

- Diving Depth
- Temperature
- Stopwatch
- Countdown Timer
- World Time
- EL Backlight
- Chime
- 5 Alarms
- 100 Years Calendar
- Pacer
- 100M Water Resistant
- Battery(CR2032)

BUTTONS

The operation of buttons are indicated by using the letters shown in the illustration.



- A -- Reset / Stop
- B -- Mode
- C -- EL backlight / -
- D -- Start / Split / +

DISPLAY

The screen shown in below:

LOW POWER

If the battery voltage level is insufficient, the icon "⚡" will be on unless it is replaced by a new battery.

World Time Form

City code	City	GMT Differential	Other major cities in same time zone
CXI	Kiritimati	+14	Kiritimati
TBU	Nukualofa	+13	Nukualofa
CHI	Chatham Islands	+12.75	Chatham Islands
WLG	Wellington	+12	Suva, Christchurch, Nauru Island, Nadi
NOU	Noumea	+11	Port Vila
SYD	Sydney	+10	Guam, Vladivostok
ADL	Adelaide	+9.5	Darwin
TYO	Tokyo	+9	Seoul, Pyongyang
HKG	Hong Kong	+8	Singapore, Kuala Lumpur, Beijing, Taipei, Manila
BKK	Bangkok	+7	Jakarta, Phnom Penh, Hanoi, Vientiane
RGN	Yangon	+6.5	Yangon
DAC	Dhaka	+6	Novosibirsk, Colombo
KTM	Kathmandu	+5.75	Kathmandu
DEL	Delhi	+5.5	Mumbai, Kolkata, Colombo
KHI	Karachi	+05	Male
KBL	Kabul	+4.5	Kabul
DXB	Dubai	+04	Abu Dhabi, Muscat
THR	Tehran	+3.5	Shiraz
JED	Jeddah	+03	Moscow, Addis Ababa, Aden
CAI	Cairo	+02	Cape Town, Sofia, Athens, Helsinki, Istanbul
PAR	Paris	+01	Milan, Rome, Amsterdam, Madrid, Algiers
LON	London	+00	(UTC), Lisbon, Casablanca, Reykjavik
RAI	Praia	-01	Praia
FEN	Fernando de Noronha	-02	Fernando de Noronha
RIO	Rio de Janeiro	-03	Buenos Aires, Montevideo
YTT	St John's	-3.5	St John's
SCL	Santiago	-04	La Paz, Port Of Spain
CCS	Caracas	-4.5	Caracas
NYC	New York	-05	Montreal, Detroit, Miami, Boston, Panama City
CHI	Chicago	-06	Houston, Dallas/Fort Worth, New Orleans
DEN	Denver	-07	Phoenix, Edmonton, Chihuahua
LAX	Los Angeles	-08	San Francisco, Las Vegas, Vancouver, Seattle
ANC	Anchorage	-09	Nome
HNL	Honolulu	-10	Papeete
PPG	Pago Pago	-11	Pago Pago

9 PACER

Pacer Setting

- In the pacer mode, press and hold "A" until the tempo number to flash (flashing indicated in setting mode).
- Press "C" or "D" select the tempo in the following sequence: 10 - 20 - 30 - 40 - 50 - 60 - 70 - 80 - 90 - 100 - 120 - 140 - 160 - 180 - 200 - 240 - 280 - 320.
- Press "A" to exit the set state, after you set.

Use The Pacer

- Press "D" to start;
- To stop it by pressing "D" again.

h STOPWATCH

Stopwatch Type Setting

- In the stopwatch mode, press and hold "A" until the SPL or LAP to flash (flashing indicated in setting mode);
- Press "C" or "D" to select the SPL or LAP;
- Press "A" to exit the set state, after you set.

A Lap Time

- In the stopwatch mode, press "D" to start the stopwatch;
- Press "A" to stop the stopwatch;
- To reset the stopwatch by pressing "A" again.

Split Time

- In the stopwatch mode, press "D" to start the stopwatch;
- To display the SPL1 time by pressing "D" again (Auto running after 2 seconds);
- Repeat step 2, you can measure the SPL1-SPL1 time;
- Press "A" to stop the stopwatch.

