



**"Recreational Gear For
The Great Outdoors"**

IMPORTANT: Pack carefully in original package if possible. We are not responsible for damage incurred in returning items for repair.
A letter stating your exact street address, daytime phone number, and the problem
you are experiencing should be included. You must also enclose a copy of the original receipt a proof of date of purchase.



**"Recreational Gear For
The Great Outdoors"**



Brooklyn, NY 11204
1-800-444-5671
Monday Through Thursday, 9AM to 5PM
Friday 9AM to 1PM Eastern.

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1.0 Introduction

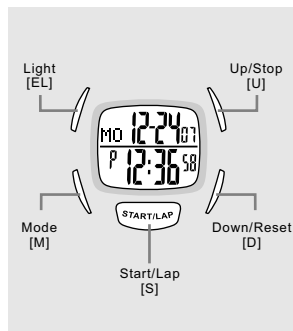
Thank you for purchasing this unique watch.

This Watch is specially designed for Marathon athletes. Although the main idea of this watch is for Marathon, this watch can also be used in other situations like running, yachting or daily use.

This watch has 5 different modes: Timekeeping mode, Chronograph mode, Chronograph Recall mode, Timer mode and Daily Alarm mode. Please check for the coming chapters for detail operations. Before start using this watch, please read the following notes:

- Read the instruction carefully before using the watch.
- Avoid exposing your Watch to extreme conditions for an unreasonable time.
- Avoid rough usages or severe impacts to your Watch.
- Do not open the Watch's case unless by a certified service agency because the Watch contains precise electronic sensors and components.
- Clean your Watch with a soft cloth from time to time.
- Store your Watch in a dry place when it is not in use.

2.0 Buttons and its Functions



Mode button [M]

- Select between the 5 major modes.
- Select setting items in setting display.
- In any modes, hold down to exit to Timekeeping mode.

Start/Lap button [S]

- Start the Chronograph / Timer.
- Take Lap records during Chronograph running.
- Select Lap Records to be displayed.

Up/Stop button [U]

- Stop the Chronograph / Timer.
- Change the setting value during setting.
- Select Dual Time display in Timekeeping mode.

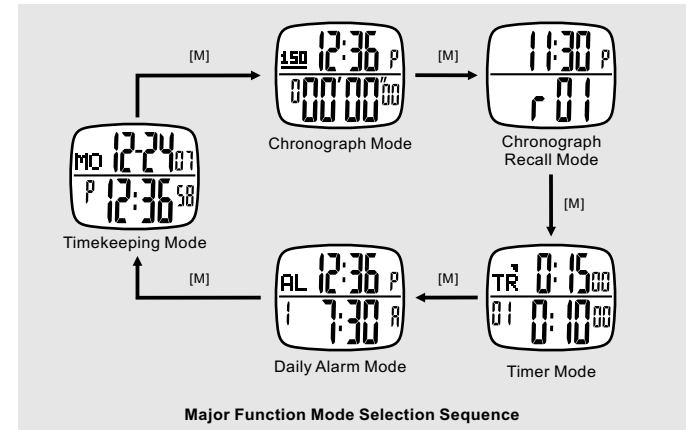
Down/Reset button [D]

- Reset the Chronograph / Timer.
- Change the setting value during setting.

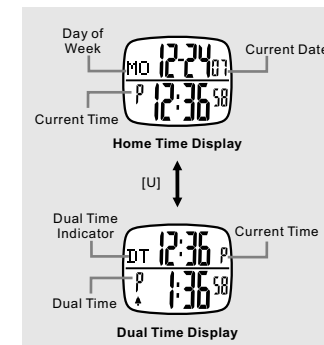
Light button [EL]

- Press to activate back-light for 3 sec.

3.0 Major Function Modes



4.0 Timekeeping Mode



Timekeeping Mode

- When Timekeeping Mode is selected, Home Time or Dual Time Display will be shown.
- Press the [U] button to select between Home Time and Dual Time Display.

Home Time Display

- When Home Time Display is selected, the Day of Week and current Date will be shown on the upper row. The lower row will be current time.

