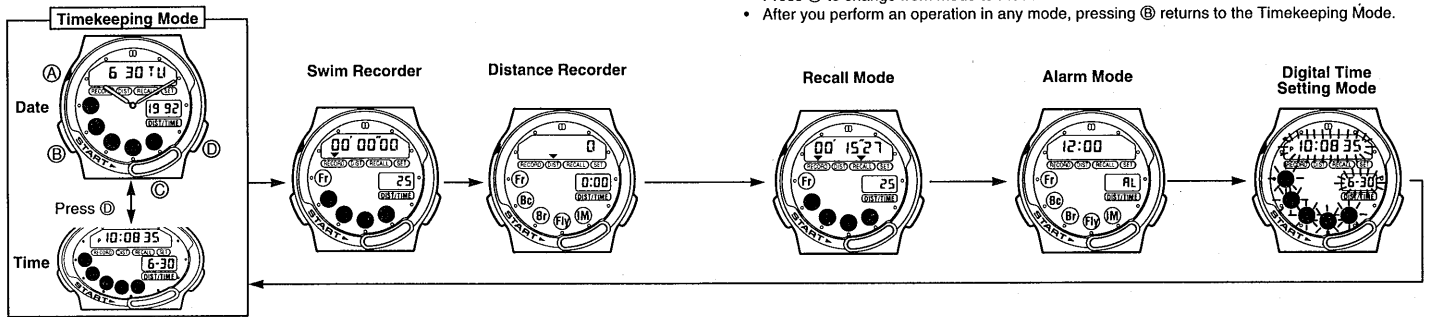
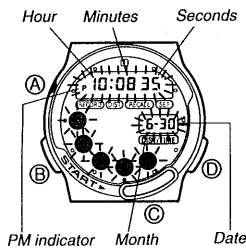


OPERATION CHART: MODULE QW-723 GENERAL GUIDE



- Press **Ⓜ** to change from mode to mode.
- After you perform an operation in any mode, pressing **Ⓜ** returns to the Timekeeping Mode.

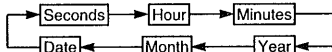
DIGITAL TIME SETTING MODE



When setting the time, first set the digital time as described below, and then the analog time (using the procedures described under "Timekeeping Mode").

To set the digital time and date

1. Use **Ⓜ** to enter the Digital Time Setting Mode.
- While in the Digital Time Setting Mode, press **Ⓜ** to switch between the 12-hour and 24-hour formats.
2. Press **Ⓜ** while in the Digital Time Setting Mode until the seconds digits start to flash on the display. The seconds flash because they are selected.
3. Press **Ⓜ** to change the selection in the following sequence.

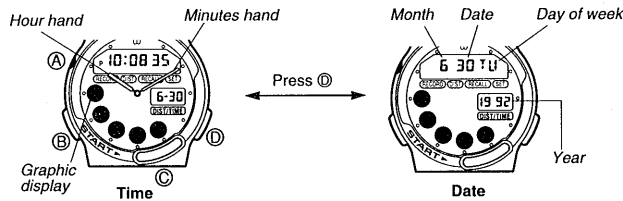


4. While the seconds digits are selected (flashing), press **Ⓜ** to reset the seconds to "00". If you press **Ⓜ** while the seconds count is in the range of 30 to 59, the seconds are reset to "00" and 1 is added to the minutes. If the seconds count is in the range of 00 to 29, the minutes count is unchanged.
5. While any other digits (besides seconds) are selected (flashing), press **Ⓜ** to increase the number or **Ⓜ** to decrease it. Holding down either button changes the current selection at high speed.
6. After you make your settings, press **Ⓜ** to return to the Digital Time Setting Mode.
7. Press **Ⓜ** to return to the Timekeeping Mode.

- The day of the week is automatically set in accordance with the date.
- The date can be set within the range of January 1, 1990 to December 31, 2029.
- Only the final (rightmost) two digits are displayed for years in the range of 2000 to 2029.
- If you do not operate any button for a few minutes while a selection is flashing, the flashing stops and the watch goes back to the Digital Time Setting Mode automatically.

