SETTING YOUR WATCH

1. Repeatedly push the button to change the month, date, hour (A)a.m. or (P)p.m. or minute.

2. Repeatedly push the button to SET the month [12]
date [9]
hour (A)a.m. or (P)p.m. [8: A]
or minute. [09]

3. Push top button only to toggle between time, date and the second counter.

4. Using the second counter:
   A. Push top button and toggle to the second counter.
   B. Push and hold the bottom button and reset to [00]
   C. When ready release for up to a 60 second countdown.
   D. Push top button when done.

*NOTE On some watches you may have to push the bottom button very hard.