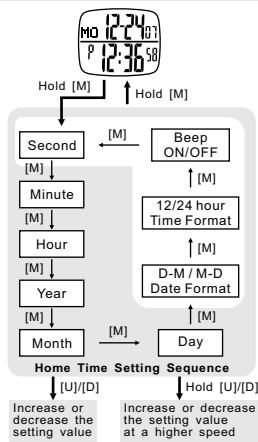
- Hold down the [M] button will go to home time setting display.

Dual Time Display

- When Dual Time Display is selected, "DT" and current time will be shown on the upper row. The lower row will be the Dual Time

- Hold down the [M] button will go to dual time setting display.

4.1 Timekeeping Mode - Home Time Setting

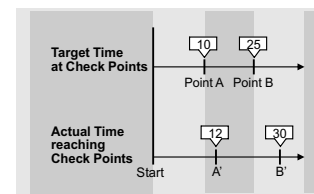


Home Time Setting

- When Home Time Display is selected, hold down the [M] button will go to home time setting display.
- In the Setting Display, press the [M] button to select among different items.
- Press the [U]/[D] button to reset the second when Second is selected.
- Press the [U]/[D] button to increase or decrease the value of Minute, Hour, Year, Month or Day.
- Press the [U]/[D] button to change the setting of Date Format, Time Format and Beep tone.
- Hold Down the [U]/[D] button can change at a faster speed.
- When the setting is completed, hold down the [M] button to exit.

NOTE: When there is no key-stroke for about 1 minute, the watch will exit the Setting Display automatically.

5.0 Chronograph Mode - Target Time and Time Difference



Time Difference for Check Point A:
 $T.D.(A) = A' - A = 12 - 10 = +2 \text{ min}$

Time Difference for Check Point B:
 $T.D.(B) = B' - B = 30 - 25 = +5 \text{ min}$

Target Time

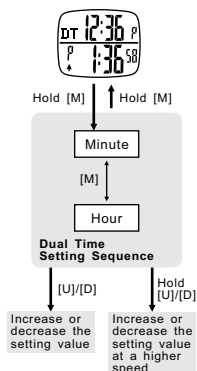
- Target Time is the estimated time that user will pass through a check point during exercise, for example Marathon.
- This watch provides up to 50 Target Time for user to set for check points.

Time Difference

- Time Difference is the difference between the actual time of reaching a checking point (Split Time) and the Target Time.
- If the user exceeds the Target Time, the watch will give out beep sound to alert user.
- Time Difference are dynamic calculations. Every time a target is set / updated, Time Difference of the Records will be calculated again.

NOTE: Please see chapter 5.2 for how to set Target Time.

4.2 Timekeeping Mode - Dual Time Setting

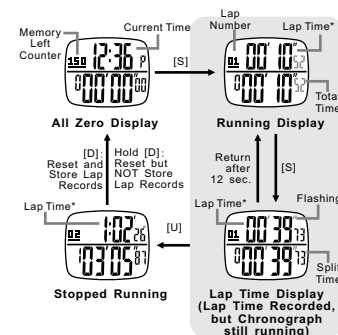


Dual Time Setting

- When Dual Time Display is selected, hold down the [M] button will go to dual time setting display.
- In the Setting Display, press the [M] button to select among Minute or Hour.
- Press the [U]/[D] button to increase or decrease the value of Minute, Hour.
- Hold Down the [U]/[D] button can change at a faster speed.
- When the setting is completed, hold down the [M] button to exit.

NOTE: When there is no key-stroke for about 1 minute, the watch will exit the Setting Display automatically.

5.1 Chronograph Mode - Using Chronograph



***NOTE:** The Lap Time within the first hour will be displayed as "Minutes, Seconds, 1/100 second". After then, it will be "Hours, Minutes, Seconds".

Chronograph

- This watch contains a Chronograph function which can record up to 150 Laps in 50 Records.
- Remaining Lap memories will be shown on the upper-left before start.

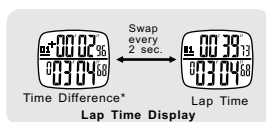
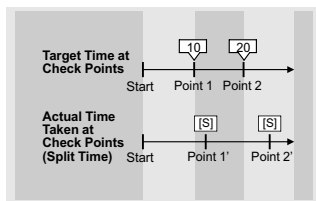
How to use Chronograph

- Press the [S] button to start the Chronograph.
- Press [S] again during running will record a Lap Time.

