
5. After you set the lap distance, press \( \odot \) to return to the Multi-Stopwatch Mode display.

**To use the Multi-Stopwatch**

1. Select Speed Measurement, Estimated Finish Time, or Stroke Calculation.
2. Press \( \odot \) to start the stopwatch.
3. Press \( \odot \) at the end of the first lap (or split) to display the time for the lap (or split) in the lower display. (The contents of the upper display depends on the measurement type you selected in step 1.)

<table>
<thead>
<tr>
<th>Measurement Type</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Distance</td>
<td>Distance distance ( \times ) number of laps</td>
</tr>
<tr>
<td>Average speed</td>
<td>Number ( \times ) of strokes ( = ) number of laps</td>
</tr>
<tr>
<td>Total distance</td>
<td>A few seconds after the above data appears, the display changes so that the upper display shows the total elapsed time, while the lower display shows the split/slap time.</td>
</tr>
<tr>
<td>Strokes per minute</td>
<td>4. Repeat step 3 for subsequent laps (or splits). The times for up to 9 laps/splits are retained in memory. Each time you start timing of a new lap/split, the Lap/Split Number increases by 1.</td>
</tr>
<tr>
<td></td>
<td>5. Press ( \odot ) to stop the stopwatch.</td>
</tr>
<tr>
<td></td>
<td>6. Press ( \odot ) to clear the stopwatch to all zeros.</td>
</tr>
</tbody>
</table>

**Working Range**

- Lap/Split time: Up to 9 hours, 59 minutes, 59.999 seconds (automatically restarts from 0 hours 00 minutes 00.000 seconds)
- Lap/Split number: 00 to 99 (automatically restarts from 00)
- Average speed: 0.000 to 999.9 (kph or mph)
- Estimated Finish Time: Up to 9 hours, 59 minutes, 59 seconds
- Number of Strokes: 0 to 999.9/minute

**DATA RECALL MODE**

The Data Recall Mode lets you recall the lap/split times stored in memory.

**To recall lap/split times**

1. Whenever you enter the Data Recall Mode, the display shows the time for the oldest lap/split (the lap/split time with the lowest lap number).
2. Press \( \odot \) to scroll forward through the lap/split times and \( \odot \) to scroll back.

**Example:** When the stopwatch measurement is stopped after timing of the 9th lap.

**Stop Time (10th Split Time)**

<table>
<thead>
<tr>
<th>10th Lap (10th Split)</th>
<th>Mode indicator</th>
</tr>
</thead>
<tbody>
<tr>
<td>1: 36: 25</td>
<td>1st Split</td>
</tr>
<tr>
<td>0: 12: 36</td>
<td>2nd Split</td>
</tr>
</tbody>
</table>

**Final Lap (Split)**

- As you recall times, press \( \odot \) to switch between minutes, seconds, 1/1000 second (0000'0000) and hours, minutes, seconds (00:00.00) depending on the type of data that is stored.

**About calculation errors**

The following conditions cause errors in internal calculations of the stopwatch.

- In such cases, \("\times\)\ will be shown on the display in place of numeric data when you recall lap/split times or use the stopwatch for time measurement.
- When the measured lap time exceeds 9 hours, 59 minutes, 59.999 seconds.
- When the result of a speed is greater than 999.9 (kph or mph).