

How to Measure Elapse Time

- During the 'All Zero' Display, press the [S/S] button once will start the counting, and press the [S/S] button again will stop the counting.
- The elapsed time between the above 2 key-strokes will be exhibited on the 1st row of the display. Repeat the above key operations to get the accumulative elapsed time.

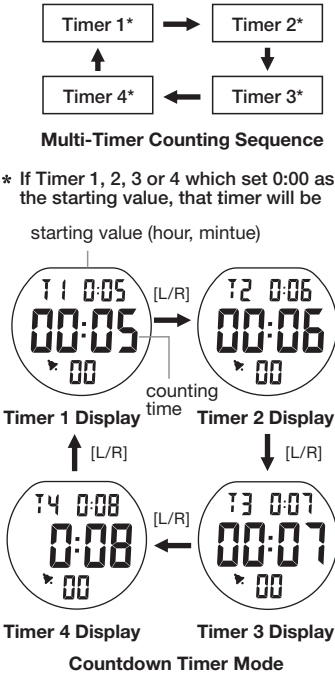
How to Get a Lap Time

- When the chronograph is counting, press the [L/R] button to get and view the Lap Display for 5 seconds. In the Lap Display, the current lap number and lap time will appear on the 1st and 2nd row of the display respectively.
- After the 5 seconds, the Watch will return to counting display automatically. Then the new lap time and the accumulative elapsed time will be exhibited on the 1st and 2nd row of the display respectively. Repeat the above key operations to get another lap time.

How to Recall/Reset the Lap Time

During the chronograph is stopped:

- Press the [L/R] button one by one to review the recorded lap times, or
- Hold down the [L/R] button for about 2 seconds to clear the lap time, and reset the display to 'All Zero' display.



Countdown Timer Mode

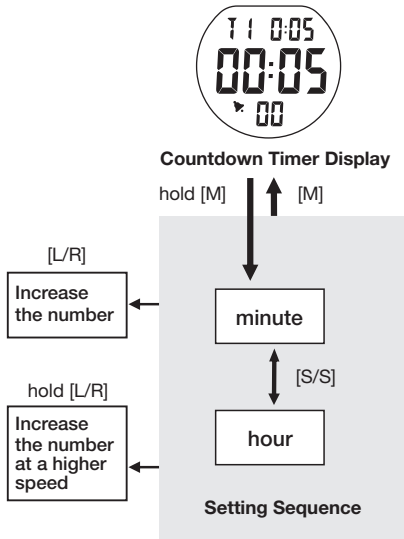
- This Watch includes 4 countdown timers. They are Timer 1, 2, 3 and 4. Using one timer (Single Timer) which can run normal timer function. But combines two or more timers (Multi-Timer) can extend the timer function to measure multi-phase elapse time.
- The measurement unit of these timers is 1 second, and the starting value of these timers can be set up to a maximum of 23 hours and 59 minutes.
- When a timer which set 0:00 as the starting value, that timer will be excluded from the counting sequence.
- When the timer is started, the Watch will count repeatedly unless it is topped by pressing the [S/S] button. During the counting, the Watch will beep once when a timer counts to the last 1 and 0 second

Single Timer and Multi-Timer

- When using Single Timer (one timer), it must excludes other timers from the counting sequence by setting their start value at 0:00.
- When using Multi-Timer, it is counting on a sequence which starts the counting from Timer 1 to another timers following the adjacent diagram.

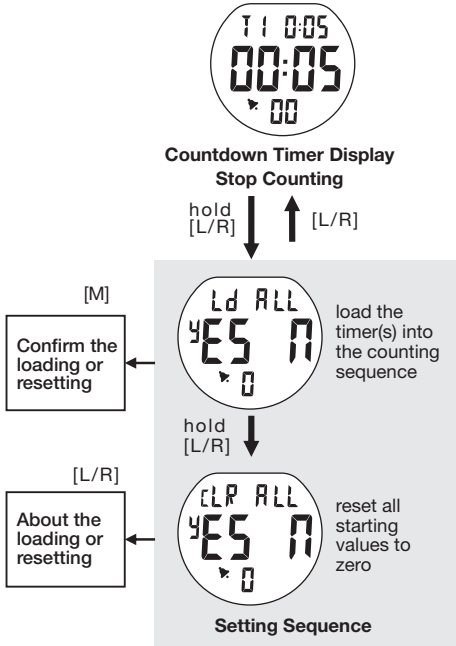
How to Select Different Timer Display

- To select different countdown timer display during the timer is stopped, press the [L/R] button one by one following the adjacent diagram.
- When using Multi-Timer, it is counting on a sequence which starts the counting from Timer 1 to another timers following the adjacent diagram.