Storing the Lap Records

- Press [U] to stop Chronograph when finish counting.
- Press the [D] button to Reset the display to Zero and store the Lap Records. And the Memory Left counter will be reduced.
- OR user can Hold Down the [D] button to Reset without storing any Lap Records.

5.1.1 Chronograph Mode - Time Difference Display



NOTE: Time Difference will only be displayed if target time is set (NOT 0:00:00) and lap no. is less than 50.

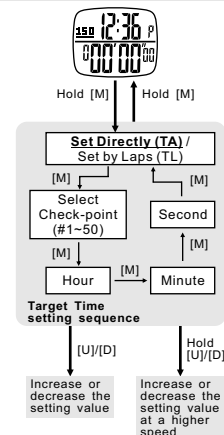
Lap and Check Point

- For some training purposes, user may set a Target for every check point or lap in their run.
- When they meet the check point, they can press the [S] button to get the Lap time / Split time.
- Besides, this watch can calculate the time difference between the Target time and the actual time at the check point.
- From these information, user can get a briefer image of his/her performance during their run.

Lap Time Display

- In the Lap Time Display, if there is a Target Time set for the Check-point, the Time Difference will also be shown on the screen.
- The display will swap to show Lap Time and Time Difference alternatively for every 2 seconds.

5.2.1 Chronograph Mode - Setting Target Time Directly



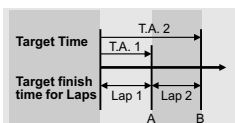
Setting Target Time Directly

- To set Target Time, hold down the [M] button in Chronograph Mode.
 - Press the [U]/[D] button to select "TA" (Set Directly) and press the [M] button to confirm.
 - In the Setting Display, press the [U]/[D] button to select which check-point to be set.
 - Press the [M] button to confirm and go to set Hour, Minute, Second.
 - Press the [U]/[D] button to increase or decrease the value of Hour, Minute or Second. Hold Down the [U]/[D] button can change at a faster speed.
 - When the setting is completed, hold down the [M] button to exit.
- NOTE:** When there is no key-stroke for about 1 minute, the watch will exit the Setting Display automatically.

5.2 Chronograph Mode - Setting the Target Time

Overview

- This watch provides 2 ways for user to set their Target time:
 - Set Directly:** User can enter the Target Time for check-points directly and the watch will calculate the Time difference for user.
 - Set By Laps:** User can enter the target finish time for each laps and the watch will calculate the Target Time for each check point and gives the Time Difference calculation.

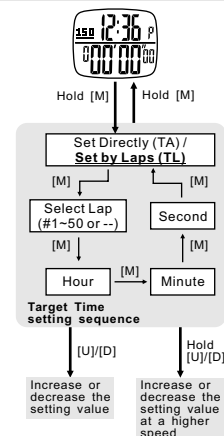


Target Time for Check Point A:
T.A. 1 = Lap 1

Target Time for Check Point B:
T.A. 2 = Lap 1 + Lap 2

IMPORTANT: Even user enter the target finish time for Laps, the Time Difference calculated is NOT for single laps. It is the accumulated Time Difference for all Laps.

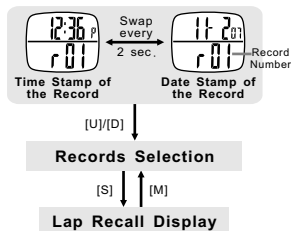
5.2.2 Chronograph Mode - Setting Target Time by Laps



Setting Target Time By Laps

- To set Target Time, hold down the [M] button in Chronograph Mode.
 - Press the [U]/[D] button to select "TL" (Set by Laps) and press the [M] button to confirm.
 - In the Setting Display, press the [U]/[D] button to select which lap to be set.
 - User can set different target finish time for different Laps or select "--" to apply the same target finish time to all Laps.
 - Press the [M] button to confirm and go to set Hour, Minute, Second.
 - Press the [U]/[D] button to increase or decrease the value of Hour, Minute or Second. Hold Down the [U]/[D] button can change at a faster speed.
 - When the setting is completed, hold down the [M] button to exit.
- NOTE:** When there is no key-stroke for about 1 minute, the watch will exit the Setting Display automatically.

