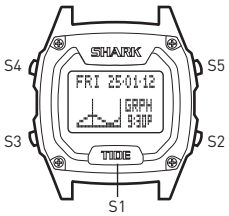
TIDE TRAINER



S1: Tide/start Button
S2: Stop/reset Button
S3: Mode Button
S4: Set Button
S5: Light Button

SPECIAL FEATURE:
This FREESTYLE product features unique Hydro Pushers®: these pushers can be pressed under water to a dynamic water pressure (not water depth) of 3 ATM.

DISPLAY MODE:
The watch has seven display modes: NORMAL TIME, TIDE, CHRONOGRAPH (CHRONO), RECALL, INTERVAL (TIMER), HEAT TIMER, ALARM.

To change from one display mode to another, press S3 button once.

NOTE: In any setting mode, if there is no button pressed for approximately 3 minutes, the watch will automatically save the entered data and exit the setting procedure.

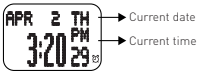
TO SET THE NORMAL TIME AND CALENDAR:
1. Press S3 button to select NORMAL TIME mode.
2. Press and hold S4 button for approximately 4 seconds, the message "SET" will be displayed and the Hour (AM/PM) digits will blink. Press S1 button to increase the digits by one unit or press S2 button to decrease the digits by one unit. Holding down either button will speed up the process.
3. Press S3 button, the Minute digits will blink. Press S1 button to increase the digits by one unit or press S2 button to decrease the digits by one unit. Holding down either button will speed up the process.
4. Press S3 button, the second digits will blink. Press S1 button or S2 button to reset the second digits to zero.
5. Press S3 button, the year digits will blink. Press S1 button to increase the digits by one unit or press S2 button to decrease the digits by one unit. Holding down either button will speed up the process.
6. Press S3 button, the month digits will blink. Press S1 button to increase the digits by one unit or press S2 button to decrease the digits by one unit. Holding down either button will speed up the process.
7. Press S3 button, the date digits will blink. Press S1 button to increase the digits by one unit or press S2 button to decrease the digits by one unit. Holding down either button will speed up the process.
8. Press S3 button, the time format setting will blink. Press S1 button or S2 button to toggle between 12-hour and 24-hour format. The A.M. or P.M. indicator may be displayed to indicate the time period 12:00 A.M. – 11:59 A.M. or 12:00 P.M. – 11:59 P.M. respectively in 12-hour format.
9. Press S3 button, the calendar format setting will blink, Press S1 button or S2 button to select among MM-DD (month-date), DD-MM (date-month).
10. Press S3 button, language setting will blink. Press S1 button or S2 button to select among English, French and Spanish.
11. Press S3 button, the hourly chime setting will blink, Press S1 button or S2 button to toggle between ON and OFF for the hourly chime setting.
12. Press S3 button, the button beep setting will blink, Press S1 button or S2 button to toggle between ON and OFF for button beep setting. The button beep option will cause the watch to beep anytime a button is pressed.
13. When finished making all the settings, press S4 button to confirm.

NOTE: The day is automatically calculated in accordance with the date.

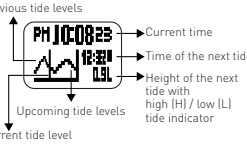
DISPLAY FORMATS IN NORMAL TIME MODE:
There are three display formats in NORMAL TIME mode: DATE/TIME, TIDE/TIME and BIG TIME.

To change from one display format to another, press S1 button once.

DATE/TIME:



TIDE/TIME:



In TIDE TIME format, the time of the next tide will come with the letter A/P representing A.M./P.M. in 12-hour format.

BIG TIME:

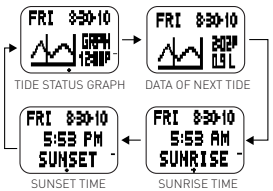


In BIG TIME format, there is no A.M./P.M. indication even the time format setting is set to 12-hour format. A shark fin animation shall occur once per minute. For even minutes, the fin shall move from left to right, and for odd minutes, the fin shall move from right to left.

TO SET THE TIDE MODE:
1. Press S3 button to select TIDE mode. The corresponding number and name of your selected favourite tide location will be displayed.
2. After approximately 2 seconds, any one of the four data display modes (TIDE STATUS GRAPH / DATA OF NEXT TIDE / SUNRISE TIME / SUNSET TIME, depends on the display mode left off during the last browsing) will be displayed.
3. In any one of the four data display modes, press and hold S4 button for approximately 4 seconds. The message "SET TIDE LOCATION" will be displayed and the corresponding number of your favourite tide location will blink.
4. Press S1 button or S2 button to cycle forward or backward respectively the entries of your favourite tide locations (1-9) and select a tide location to set.
5. Press S3 button, the region entry will blink. Press S1 button or S2 button to cycle forward or backward respectively the region entries to set the geographical region of your selected tide location.
6. Press S3 button, the location entry will blink. Press S1 button or S2 button to cycle forward or backward respectively the location entries to set the geographical location of your selected tide location.
7. Press S3 button, the DST (daylight savings time) setting will blink. Press S1 button or S2 button to cycle among OFF, ON and AUTO. If AUTO is selected, the watch will automatically determine if the selected location is on DST. When DST is ON, the DST indicator **DST** will be displayed.
8. Press S3 button, the time offset (in the unit of minutes) to the tide data for the custom location will blink. Press S1 button or S2 button to increase or decrease respectively the time offset (the available offsets are -180, -170, ..., -10, 0, +10, ..., +170, +180 minutes). The offset has no impact on the DST status.
9. Press S3 button, the custom location setting will blink. Press S1 or S2 button to toggle between YES and NO. If NO is selected, this would be the last step of setting sequence. Otherwise, the sequence continues to customize the 18-character name of the selected tide location.
10. Press S3 button, the first character of the 18-character custom location name will blink. Press S1 button or S2 button to cycle forward or backward respectively the English letter of the selected character. Press S3 button to proceed to the next character.
11. When finished making all the settings, press S4 button to confirm.