How to Set the Countdown Timer

- The following paragraphs will instruct the procedure for setting the timer 1. Ever so, setting the other timers will work on the similar procedure.
- To select the setting display, hold down the [M] button for 2 seconds in the Timer 1 Display, and then the 'Minute' digits start flashing on the display.
- In setting display, press the [S/S] button to move the flashing following the adjacent diagram to select among different settings.
- When one of the settings (minute, hour) is flashing, press the [L/R] button to change the number (hold down the button to change the number at a higher speed).
- When the setting is completed, press the [M] button once to exit the setting display. The Watch will also exit the setting display if NO key-stroke has been activated for 1 minute.

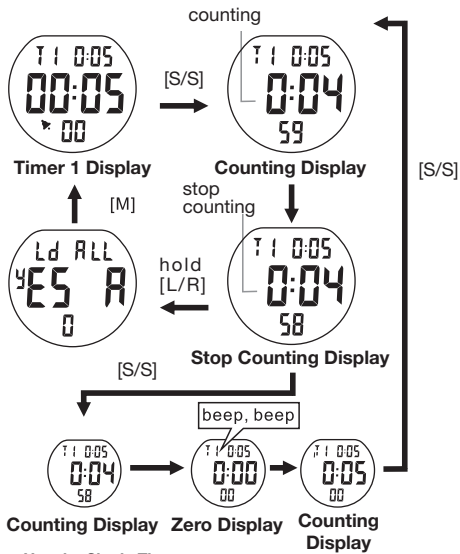


How to Load the Timers

- If the starting value has been set for the timer(s), they must be loaded into the counting sequence before it is ready for counting.
- To load the timer(s) into counting sequence, hold down the [L/R] button in Timer Display (when the timer is stopped) until the 'Ld ALL' indicator appeared following the adjacent diagram.
- When the 'Ld ALL' indicator is appeared, press the [M] or [L/R] to confirm or abort the loading.
- If the Timer Display is returned after the loading, the timer(s) is returned after the loading, the timer(s) is ready to count.

How to Reset the timers

- During the 'Ld ALL' indicator is appeared, hold down the [L/R] button until the 'cLR ALL' indicator appeared following the adjacent diagram.
- When the 'cLR ALL' indicator is appeared, press the [M] or [L/R] to confirm or abort the resetting
- If the Timer has been reset, all starting values will be reset to 0:00.



How to Use the Single Timer

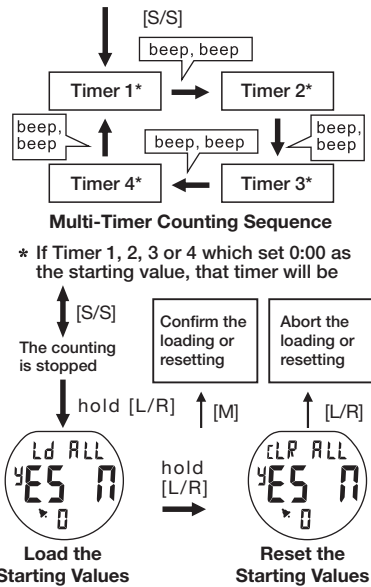
- When using one timer only (Single Timer), excludes other timers by setting their starting values to 0:00.
- Once the starting value has been set for the last timer, it must be loaded into the counting sequence before it is ready for counting. Check previous chapter 15 for more detail on how to load the starting value into the counting sequence.
- Press the [S/S] button to start the counting. The counting will be restarted automatically when it reaches zero unless the counting is stopped by pressing the [S/S] button.

How to Re-load the Timer

- To re-load the timer to its original starting value during the timer is stopped, perform the loading process following the previous chapter 15.

Timer Alarm Sound

- During the counting, the Watch will beep once when a timer counts to the last 1 and 0 second.