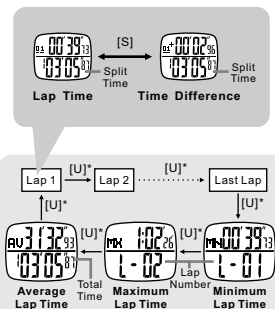
6.0 Chronograph Recall Mode - Recalling Lap Records



Recalling Lap Records

- After storing a series of Lap Records, user can recall these records from this mode.
- Each set of records will have a date and time stamp for user to identify.
- The display will swap to show date stamp and time stamp alternatively for every 2 seconds.
- Press [U]/[D] to select Record to be recalled.
- Press the [S] button to go to Lap Recall Display to review the details of the selected Record. (Like Lap Time, Split Time, Total Time, etc.)
- Press the [M] button will exit the Lap Recall Display and user can select another record to be recalled.

6.1 Chronograph Recall Mode - Lap Recall Display



*NOTE: Press [D] in reverse direction

Recalling Lap Records

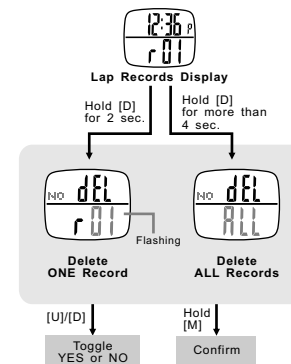
- After a Record is selected, press [S] will go to the Lap Recall Display.
- Press [U]/[D] to review different Laps and also the Minimum, Maximum, Average Lap.
- During Lap Review, press [S] will swap the display between Lap Time and Time Difference.

NOTE 1: There will be no time difference display for Minimum, Maximum and Average Lap.

NOTE 2: As the Time Difference is a dynamic calculation which depends on the Target Time set. When there is no Target Time set or the Lap number is larger than 50, there will be no Time Difference shown during recalling.

- Press the [M] button will exit the Lap Recall Display and go back to Records Selection Display.

6.2 Chronograph Recall Mode - Deleting Lap Records



Deleting one Lap Record

- User can delete some unwanted Lap Records to free up memories.
- Select the Record that would like to be deleted as chapter 6.0.
- Hold down the [M] button for about 2 seconds to go to deletion display.
- Press [U]/[D] to select YES or NO for the deletion.
- Hold the [M] button to confirm and process. Then the watch will go back to Records Selection Display.

Deleting ALL Lap Records

- In Lap Records Display, hold down the [M] button for more than 4 seconds to go to "dEL ALL" Display.
- Press [U]/[D] to select YES or NO for the deletion.
- Hold the [M] button to confirm and process. Then the watch will go back to Records Selection Display.

7.0 Timer Mode - Overview

Overview

- This watch provides Timer Sets for counting. Each Timer Set contains 2 timers (A & B). When timer A is finished and then timer B start counting.
- Besides, this watch provides 4 operation modes for different counting purpose:

TR : Linked Timer

CR : Repeat Timer

CS : Single Timer

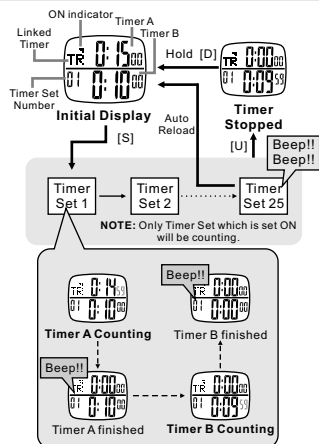
CU : CountUP Timer

4 Different Operation Modes

- Linked Timer:** When a timer set is finished counting, the next timer set will start immediately until the last timer set is finished counting.
- Repeat Timer:** Similar to Linked Timer, but there is only one timer set is counting. It repeats counting for several times which is set before start.
- Single Timer:** Only one Timer set will count. When it is finished, the timer stop.
- CountUP Timer:** After the timer set finished counting, it will start counting up to the preset value from zero.

NOTE: For more details of different operation modes, please refer to the coming chapters.

7.1 Timer Mode - Using Linked Timer



Linked Timer

- There are 25 Timer Sets in the Linked Timer. Each Timer set has to be turned ON/OFF independently.

