



Instructions For the Fastime 9 Stopwatch: 100 lap memory, stroke rate, time of day/date functions

A	B	C
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Stopwatch Event Timing:

Press **C** – Start, **C** – Stop (time Out). **C** – Continue
C – Stop **A** - Reset

Split Timing:

Top display shows cumulative time to last split.
Middle display shows previous split lap time. Bottom display shows the cumulative running time

Press **C** –Start,

A – Splits,

C – Stop. **A** - Reset

Memory Recall: Press **B** anytime to recall memory.

Press **B** each split time to show split times starting from the last split. Each display shows the split number, the lap time and cumulative time, together with the current cumulative running time.

Press **B** to return to current running time

Press **MODE** button to move to Stroke rate display:

Press **C** The values on the display will decrease

After 3 Strokes/frequencies have been observed Press **C** again

The display will show the expected number of times that action will occur during one minute.

Press **MODE** button to move to Time of Day/date display:

To set time of day and date, Press and hold **A** until digits flash. Press **A** again to choose digits to change. Press **C** to change the digits. Press **MODE** to exit setting

