

Seiko Stop Watches

Timer Settings:

Left Hand Side:

Lap Split



Split

Right Hand Side:

EXT



(blank)

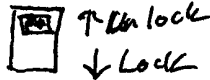
Screen:

Arrow should be above STOP-W

If not push on black button below red LAP/SPLIT button.

To start Timer:

1. LOCK Button should be in the up position
2. Turn Power On by pushing up (Only do this when actually using the timer, otherwise it will run down the batteries) Paper should advance one line.
3. Push black START STOP button at the start of the race.
4. Push Down the LOCK Button. (This will prevent accidentally stopping the watch)
5. Push down the red button as each runner crosses the finish line. If multiple runners cross simultaneously repeat pushing the button for each one.
6. When the race is completed Push up the LOCK Button and push the START STOP button to stop the stop watch.
7. Use the paper advance button (Top Left Side) to advance the paper as needed
8. Slide the POWER ON Button to the Off position.



Big Clock

1. Plug in the controller cord to the clock
2. Turn the toggle switch to the on position.
3. Push CLEAR MEMORY, top right hand side, to set clock at zero.
4. At the start of the race push the START STOP button with the start of the race.

To start the clock at a later time than the actual start of the race

1. Plug in the controller cord to the clock
2. Turn the toggle switch to the on position.
3. Push CLEAR MEMORY, top right hand side, to set clock at zero.
4. Push the number keys to set a later time. Always start with a zero. Such as 0-5-00 to set the clock display at 5 minutes.
5. Watch one of the Seiko Timers. I found it easy to pace myself by counting the seconds before 5:00 by twos, 4:50, 4:52, 4:54, etc and exactly at 5:00 push the START STOP button on the clock key pad.