TIMEKEEPING MODE

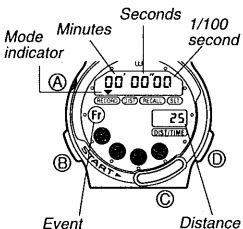
- In the Timekeeping Mode, the Graphic Display indicates the counting of seconds.
- In the Timekeeping Mode, press **Ⓜ** to switch between the Time and Date displays.



To set the analog time

While in the Timekeeping Mode, press **Ⓜ** to advance the analog time setting. Holding down **Ⓜ** advances the analog setting at high speed. You can only advance the setting, and cannot reverse it.

SWIM RECORDER

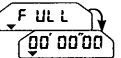


The Swim Recorder lets you record your times for a number of different swimming events (freestyle, backstroke, etc.). The range of the time measurement is 59 minutes 59.99 seconds. Times measured with the Swim Recorder are stored along with the date, type of event, and distance. Up to 20 sets of such data can be stored in memory.

Always be sure to specify the type of event and the distance before starting to time an event with the Swim Recorder.

- Memory is shared with the Distance Recorder. This means that the maximum number of Swim Recorder data sets that can be stored is reduced by one each time you store Distance Recorder data.

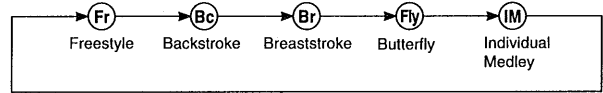
- If the message "FULL" appears on the display when you enter the Swim Recorder mode from another mode, it means that memory is full. To store more data, you will first have to delete some of the data already stored in memory.



To set the event

While in the Swim Recorder mode, press **Ⓜ** to change the currently selected event in the sequence noted below.

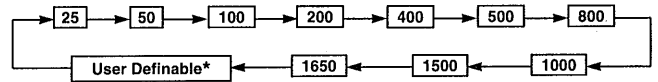
- Note that you cannot change the event while an event is being timed. To change the event, first stop the recorder and clear the time.



To set the distance

While in the Swim Recorder mode, press **Ⓜ** to change the currently selected distance in the sequence noted below.

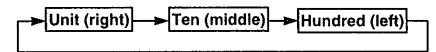
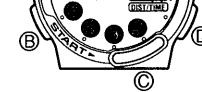
- Note that you cannot change the distance while an event is being timed. To change the distance, first stop the recorder and clear the time.
- All distances are in meters.



- * You can set this distance within a range of 0 to 1,999. For details, see the following section.

To set the user definable distance

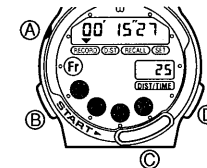
1. While in the Swim Recorder mode, hold down **Ⓜ** until the unit distant digit starts to flash on the display. The unit digit flashes because it is selected.
2. Press **Ⓜ** to change the selected digit in the following sequence.



3. While any digit is selected (flashing) press **Ⓜ** to increase it. Holding down **Ⓜ** increases the current selection at high speed.
4. After set the distance you want, press **Ⓜ** to return to the normal Swim Recorder mode.

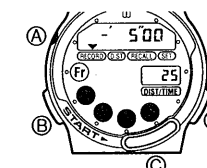
To time an event

1. Press **Ⓜ** to start timing.
2. Press **Ⓜ** to stop timing.
- Press **Ⓜ** again at this point to resume timing from the time shown on the display. You can repeat steps 1 and 2 as many times as you like.
3. Hold down **Ⓜ** to store the displayed time into memory and clear the display to all zeros. See page 24 for details on recalling data from memory.



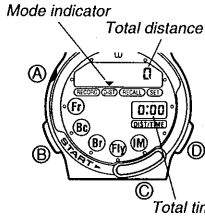
To use the Auto-Start function

1. In the Swim Recorder mode, hold down **Ⓜ** until the display shows a count of 5 seconds, which is the starting value of the Auto-Start Countdown.
2. Press **Ⓜ** to start the countdown. When the countdown reaches zero, the watch beeps and the Swim Recorder begins operation.



- To stop the Auto-Start Countdown at any point, press **Ⓜ**.
- To reset the Auto-Start Countdown to five seconds, hold down **Ⓜ** until "5" appears on the display.
- To return to the Swim Recorder mode from the Auto-Start function, hold down **Ⓜ** until 00'00"00 appears on the display.