Recall

- In the stopwatch mode, press "C" to display the time of first Split when the stopwatch have multi split time;
- Press "D" to forward browse the SPL1-SPL8 time;
- Press "C" to backward browse the SPL1-SPL1 time;
- Press "A" or "B" to return to stopwatch mode.

Lap Time

- In the stopwatch mode, press "D" to start the stopwatch;
- To display the LAP1 time by pressing "D" again (Auto running after 2 seconds);
- Repeat step 2, you can measure the LAP1-LAP1 time;
- Press "A" to stop the stopwatch.

Recall

- In the stopwatch mode, press "C" to display the time of first LAP when the stopwatch have multi lap time;
- Press "D" to forward browse the LAP1-LAP8 time;
- Press "C" to backward browse the LAP1-LAP1 time;
- Press "A" or "B" to return to stopwatch mode.

BACKLIGHT

The backlight that uses an EL(electro-luminescent) cause the display to glow for easy reading in the dark.

In the timekeeping mode, press "C" to illuminate the display about 3 seconds.

WARNING

Exercise may include some risk, especially for those who have been sedentary.

Minimising Possible Risks In Exercising

Before starting a regular exercise program you are recommended to answer to the following questions for health status checking. If the answer is YES to any of the questions, we recommend to consult a doctor before starting an exercise.

- Have you not exercised for the past 5 years?
- Do you have high blood pressure?
- Do you have high blood cholesterol?
- Do you have symptoms of any disease?
- Are you taking any blood pressure or heart medication?
- Do you have a history of breathing problems?
- Are you recovering from a serious illness or medical treatment?
- Do you use a pacemaker or another implanted electronic device?
- Do you smoke?
- Are you pregnant?

ATTENTION

- Never try to open the case or remove its back cover.
- Do not operate buttons underwater.
- Should moisture appear inside the watch, have it checked immediately by your dealer. Otherwise it can cause erosion of the metal parts of the watch.
- Though the watch is designed to withstand normal use, you should avoid rough use or dropping the watch.
- Avoid exposing the watch to temperature extremes.
- Wipe the watch with dry, soft cloth only. Avoid allowing it to come into direct contact with chemical materials, which can cause deterioration of the plastic parts of the watch.
- Avoid to wear the watch in electromagnetic, static conditions.

e COUNTDOWN

Countdown timer range: 99:59:59 ~ 0:00:00.

f WORLD TIME

The time for other time zone.

g PACER

18 tempo(10 - 320).

h STOPWATCH

1/100 second unit; 8 Laps; Splits; 0:00:00 ~ 99:59:59.

a TIMEKEEPING

Time Setting

- In the timekeeping mode, press and hold "A" until the city code to flash (flashing indicated in setting mode);
- Press "C" or "D" to select the city code, press and hold to adjust at high speed;
- Press "B" to select the Daylight Saving Time;
- Press "C" or "D" to ON/OFF the Daylight Saving Time;
- Repeat step 3 and 4, the selection in the following sequence: City code - Daylight Saving Time - Seconds - Hour - Minutes - 12/24H Format - Year - Month - Date - M-D-D-M Format - Key Tone (ON/OFF) - Alarm (ON/OFF) - Timer (ON/OFF) - World Time (ON/OFF) - Pacer (ON/OFF);
- Press "A" to exit the set state, after you set (The day of week is automatically displayed in accordance with year, month and date setting);

Press any key no alarm when the key tone(BEEP) is set "OFF".

Press "B" to change the mode, their corresponding mode function will OFF when the alarm, countdown, world time, pacer are set "OFF".

b DIVING

The Diving Parameter Setting

- In the diving mode, press and hold "A" until the unit to flash (flashing indicated in setting mode);
- Press "C" or "D" to select the Metric / Imperial;
- Press "B" to select the next selection;
- Press "D" to increase the number, press "C" to decrease the number, press and hold to adjust at high speed;
- Repeat step 3 and 4, the selection in the following sequence: Unit - Safety diving depth - Safety diving time (minute, second);
- Press "A" to exit the set state, after you set.

