



SportCount Inc.

4340 East West Highway, #401

Bethesda, MD 20814

SPORTCOUNT INSTRUCTION MANUAL – COMBO MODEL (#90010)

Congratulations on your purchase of the **Combo LapCounter and Timer** by SportCount. The Combo model helps you count your laps, keep track of elapsed time, and review summary statistics at the end of your workout. The SportCount Combo can be used for swimming, walking, running, cycling, in-line and speed skating, or any activity where you need to count events or keep track of time.

GENERAL INSTRUCTIONS

The SportCount Combo is easy to use. It's operated with one hand and doesn't interfere with the natural flow of exercise. You should take the time to try it before you jump into your exercise routine. Practice putting the Combo through its functions a few times. In most cases, you will want to wear the Combo on your index finger (either the right or left hand may be used). Make sure it is oriented so you can comfortably reach the button with your thumb.

PRACTICE SESSION

This section of the instructions takes you through a practice session.

POWER-UP

Press the larger button with your thumb to start the unit. On power-up, the display will show all "8's" for three seconds and then show all "0's", signifying that your Combo is powered up and ready to use.

START

Press the larger button with your thumb again as you begin your activity, just as you would a stopwatch. This will initiate the timer and Running Time will appear on the upper display. The numbers in the upper display refer to minutes, seconds, tenths and hundredths of seconds. For example, "00'22.35" indicates that zero minutes, twenty-two point three five seconds have elapsed since you pressed the button to begin your activity. When the elapsed time reaches 1 hour, the display then changes to hours, minutes, and seconds.

COUNT

At the end of each lap, press the larger button to advance the Combo's lap counter by one. For example, you will see at the bottom of the display, "LAP 001", after you have completed your first lap and pressed the button. When the larger button is pressed, the time of the last lap or "split" is displayed for ten seconds. For example, you would see "00'10.05" if your last lap lasted ten point oh five seconds. After ten seconds, the upper display automatically returns to Running Time Mode.

PAUSE

If you wish to pause during your session, press the smaller button. The display will read "pause".

RESUME

To resume, simply press the larger button.

END

Upon completion of the final lap, hold down the larger button for at least two seconds. The apostrophe (which marks the minutes place) between the minutes and seconds will stop blinking. This action registers the Time of the Last Lap and the Total Number of Laps. For example, you will see "Lap030" if you completed 30 laps.

**SportCount automatically subtracts the time the button is held down so you get the actual elapsed time.*

SPORTCOUNT SUMMARY STATISTICS

SUMMARY

When you have completed your workout and registered the final lap, the SportCount Combo can calculate and present summary performance statistics:

- ? Total number of laps completed
- ? Total elapsed time
- ? Fastest lap number and time
- ? Slowest lap number and time
- ? Average lap time

Press the larger button to enter the Summary Mode. A series of presses of the larger button will take you through the Summary Mode. Each press gives you a new set of summary

information about your activity.

TOTAL LAPS

The summary mode begins by showing the **Total Laps and Total Elapsed Time**. For example, the lower display would show "TOTAL LAP 030" if you completed 30 Laps and the upper display would read "35'45.78" if the 30 laps took thirty-five minutes, forty-five point seven eight seconds.

FAST LAP

Press the larger button again to display the **Fastest Lap Time and Fastest Lap Number**. For example, the lower display will read "LAP 026 FAST" if your fastest lap was your 26th lap and "01'48.02" will be displayed in the upper display if your fastest lap time was one minute, forty-eight point two seconds.

SLOW LAP

Press the larger button again to display the **Slowest Lap Time and Slowest Lap Number**. For example the lower display will read "LAP 036 SLOW" if your slowest lap was number 36. The upper display would read 03'50.02" if that lap took three minutes, fifty and two hundredths of a second.

AVERAGE LAP

Press the large button again to display **Average Lap Time**. For example, the display will read "01'10.02 AVERAGE" if the average time for the activity was one minute, ten point two seconds. Press the larger button again, and you will return to Total Laps and Total Elapsed Time.

RESET/TURN OFF

To reset back to zero, hold down the larger button for at least two seconds. When you release the button, the display will show "00'00.00", ready for your next activity, just as it did when you turned it on in the beginning. Once reset, the SportCount Combo automatically shuts off after about one minute of inactivity to preserve the battery life.

CARE OF YOUR SportCount

WATER-RESISTANCE

The SportCount is designed and manufactured to withstand the water pressure involved with normal swimming, but not diving. After swimming, please be sure to wash the SportCount with fresh water and clean it with a dry cloth before storage.

TEMPERATURE

Do not leave your SportCount under direct sunlight or in very high temperatures for a long time, or the display may become black. Do not leave your SportCount in very low temperature as this may cause a slight time loss or gain and the change of digits becomes slow. In both cases, the above conditions will be corrected when the SportCount returns to normal temperature.

SHOCKS

Be careful not to drop your SportCount or hit it against hard surfaces as it may cause mechanical damages.

STATIC ELECTRICITY

The integrated circuit in your SportCount can be affected by static electricity. If the static electricity is very strong, permanent damage can occur. Be careful of the screen of the TV set and the wearing of clothing made of synthetic materials in dry weather; in such cases a very strong static electricity can be generated.

CHEMICALS

Do not expose your SportCount to solvents such as gasoline and alcohol, spray of cosmetics, cleaners, paints etc as they may cause damage to the SportCount.

BATTERY CHANGE

When the display becomes dim or turned off, battery replacement is necessary. We recommend you to go to your dealer or a qualified technician. Replace with Lithium battery CR1616 or equivalent.

LIMITED ONE YEAR WARRANTY

Your SportCount is warranted to be free from defects in material and workmanship for a period of one year from the date of purchase (unless otherwise specified below in Exceptions & Exclusions From Warranty). The following is important information concerning the coverage availability and applicability of the limited one year warranty and the procedure to be followed to obtain service. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

Within the warranty period, your SportCount will either be repaired at the Service Center or, at our discretion, replaced with a new or refurbished SportCount.

EXCEPTIONS & EXCLUSIONS FROM WARRANTY

This warranty does NOT cover the battery, crystal, or band. Warranty service will not be provided if:

- ? there was damage while in the possession of the consumer not resulting from a defect of manufacture
- ? there was damage caused by tampering with or opening the instrument or by other than normal use or
- ? repairs have been performed other than by qualified Service Center personnel.

SERVICE OR REPAIR

If your SportCount requires a service or repair, pack it securely and label "FRAGILE HANDLE WITH CARE", and send it to:

SportCount Service Center
4340 East West Highway, Suite 401
Bethesda, MD 20814

Questions? SportCount Customer Service Center: (301) 961-5940
Email: SportCountinc@aol.com Website: SportCount.com