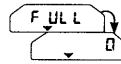
DISTANCE RECORDER



The Distance Recorder lets you record the distance you swim. The distance is stored along with the time and date. Up to 20 sets of such data can be stored in memory.

- Distance can be measured within a range of 1 to 999,999 meters.
- Time can be measured within a range of 1 minute to 11 hours and 59 minutes.
- Memory is shared with the Swim Recorder. This means that the maximum number of Distance Recorder data sets that can be stored is reduced by one each time you store Swim Recorder data.

- If the message "FULL" appears on the display when you enter the Distance Recorder mode from another mode, it means that memory is full. To store more data, you will first have to delete some of the data already stored in memory.



How distances are measured . . .

To measure distances with the Distance Recorder, you must first set the distance of each lap. Total distance is determined by multiplying the length of each lap by the number of laps.
Example: 8 laps in a 25 meter pool = 200 meters total

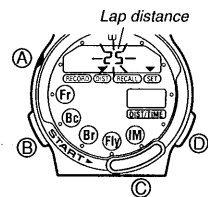
After you set the lap distance, you can perform either of the two following measurements.

- Manual Measurement**
Using the operations, you press the button at the end of each lap, and the total distance is accumulated by adding together the distance for each lap. To use Manual Measurement, you must switch the Interval Measurement function off.
- Interval Measurement**
You can set a target time for each lap. Lap distances are automatically accumulated to determine the total distance.

Important!

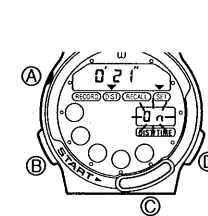
- You cannot measure distance correctly using the Distance Recorder unless you input the distance for a lap. Be sure to always input the lap distance before attempting Distance Recorder measurements.

To set the lap distance

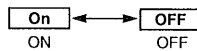


- While in Distance Recorder mode, press (A) and the lap distance digits start to flash on the display.
- Press (B) to increase the distance by 1 (meter) or (D) to decrease it. Holding down either button changes the digits at high speed.
- You can set the lap distance within the range of 0 to 50 meters.
- After you set the lap distances, press (A) to return to the normal Distance Recorder mode.

To switch the Interval Measurement function on and off

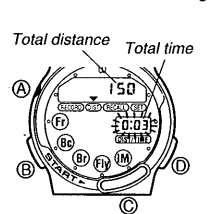


- While in Distance Recorder mode, press (A) and the lap distance digits start to flash on the display.
- Press (B) twice to switch to Interval Measurement function on/off control. At this time, either "On" or "OFF" (indicating the current status of the function) appears flashing on the display.
- Press (C) to switch the Interval Measurement function on and off.



- After make the setting you want, press (A) to return to the normal Distance Recorder mode.

To measure distance using Manual Measurement

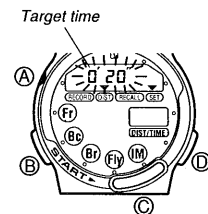


- Specify the lap distance and switch off the Interval Measurement function (see above).
- Press (C) to start the distance measurement when you begin first lap.
- When you finish each lap, press (D) to add the distance of the current lap to the total distance.
- To stop Distance Recorder operation, press (C).
- After stopping Distance Recorder operation, you can re-start it (adding to the current total distance and time) by pressing (C). This is useful if you wish to rest between laps.

- To store the current data into memory (when measurement is stopped) and clear the display to zero, hold down (C).

To set the target time

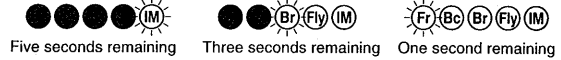
The Interval Measurement function is switched on automatically whenever you set a target time.



- While in the Distance Recorder mode, press (A). The lap distance starts to flash on the display.
- Press (B) and the target time starts to flash on the display.
- While the target time is flashing, press (C) to increase the time or (D) to decrease it. Holding down either button changes the time at high speed.
- You can set the target time within the range of five seconds to five minutes.
- After set the target time you want, press (A) to return to the normal Distance Recorder mode.

About the Interval Measurement function . . .

