



3X300M STOPWATCH



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THREE-LINE DISPLAY FOR RUNNING, CUMULATIVE, AND SPLIT TIMES

300 Dual Split Memory

Allows user to take 300 splits and review both cumulative and lap splits

Continuous display of event running with current Lap running option

Easy to see cumulative running time and current lap running times

Stroke/Stride Rate Mode

Automatically calculates stroke rate or stride rate. Programmed for every 3rd stroke/stride

3 Line, LCD Display

Easy to read running times, current lap, and cumulative splits

Lithium Battery

Provides a long life of approximately 5 years of operation

Take splits while reviewing the memory

User can review the current memory while continuing to run the watch and take splits. No further need to stop the watch to review memory

Accurate Time Interval

Measures up to 10 hours by 1/100th second

Split Counter

Easily read the current split and how many have been taken

1,2 Fast Finish

Quickly see the 1st and 2nd place times in the same view

5 year warranty
Quality guarantee





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How to Get Started

Time an Event

1. Push the 'Mode' button on the bottom right until you see 3 lines of digits on the screen
2. Press the 'Start/Stop' button on the top right to start timing
3. Press the 'Lap/Split/Reset' button on the top left to take splits
4. Press the 'Recall' button on the top in the middle to review past splits while still timing
5. Press the 'Start/Stop' button on the top right to stop timing when you are finished
6. Press the 'Lap/Split/Reset' button on the top left to reset the watch to zero

Stroke Rate

1. Press the 'Mode' button on the bottom right until you see 2 digits on the bottom right side of the screen
2. Press the 'Start/Stop' button on the top right when the swimmer begins their first stroke (hand first enters water)
3. Press the 'Start/Stop' button when the swimmer finishes their third stroke (hand exits water)
4. The resulting time equates to strokes per minute

Stopwatch Specifications

- Water Resistant to 3 ATM and Shock Resistant
- Measures to 1/100 Second
- 5 Year Guarantee Warranty (Lithium Battery Not Covered Under Warranty)
- 5 Year Expected Battery Life