Freestyle®

SOLSTICE

Model FS80920
Model FS80921
Model FS80922
Model FS80923

FEATURES

- Real-time calendar clock
- Day of week in English, French, or Spanish
- Second time zone for foreign time
- 3 Alarms
- Hourly Chime
- Chronograph with lap/split storage and 45 laps memory recall
- Countdown timers
- NightVision™ backlight display
- 5 Pre-set Heat Timers

CONTROL BUTTONS



DISPLAY MODES

The watch has four operating modes: time keeping (TIME), chronograph (CHRONO), Timer(TIMER),Heat timer (HT TMR), and alarm (ALARM).

To change from one operating mode to another, press the MODE button once. The mode banner will appear briefly before the mode is activated (except time keeping mode).

TO TURN ON THE BACKLIGHT

Press the LIGHT button once to turn on the backlight for four seconds to help read the time at night or in dim light conditions.

SETTING PROCEDURES

TIME MODE



Use the Time Mode to set and view the current time and date. Also lets you keep track of time in a second time zone for foreign time.

TO SET THE TIME AND DATE

1. Press MODE button to change in Time Keeping mode.

   Press and hold the SET/RECALL button for 3 seconds. Use the START/LAP button (+) to increase the value or the STOP/RESET (-) button to decrease it. Holding either button will increase or decrease it at high speed.

   Press the MODE button (NEXT) to go to the next item. To finish and save the changes, press the SET/RECALL button (DONE).

   If no button is operated for 2-3 minutes, the watch will automatically save the changes and return to normal display.

2. The setting sequence is:

   - Time zone
     Select TIME 1 to set the current time in your time zone or TIME 2 for a different time zone
   - Hours
     Enter the hours in 12-hour or 24-hour format
   - Minutes
     Enter the applicable minutes
   - Seconds
     Reset the second digits to 00
   - Month
     Enter the applicable month
   - Day-of-the-month
     Enter the applicable day-of-the-month
   - Year
     Enter the applicable year
   - Hour format
     Select between 12-hour format with AM or PM indicator and 24-hour format with no indicator
   - Date format
     Select between MM-DD for month-day format and DD-MM for day-month format
   - Day-of-the-week language
     Select between English, French, or Spanish
   - Hourly chime option
     Turn the option ON if you want a chime to go off by the hour or OFF if you want none
   - Button beep option
     Turn the option ON if you want a beep to register every time a button is pressed or OFF if you do not want a beep

Notes

- The day of week is automatically set in accordance with the date.
- The day can be set within the range of 1 January 2000 to 31 December 2099.
- The seconds count is synchronized between TIME 1 and TIME 2.

Day of the week abbreviations

Day of the week is displayed as below:

Spanish	French	English	
DO	DI	SU	Sunday
LU	LU	MO	Monday
MA	MA	TU	Tuesday
MI	ME	WE	Wednesday
JU	JE	TH	Thursday
VI	VE	FR	Friday
SA	SA	SA	Saturday

TO DISPLAY AND SWAP THE SECOND TIME ZONE

When the current time is displayed, pressing and holding the STOP/RESET button briefly will display the second time zone. The T2 indicator will blink to indicate the time and date displayed is meant for the foreign time. Press and hold the STOP/RESET button for 2 seconds to swap between the TIME 1 and TIME 2 display.

CHRONOGRAPH MODE





The chronograph mode is available to save 45 lap times in the memory automatically. The saved data can be recalled. The range of the Chronograph is 99 hours, 59 minutes and 59.99 seconds.
The chronograph time is displayed in minutes:seconds:hundredth seconds in the first hour and displayed in hour:minutes:seconds after one hour.

TO USE THE CHRONOGRAPH

For a straight forward counting,

1. Select Chronograph mode using the MODE button. The available lap memory will be displayed. The watch can record up to 45 laps.
2. Press the START/SPLIT button once to start the chronograph. The watch will start counting from 00'00''00 if the watch is cleared. Otherwise, it will pick up from where it last left off. The watch will count up to limits before starting from zero again.
3. To stop counting, press the STOP/RESET button once. Press the START/SPLIT again to resume from where it left off. To clear the chronograph, press the

   STOP/RESET button to stop counting and hold the same button to clear.

The chronograph is equipped with a split function for you to keep track of individual lap time. To use the function,

1. While the chronograph is running, press the START/SPLIT button once whenever you want to register a lap. The lap number and lap time will be shown.
2. Repeat the last step until you have registered all the laps. You can register up to 99 laps and the lap number will be automatically generated. Only 45 laps will be stored and will be shown in recall mode.
3. Press and hold the STOP/RESET button to clear when chronograph is stopped.

To retain the recorded laps and total time in memory, press and hold the SET button. Then the remaining lap space in memory will be displayed.

TO SET THE DISPLAY FORMAT

1. Press SET/RECALL button to enter the display format setting when no lap records are in memory, or press the MODE button when viewing the lap records in the RECALL mode.
2. Select LAP/SPL to display the lap time on the top and split time at the bottom. Or select SPL/LAP to display the split time on the top and lap time at the bottom.

TO CHECK LAP RECORDS

You can check the lap records in RECALL mode. The mode will only be active when there are records in memory.

To use the function, select Chronograph mode using the MODE button.

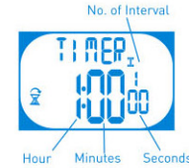
While the chronograph is running or stopped, Press the SET button to enter Recall mode to view the current lap time.

TO CLEAR LAP MEMORY

CLEAR ALL

In Chronograph mode, when the chronograph is not running press and hold the STOP/RESET button to clear all records in memory.

TIMER MODE



TO SET THE COUNTDOWN TIMER(S)

1. Select TIMER mode using the MODE button. The last operating status of the timers will be displayed.
2. Press the SET button. The parameters will blink and are set by pressing MODE in the order of:

- Timer type
  Select timer interval 1 or 2
- Hours
  Enter the desired hours
- Minutes
  Enter the desired minutes
- Seconds
  Enter the desired seconds
- Stop or repeat option
  Select STOP AT END to stop after each countdown or REPEAT AT END to reload and repeat the countdown after reaching zero

To start a countdown, press the START/SPLIT button.
To stop, press the STOP/RESET button.
To continue the countdown, press the START/SPLIT button again.

You can clear a countdown to zero by pressing and holding the STOP/RESET button after resetting the countdown or finishing the setting.

When a countdown reaches zero, the back light will flash and beeps will be emitted. Press any button to turn off beeping when timer goes off.

If the REPEAT AT END option is chosen for a timer, the timer will repeat the countdown after reaching zero, it can repeat up to 99 rounds.

HEAT TIMER MODE

There are 5 pre-set heat timers: 15 min, 20 min, 25 min, 30 min and 35 min.

1. Select heat timer (HT TMR) mode using the MODE button. The last operating status of the timers will be displayed.

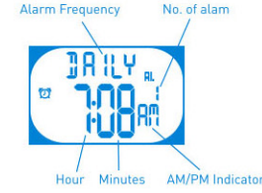
2. Press the SET button.

3. Press START/SPLIT to scroll through the set times. Press the SET button to select the time interval you want.

4. Press the START/SPLIT button to start the heat timer.

5. Press the STOP/RESET button to stop the timer. Press and hold the STOP/RESET button to clear and reset the timer.

ALARM MODE



There are three independent alarms. Each can be set to operate differently.