- The Linked Timer will count the timer sets, which are set and turned ON, one by one until the last timer set is finished counting.

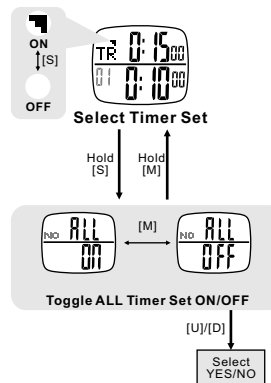
Using Linked Timer

- Press the [S] button to start the counting when Linked Timer is selected.

NOTE: Please see the chapter 7.1.1 for how to set and select Linked Timer and the chapter 7.1.2 for turn ON/OFF timer set.

- Each time a timer finished counting, a beep sound will be given out.
- When all counting are finished, the watch will beep for 5 seconds.
- User can also press [U] button to stop the counting anytime.
- When the timer is stopped, hold down the [D] button will reload the counter to the initial value.

7.1.2 Timer Mode - Turn ON/OFF Timer Sets



Turn ON/OFF Timer Set

- While selecting Timer Set for setting, user can press [S] to turn ON/OFF the currently selected timer set.

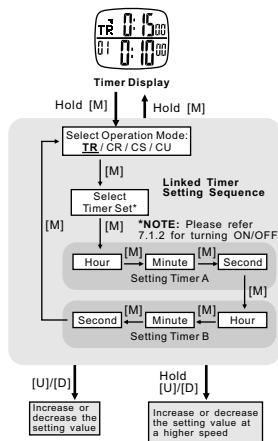
Turn ON ALL Timer Set

- User can also turn ON ALL Timer Sets by holding down the [S] button.
- Press the [M] button to select "ALL ON" Display.
- Press [U]/[D] to select 'YES'/'NO' and hold down [M] to process changes. Then the watch will go back to the Timer Set Selection Display.

Turn OFF ALL Timer Set

- User can also turn OFF ALL Timer Sets by holding down the [S] button.
- Press the [M] button to select "ALL OFF" Display.
- Press [U]/[D] to select 'YES'/'NO' and hold down [M] to process changes. Then the watch will go back to the Timer Set Selection Display.

7.1.1 Timer Mode - Setting Linked Timer



Setting Linked Timer

- To set the Linked Timer, hold down the [M] button in Timer Display and press [U]/[D] to select Linked Timer "TR" from the 4 operation modes.

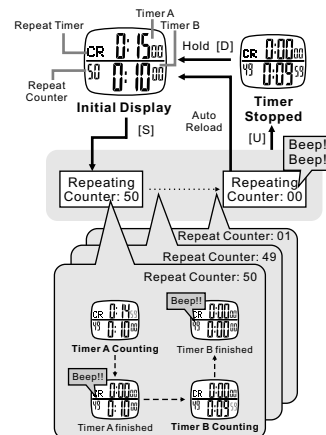
- Press [M] to confirm and select which timer set to be edited by pressing [U]/[D] button.

NOTE: Please see the chapter 7.1.2 for more details about turning ON/OFF Timer Set.

- Press [M] to start setting the selected timer set (Timer A and Timer B) as the adjacent diagram.
- Press the [U]/[D] button to change the settings.
- Hold Down the [U]/[D] button can change at a faster speed.
- Hold down the [M] button to exit when finished setting.

NOTE: When there is no key-stroke for about 1 minute, the watch will exit the Setting Display automatically.

7.2 Timer Mode - Using Repeat Timer



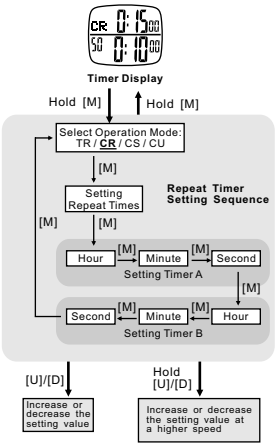
Repeat Timer

- This operation mode will repeat counting the default timer set by user-defined times.
- When the Timer Set finished counting once, the Repeat Counter will be reduced by one and start the Timer Set counting again. When the counter comes to zero, the timer stop.