How to Use the Multi-Timer

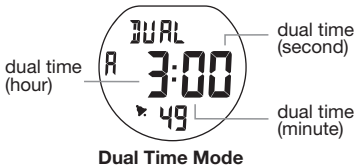
- To use the Multi-Timer function which combines two or more timers to measure multi-phases elapse time, it must set the starting value for each timer.
- Once the starting value has been set for the timer(s), they must be loaded into the counting sequence before it is ready for counting. Check the previous chapter 15 for more detail on how to load the timer into the counting sequence.
- Pressing the [S/S] button will start the counting sequence. The Multi-Timers will starts the counting from Timer 1 to another timers following the adjacent diagram. Pressing the [S/S] button once again will stop the counting.
- The Watch will count repeatedly unless it is stopped by pressing the [S/S] button.

Timer Alarm Sound

- During the counting, the Watch will beep once when a timer counts to the last 1 and 0 second.

How to Re-load/Reset the Starting Values

- To re-load or reset the Starting Values during the timer is paused, perform the loading or resetting process which mentioned in the adjacent diagram to re-load or reset the starting vales.

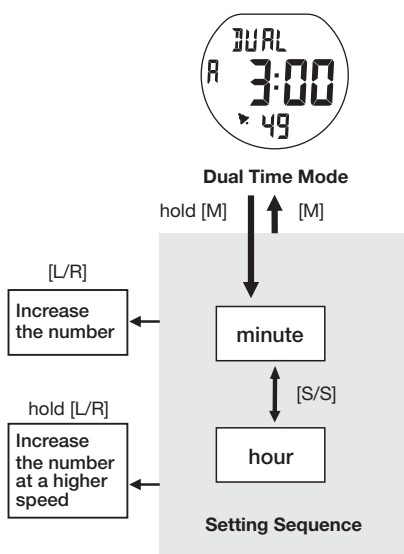


Dual Time Mode

- This Watch includes a dual time which show the current time of the second time zone.
- The second digits are same as the one of current time.

Dual Time Display

- When the Dual Time Display is selected, the dual time (hour, minute, second) is exhibited on the 2nd row of the display.



To Set the Dual Time

- To select the setting display, hold down the [M] button for 2 seconds in the Dual Time Mode, and then the 'Minute' digits start flashing.
- In the setting display, press the [S/S] button to select the flashing (setting item) as shown in the diagram.
- When one of the settings (minute, hour) is flashing, press the [L/R] button to change the number; hold down the button to change the number at a higher speed.
- When the setting is completed, press the [M] button once to exit the setting display. The Watch will also exit the setting display if NO key-stroke has been activated for 1 minute.

- This watch contains electronic components. Never attempt to open the case or remove the back cover.
- Avoid exposing the watch to extreme temperature, chemicals which will damage the watch.
- Keep the watch away from the conditions of strong electric field and static electricity.
- Avoid rough usage or severe impact. The watch is designed to withstand impact under normal use. It is advisable to subject it to severe impact or rough usage.
- Clean your watch occasionally with a soft moistened cloth only. Avoid using chemicals, especially soap as the waterproof gasket will corrode.
- Store the watch in a dry place when it is not in use.

- Exposure to water often makes a strap fragile and it may soon tear.
- Don't apply perfume or moisturizers around your wrist as the chemicals can erode the metal, leather and plastic of watch straps.
- The strap's condition will depend on the owner's wearing habits as well as the climate of the place where the person lives. An original replacement on straps is possible to be re-ordered through an authorized service center.
- PU straps are usually very hardwearing, please wash them with mild soapy water only.
- There may be discoloration for light color and transparent straps after normal wear for some time.
- In case if there is any severe or persistent skin reaction, such as severe redness, itching, rash or hives, you should stop wearing this watch, and consult your doctor.

All FILA watches are designed to withstand use as indicated on the below chart.

Indication	Water-related use		
Level of resistance	Light spray perspiration, light rain, etc	Bathing, etc	Swimming, etc
3ATM (30 meters)	F		
5ATM (50 meters)	F	F	
10ATM (100 meters)	F	F	F

- Water damage may occur if the push buttons are pressed under water.
- Should water or condensation appear in the watch, please check the watch immediately as corrosion of electronic parts can occur inside the case.

Battery Life

The battery in your FILA watch is estimated to last for 2 years.

Battery Replacement

If the watch is out of battery, you are recommended to go to the authorized FILA service center for correct battery replacement in order to retain a valid warranty and avoid any damage on the water resistance function.

WARNING!

Always keep watch batteries away from children. If swallowed, contact a doctor immediately. Batteries contain chemical substances. They should be disposed of properly according to local regulations.