



**SportCount Inc.**  
**4340 East West Highway, #401**  
**Bethesda, MD 20814**

#### **SPORTCOUNT INSTRUCTION MANUAL – STOPWATCH MODEL ( #90030 )**

Congratulations on your purchase of the **StopWatch** by SportCount. The StopWatch helps you time anything. It can be used for swimming, walking, running, cycling, in-line and speed skating, or any activity where you need to keep track of time.

#### **FEATURES**

- ? Hands-free operation
- ? Automatic statistics
- ? Water-resistant to 50 meters
- ? Accurate to 1/100 second

#### **GENERAL INSTRUCTIONS**

The SportCount StopWatch 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 StopWatch through its functions a few times. In most cases, you will want to wear the StopWatch 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 StopWatch is powered up and ready to use.

#### **START**

Press the larger button to begin timing. 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 has elapsed since you pressed the button to begin your activity. When the timer reaches 1 hour, the display then changes to hours, minutes, and seconds.

#### **STOP**

To stop, simply press the larger button again.

#### **RESUME**

Press the larger button to resume timing your activity.

#### **RESET/ TURN OFF**

To reset back to zero, after the time is stopped, hold down the smaller 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 StopWatch automatically shuts off after about a minute of inactivity to preserve the battery.

#### **SETTING THE CLOCK**

In order to set the clock, hold down the smaller button for at least two seconds, thereby resetting it. You will notice that the hours begin to flash. Press the larger button to advance the hours until the desired hour appears in the display. Hold the larger button down to advance the hours rapidly. Press the smaller button to lock in the hours.

Now the minutes will flash. Press the larger button to advance the minutes to the desired time. Press the smaller button to lock in the minutes. Press the smaller button to see the time you have set. If this is correct, press the smaller button to lock in the time.

#### **SETTING THE CLOCK SUMMARY**

Reset	Hold down Smaller Button for 2 seconds
Time of Day Mode	Hold down Smaller Button for 2 seconds
Advance Hours	Press Larger Button
Lock in Hours	Press Smaller Button
Advance Minutes	Press Larger Button
Lock in Minutes	Press Smaller Button
Review Time	Press Smaller Button
Lock in Time	Press Smaller Button

#### **CARE OF YOUR STOPWATCH**

**WATER-RESISTANCE**

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

**TEMPERATURE**

Do not leave your StopWatch under direct sunlight or in very high temperatures for a long time, or the display may become black. Do not leave your stopwatch 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 stopwatch returns to normal temperature.

**SHOCKS**

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

**STATIC ELECTRICITY**

The integrated circuit in your StopWatch can be affected by static electricity. If the static electricity is very strong, permanent damage can occur.

**CHEMICALS**

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

**BATTERY CHANGE**

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

**LIMITED ONE YEAR WARRANTY**

Your SportCount StopWatch 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
- ? repairs have been performed other than by qualified Service Center personnel.

**SERVICE OR REPAIR**

If your SportCount requires 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