Using Repeat Timer

- Press the [S] button to start the counting when Repeat Timer is selected.
- NOTE:** Please see the chapter 7.2.1 for how to set and select Repeat Timer.
- Each time a timer finished counting, a beep sound will be given out.
- When all counting are finished, the watch will beep for 5 seconds.
- User can also press [U] button to stop the counting anytime.
- When the counting is stopped, hold down the [D] button will reload the counter to the initial value.

7.2.1 Timer Mode - Setting Repeat Timer

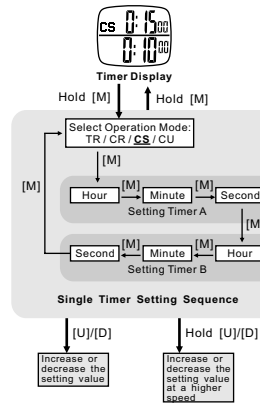


Setting Repeat Timer

- To set the Repeat Timer, hold down the [M] button in Timer Display and press [U]/[D] to select Repeat Timer "CR" from the 4 operation modes.
- Press [M] to confirm and set the repeating times by pressing [U]/[D] button.
- Press [M] to start setting the timer set (Timer A and Timer B) as the adjacent diagram.
- Press the [U]/[D] button to change the settings.
- Hold Down the [U]/[D] button can change at a faster speed.
- Hold down the [M] button to exit when finished setting.

NOTE: When there is no key-stroke for about 1 minute, the watch will exit the Setting Display automatically.

7.3.1 Timer Mode - Setting Single Timer

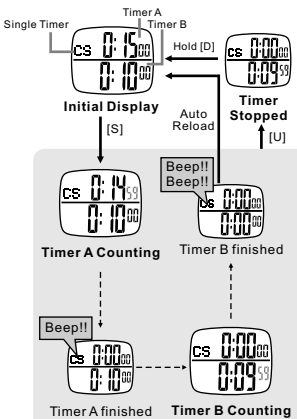


Setting Single Timer

- To set the Single Timer, hold down the [M] button in Timer Display and press [U]/[D] to select Single Timer "CS" from the 4 operation modes.
- Press [M] to confirm and start setting the Timer A and Timer B as the adjacent diagram.
- Press the [U]/[D] button to change the timer settings.
- Hold Down the [U]/[D] button can change at a faster speed.
- Hold down the [M] button to exit when finished setting.

NOTE: When there is no key-stroke for about 1 minute, the watch will exit the Setting Display automatically.

7.3 Timer Mode - Using Single Timer



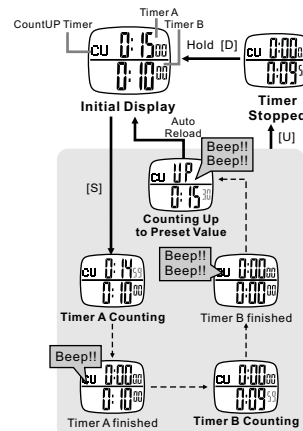
Single Timer

- There is another operation mode which only count once, that is Single Timer.
- Single Timer will only run the timer A and timer B once. When they all finished counting, the timer stop.

Using Single Timer

- Press the [S] button to start the counting when Single Timer is selected.
- NOTE:** Please see the chapter 7.3.1 for how to set and select Single Timer.
- When timer A finished counting, a beep sound will be given out.
- When timer B is finished, the watch will beep for 5 seconds.
- User can also press [U] button to stop the counting anytime.
- When the counting is stopped, hold down the [D] button will reload the counter to the initial value.

7.4 Timer Mode - Using CountUP Timer



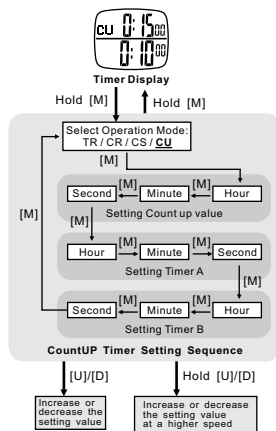
CountUP Timer

- This operation mode will count up from zero to a preset value.
- CountUP Timer will run the timer A and timer B once. After then, it will start counting up from zero. When it reaches the preset value, the timer stops.

