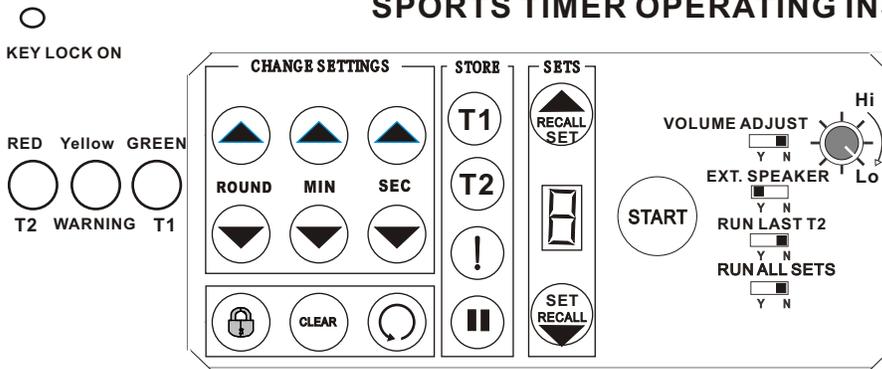


SPORTS TIMER OPERATING INSTRUCTIONS



- Clear display:** Press to zero out all digits
- Lock all keys:** Press to lock, press again to Unlock
- Reset:** press to return to the last settings
- Pause:** press to pause during countdown
- Start:** press to begin countdown
- Continue:** press to continue countdown after PAUSE
- Warning Time:** press to see/store warning time
- Set Number:** press to store/recall next set
- T1** Work (fight) time: press to check/store work time
- T2** Rest time: press to check/store rest time

Volume (loudness) adjustment:

- Move switch called "VOLUME ADJUST" to "Y"
- Rotate volume handle to the level you want
- Move switch called "VOLUME ADJUST" back to "N"
- For external audio, move switch called "EXT. AUDIO" to "Y"

Remote Control unit has the same buttons

Setup Single Interval (Round) Session

0. Make sure "RUN ALL SETS" switch is set to "N"
1. Press ROUND arrows to setup number of **rounds/intervals** #
2. Press MIN/SEC arrows to setup **WORK** time and press T1
3. Press MIN/SEC arrows to setup **REST** time and press T2
4. Press START to begin
5. Review time settings by pressing T1 or T2 or

Notes:

- During countdown all keys except START and are locked and cannot be pressed down.
- New T1 or T2 is stored only if MIN/SEC arrows were pressed, otherwise they remain unchanged.
- If necessary, setup Warning time as shown below.
- Press to pause the countdown.
- Press to continue

Setup Multiple Sets

1. Set switch "RUN ALL SETS" to "Y"
2. Enter # of Rounds, T1 and T2 for one set
3. Press RECALL button to store the set
4. Set is stored and the set COUNT is increased by one
5. Repeat Steps 2 and 3 to add more sets
6. To mark end of entering sets do the following:
 - A. Press RECALL/STORE to get to the **next set number**
 - B. Set T1 to 00:00.
7. Press START to begin Multiple sets

Notes:

- You can store up to 10 **individual** sets: Each set has its own T1, T2, Number of Intervals and Warning Time
- Run a short Practice setup first, for example:
 - set 0: Round = 2, T1 = 5 sec, T2 = 3 sec, Warning = 2 sec
 - set 1: Round = 1, T1 = 8 sec, T2 = 4 sec, Warning = 2 sec
 - set 2: Round = 3, T1 = 10 sec, T2 = 5 sec, Warning = 2 sec
 - set 3: T1 = 00:00 sec
 Press START to begin
- You can create **groups** of several sets. Each group must be separated by T1= 00:00.
- You can start from a group whose **first** set is shown in set count. For example, if you see set No. 3, the multiple set mode will start from the set No.3 and end at the set that has T1=00:00

Warning Time: This makes the timer to sound a warning alarm before the end of the **Last** round (or interval)

To setup: Use MIN/SEC arrows to set up the time and press

Boxing/MMA setup - In this setup the timer skip T2 in the **LAST** round:

To set up: Move switch called "RUN LAST T2" to "N"

Connecting external audio: use banana plugs or strip wire ends and connect to the two terminals. Connect to your amplifier for louder sound.

Notes:

1. New Warning is stored only if MIN/SEC arrows were pressed otherwise they remain unchanged.
2. If display goes blank, pressing any GRAY key will turn the display back on.

- Settings are stored after a timer is turned off
- You can hang the unit on a wall using 2 screws or from a ceiling using a cable/rope and 2 holes in the top of the timer's box
Note: Unscrew the back cover to fish the cable thru the top holes.

- To check your stored settings press corresponding buttons:



Remote Control unit has the same buttons as keypad