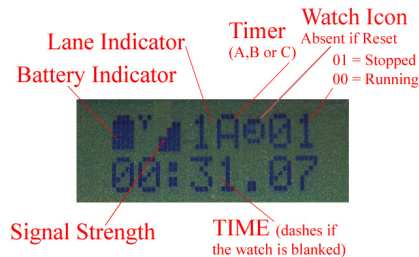


Synchronized Start (from Electronic Start System or Dolphin Starter)

Lane Timer Instructions

Follow the directions for the method your facility is using: Synchronized Start or Wireless Manual Start.



Watch Operation

1. The Starter will start all watches.
2. Press either of the side Start/Stop buttons to stop your watch.
3. IF YOU HAVE BEEN ASKED TO TAKE SPLITS, press one of the side buttons one time for each split. Your watch will display the split time for about 2 seconds, and then show the running time again.
4. You should not press any other buttons, unless you are blanking your lane (see below).

Note: If you take too many splits (this includes taking one or more splits in a race or event which is not recording splits), your watch screen will display the split time and won't automatically display running time after 2 seconds. The watch is still recording running time, and will display it once you press one of the side buttons again, as long as the Starter has not yet pressed Reset.

The watch icon on the top row indicates time is running on the watch; it disappears when the Starter has reset all the watches for the next race. Once the Starter presses Reset, the bottom line on your watch will show "RESET," alternating with the previous time.

Blanking your lane

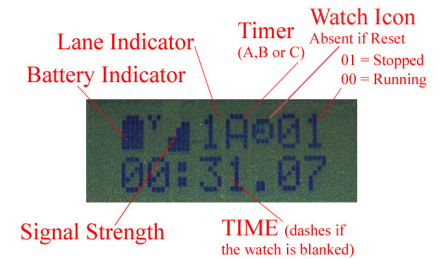
If there is no swimmer in your lane for the current heat, after the start you can press reset. Your watch will display a line of dashes indicating that your lane is blanked. After the Starter has reset the watches, your watch will automatically accept the start signal for the next race.

If you accidentally set dashes (blanked the lane), push Start/Stop to resume timing. The watch is still accurate as long as the watch icon is still displayed.

Wireless Manual Start/Stop

Lane Timer Instructions

Follow the directions for the method your facility is using: Synchronized Start or Wireless Manual Start. For Start/Stop, use either of the buttons on the side.



Watch Operation

1. Start your watch (by pressing Start/Stop) with the start signal.
2. Stop your watch (by pressing Start/Stop) when the swimmer in your lane touches the wall at the end of the race.
3. IF YOU HAVE BEEN ASKED TO TAKE SPLITS, press one of the side buttons one time for each split. Your watch will display the split time for about 2 seconds, and then show the running time again.
4. Press Reset to reset your watch for the next race. The watch is reset when the watch icon disappears from the top row, and the time in the bottom row alternates with the word RESET.

Note: If you take too many splits (this includes taking one or more splits in a race or event which is not recording splits), your watch screen will display the split time and won't automatically display running time after 2 seconds. The watch is still recording running time, and will display it once you press one of the side buttons again, as long as you have not pressed Reset.

Blanking your lane

If there is no swimmer in your lane for the current heat, after the start you can press Start/Stop and then Reset. Your watch will display a line of dashes indicating that your lane is blanked. To prepare for the next race press Reset again. The watch icon will disappear and your watch is ready for the next race.

If you accidentally set dashes (blanked the lane), push Start/Stop to resume timing. The watch is still accurate as long as you have not pressed Reset the second time.