Using CountUP Timer

- Press the [S] button to start the counting when CountUP Timer is selected.
- NOTE:** Please see the chapter 7.4.1 for how to set and select CountUP Timer.
- Each time a timer finished counting, a beep sound will be given out.
 - When timer B is finished, the watch will beep for 5 seconds and start counting up from zero.
 - When it reaches the preset value, the timer stops and beep for 5 seconds.
 - User can also press [U] button to stop the counting anytime.
 - When the counting is stopped, hold down the [D] button will reload the counter to the initial value.

7.4.1 Timer Mode - Setting CountUP Timer

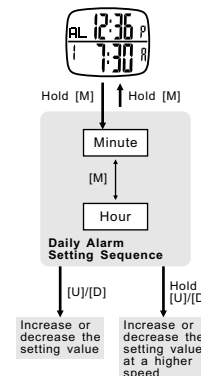


Setting CountUP Timer

- To set the CountUP Timer, hold down the [M] button in Timer Display and press [U]/[D] to select CountUP Timer "CU" from the 4 operation modes.
- Press [M] to confirm and start setting the Count up value as the adjacent diagram.
- After then, press [M] to start setting the timer set (Timer A and Timer B) as the adjacent diagram.
- Press the [U]/[D] button to change the settings.
- Hold Down the [U]/[D] button can change at a faster speed.
- Hold down the [M] button to exit when finished setting.

NOTE: When there is no key-stroke for about 1 minute, the watch will exit the Setting Display automatically.

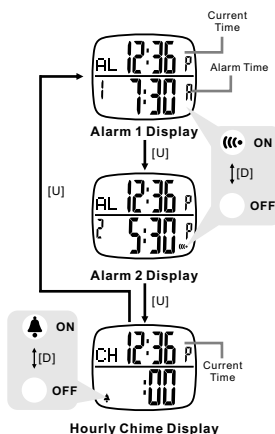
8.1 Alarm Mode - Setting Daily Alarm



Setting Daily Alarm

- Select the target setting alarm (alarm 1 or alarm 2) by pressing [U] button in Alarm Mode display.
- Hold down the [M] button will go to daily alarm setting display.
- In the Setting Display, press [M] button to select among Minute or Hour.
- Press the [U]/[D] button to increase or decrease the value of Minute, Hour.
- Hold Down the [U]/[D] button can change at a faster speed.
- When the setting is completed, hold down the [M] button to exit.
- **NOTE:** When there is no key-stroke for about 1 minute, the watch will exit the Setting Display automatically.

8.0 Alarm Mode - Daily Alarm and Hourly Chime



Daily Alarm

- This watch contains 2 independent Daily Alarms.
- Press the [D] button in their respective display to turn ON/OFF the alarm.
- If the Alarm is ON, the watch will beep for 30 seconds when the alarm time is met.

Hourly Chime

- This watch also provides Hourly chime function.
- Press the [D] button in the Hourly Chime display to turn ON/OFF the chime.
- When the Chime is ON, the watch will beep once at the hour, i.e. 1:00, 2:00, 3:00 etc.

9.0 Specifications

Timekeeping Mode

- Hour, Minute, Second
- Year, Month, Day, Day of Week
- 12/24 hour time format
- Day-Month / Month-Day date format
- Dual time display

Chronograph Mode

- Resolution: 1/100 second
- Range: 99 hours, 59 minutes, 59.99 seconds
- Maximum 150 Lap Memories
- Target Time setting for Maximum 50 Check Points
- Sound reminding for exceeding target time
- Time Difference calculation between Target time and actual time

Alarm Mode

- 2 Daily Alarm
- 1 Hourly Chime

Chronograph Recall Mode

- Maximum 150 Laps can be stored
- Maximum 50 Records can be stored
- Time and Date stamp for each record
- Maximum, Minimum and Average Lap Time display

Timer Mode

- 4 operation modes: Linked Timer, Repeat Timer, Single Timer and CountUP timer
- Resolution: 1 second
- Range for each timer: 99 hours, 59 minutes, 59 seconds
- Linked Timer: Maximum 25 set (1 set consists of 2 timers) timer setting
- Repeat Timer: Maximum 99 times repeats
- CountUP Timer: Count Up range to 99 hours, 59 minutes, 59 seconds