ST1004 - Leeda Professional Stopwatch

Operating Instructions

Setting the Time:

1   Press the 'Mode' button until the calendar and time is displayed
2   Hold the 'Lap/Split/Reset' button until the seconds flash
3   Press the 'Start/Stop' button to zero the seconds
4   Press the 'Lap/Split/Reset' to cycle to the minutes
5   Press the 'Start/Stop' button to advance the minutes
6   Repeat steps 4 and 5 to set the hours, year, month and date
7   Once the date is selected, press the 'Lap/Split/Reset' once more to complete the time set up

Stopwatch Mode:

1   Press the 'Mode' button until the stopwatch mode is displayed
2   Press the 'Lap/Split/Reset' to zero the stopwatch
3   Press the 'Start/Stop' button to start the stopwatch
4   Press the 'Lap/Split/Reset' button to record the lap/split time
5   The top row of the display shows the Split Time and the number of laps completed (top left)
6   The middle row of the display shows the time of the last lap
7   The bottom row shows the total elapsed time
8   Press the 'Start/Stop' button to pause/finish timing
9   To view the Lap and Split Times press the 'Recall' button
     NB: Lap Time refers to an elapsed time to cover a given section of the whole distance
          Split Time refers to an elapsed time to cover a distance for the start to a given point

Stroke/Frequency Measuring:

1   Press the 'Mode' button until the Stroke/Frequency screen is displayed (0_0)
2   Press the 'Start/Stop' button to start the measurement
3   After the third stroke is made press the 'Start/Stop' button to stop the measurement
4   The number of strokes per minute will now be displayed