Safety diving depth range: 0.0, 3.0-100m or 0, 10-328Ft, default is 0.0m or 0Ft.

Safety diving time range: 0:00" - 99:59", default is 0:00".

c RECORD

Free Diving

- In the diving mode, the diving depth can be measure;
- The diving time on, when the diving depth more than 1.2m or 4Ft (flashing);
- The surface time on, when the user out of water;
- Repeat step 2 and 3, you can measure the time of multiple dives (Maximum 99 times of diving).

In the surface time on state, press "D" to browse the selection in the following sequence: Max. depth@last time diving, the last time diving time - Current temperature, the last time diving time - Max. depth@last time diving, current time.

"Surface time" - The interval is time that elapses between the stop of the last dive and the start of the next dive.

The watch automatically return to timekeeping mode when the surface time run for more than one hour (surface time continue running, Max.24H).

When dive time run, the maximum running time is 59:59" for the single diving time.

Alert: When the diving depth exceed the safety diving depth, "Δ" flashing with alarm. When the diving time exceed the safety diving time, "Δ" flashing with alarm.

The safety diving depth, safety diving time setting see page6.

Press "B" switch to timekeeping mode for save power if you not use the dive/diving mode automatically off).

d ALARM

The alarm sounds about 60 seconds at the preset time each day, press any button to stop it.

Chime And Alarm

In the alarm mode, press "A" to select chime, alarm1-alarm5;

In the chime state, press "D" to on/off the chime " * "; in the alarm1-alarm5 state, press "D" to on/off the alarm " * ".

Alarm1 Time Setting

- In the alarm1 state, press and hold "A" until the hour to flash, the indicator "H" appear (flashing indicated in setting mode);
- Press "D" to increase the hour, press "C" to decrease the hour, press and hold to adjust at high speed;
- Press "B" to select the minutes;
- Press "D" to increase the minutes, Press "C" to decrease the minutes, press and hold to adjust at high speed;
- Press "A" to exit the set state, after you set.

The way to set alarm1 - alarm5 is the same.

Delete

In the total record state, press "C" or "D" to browse the selection in the following sequence: Dive start time, date - Max. diving depth, temperature@ the Max. diving depth, diving time, surface time - average record and return to total record (the total record no change).

In the F01-99 state, press "C" to browse the selection in the following sequence: Dive start time, date - Max. diving depth, temperature@ the Max. diving depth, diving time, surface time - average record and return to total record (the total record no change).

In the total record state, press and hold "A" for 2s ("del" flashing), delete the all record.

In the record1-record30 state, press and hold "A" for 2s ("del" flashing), delete the current record and return to total record (the total record no change).

e COUNTDOWN

Countdown Timer Setting

- In the countdown mode, press and hold "A" until the hour to flash (flashing indicated in setting mode);
- Press "D" to increase the hour, press "C" to decrease the hour, press and hold to adjust at high speed;
- Press "B" to select the minutes;
- Press "D" to increase the minutes, Press "C" to decrease the minutes, press and hold to adjust at high speed;
- Press "A" to exit the set state, after you set.

Repeat step 3 and 4, the selection in the following sequence: Hour - Minutes - Seconds - Countdown Type;

Press "B" to select the next selection;

Press "A" to exit the set state, after you set.

The way to set alarm1 - alarm5 is the same.

f WORLD TIME

Use Countdown Timer

- Press "D" to start the countdown timer;
- To pause by pressing "D" again.

A beep sound when the timer countdown to 60, 50, 40, 30, 20, 10, 5, 4, 3, 2, 1seconds and press any button to stop it.

When the single countdown timer reaches zero, the alarm sounds for about 60 seconds and press any button to stop it.

When the repeat countdown timer reaches zero, the alarm a sound "BIBBI", countdown times will "1", countdown timer continue running (Max. 999times).

SALVIMAR think fluent

ONE FREEDIVING WATCH

USER'S MANUAL
(MULTI FUNCTION SPORT LCD DIVING WATCH)

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