With the Interval Measurement function, the watch automatically adds the distance for each lap to the total distance. The watch also counts down the final five seconds up to the target time, and beeps when the target time is reached. During the countdown, the number of seconds is indicated on the Graphic Display as shown below.



To measure distance using Interval Measurement

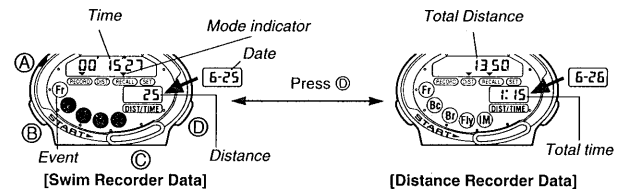
- Set the target time and lap distance.
- Press (C) to start timing when you begin the first lap.
 - The total time flashes on the display while the Distance Recorder is in operation.
 - If you complete a lap before the target time has elapsed, press (D) to record the current lap and start recording of the next lap.
- To stop Distance Recorder operation, press (C).
 - After stopping Distance Recorder operation, you can re-start it (adding to the current total distance and time) by pressing (C). This is useful if you wish to rest between laps.
- To store the current data into memory (when measurement is stopped) and clear the display to zero, hold down (C).

DATA RECALL MODE

Use this mode to recall and to delete data. Note that you should carefully choose Swim Recorder data or Distance Recorder data before performing any of the following operations.

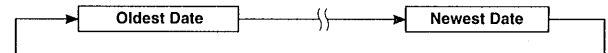
To recall data from memory

- In the Data Recall Mode, press (D) to switch between Swim Recorder data and Distance Recorder data.
- Whichever data type you select, the oldest data for that type appears first on the display.



- Note that the display automatically changes from the date to the other data after about one second.

- Press (C) to scroll through the data in chronological sequence.



- If there are 20 sets of data stored in memory, the message "FULL" appears following the newest set of data. To store more data, you will first have to delete some of the data stored in memory.

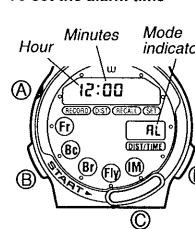
To delete data from memory

- In the Data Recall Mode, display the data that you want to delete.
- To clear the data, hold down (A) until the watch emits a short beep.

ALARM MODE

When the Daily Alarm is switched on, the alarm sounds for 20 seconds at the preset time each day. Press any button to stop the alarm after it starts to sound. When the Hourly Time Signal is switched on, the watch beeps every hour on the hour.

To set the alarm time

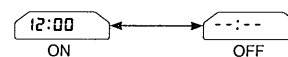


- In the Alarm Mode, press (C) until the alarm display appears. At this time, either the currently set alarm time (if the alarm is switched on) or "--:--" (if the alarm is switched off) appears on the display.
- Press (A) and the hour digits flash on the display because they are selected.
- Press (B) to change the selection in the following sequence.
 - Hour
 - Minutes
- Press (C) to increase the selected digits and (D) to decrease them. Holding down either button changes the selection at high speed.
- The format (12-hour and 24-hour) of the alarm time matches the format you select for digital timekeeping.

- When setting the alarm time using the 12-hour format, take care of set the time correctly as morning or afternoon.
- After you set the alarm time, press (A) to return to the Alarm Mode.

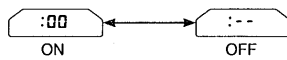
To switch the Daily Alarm on and off

- In the Alarm Mode, press (C) until the alarm display appears. At this time, either the currently set alarm time (if the alarm is switched on) or "--:--" (if the alarm is switched off) appears on the display.
- Press (D) to switch the alarm on and off.



To switch the Hourly Time Signal on and off

1. In the Alarm Mode, press **Ⓢ** until the hourly time signal display appears. At this time, either “:00” (if the hourly time signal is switched on) or “:--” (if the hourly time signal is switched off) appears on the display.
2. Press **Ⓢ** to switch the hourly time signal on and off.



About the alarm

There are two different alarms to choose from : high and low.

To test the alarm

Hold down **Ⓢ** while in the Alarm Mode to sound the alarm.

To change the alarm sound

1. In the Alarm Mode, hold down **Ⓢ** to sound the alarm.
2. While the alarm is sounding (because you are holding down **Ⓢ**), press **Ⓢ** to change the alarm.

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