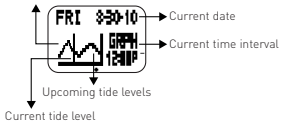
NOTE: For details of the geographical region and location of a tide location, please refer to the "LIST OF TIDE LOCATIONS" in the last page of this instruction manual.

TO USE THE TIDE, SUNRISE AND SUNSET DATA:
1. Press S3 button to select TIDE mode. The corresponding number and name of your selected favourite tide location will be displayed.
2. After approximately 2 seconds, any one of the four data display modes (TIDE STATUS GRAPH / DATA OF NEXT TIDE / SUNRISE TIME / SUNSET TIME, depends on the display mode left off during the last browsing) will be displayed.



3. To change from one data display mode to another, press S4 button once.

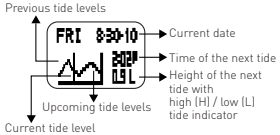
TIDE STATUS GRAPH:



In TIDE STATUS GRAPH mode, press S1 button or S2 button to advance or retreat respectively the tide status graph at a 30-minute interval to display the upcoming or previous tide level(s).

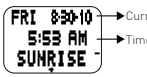
NOTE: The tide status graph will be updated every 30 minutes.

DATA OF NEXT TIDE:



In DATA OF NEXT TIDE mode, press S1 button or S2 button to display the data of the previous tide and the next tide respectively. The time of the next tide will come with the letter A/P representing A.M./P.M. in 12-hour format.

SUNRISE TIME:



In SUNRISE TIME mode, press S1 button or S2 button to display the previous and the next sunrise time respectively.

SUNSET TIME:



In SUNSET TIME mode, Press S1 button or S2 button to display the previous and the next sunset time respectively.

NOTE: In all of the four data display modes, you can press and hold S1 button or S2 button until the "SCAN" message appears to initiate date scanning in the forward or backward direction respectively. Release either button when the desired date is displayed.

After abandoning the date scanning procedure, while the "SCAN" message is still displayed, press S1 button or S2 button to move forward or backward respectively the displayed date by one day. Press and hold the corresponding buttons to reinitiate date scanning. Scanning will stop automatically if the last date for which there is no tide data is reached.

NOTE: If there is no tide data for the date, the message "NO TIDE DATA FOR THE DATE" will be displayed.

NOTE: The time format, calendar format and tide height unit setting will be the same as that of NORMAL TIME mode.

TO USE THE CHRONOGRAPH:

1. Press S3 button to select CHRONOGRAPH mode.
2. The maximum number of 200 laps that can be stored in a new workout will be displayed. If the lap memory is full, the message "MEMOERY FULL" will be displayed and a beep will be emitted.
3. The chronograph will be displayed in its current state—stopped, running or reset.
4. To resume a stopped counting, press S1 button to resume from where it left off.
5. To start a new counting, reset the chronograph to zero first.

Press S2 button to stop counting and then Press and hold S2 button, the message "HOLD TO RESET" will be displayed and the counter will be reset to zero.

For the measurement of elapsed time:
In CHRONOGRAPH mode,

1. Press S1 button to start counting.
2. To stop counting, press S2 button.
3. To restart counting and resume from where it left off, press S1 button.
4. To reset to zero, press S2 button to stop counting, then press and hold S2 button. The message "HOLD TO RESET" will be displayed and the counter will be reset to zero.

For the measurement of lap time:
In CHRONOGRAPH mode,

1. Press S1 button to start counting.
2. While the chronograph is running, press S1 button once to register a lap.
3. The lap time of the registered lap will be displayed. The lap number of the registered lap will be blinking at the top line of the display. After approximately 10 seconds, the current elapsed time and the lap number of the current lap will be displayed.
4. Repeat the last step until all the laps have been registered.
5. To stop counting, press S2 button. The total elapsed time and the lap number of the final lap will be displayed.
6. To reset to zero, press and hold S2 button. The message "HOLD TO RESET" will be displayed and the counter will be reset to zero.

NOTE: You can leave the chronograph running while switching over to other operating modes. The chronograph indicator will be displayed in NORMAL TIME mode when the chronograph is in use.

NOTE: The chronograph can count up to a maximum time of 99:59.59.99 (99 hours: 59 minutes.59 seconds.99 hundredths).

For saving the lap record:
In CHRONOGRAPH mode,

1. Upon finishing a counting, press S2 button to stop counting and immediately press and hold S4 button, the message "HOLD TO STORE" will be displayed for approximately 2 seconds.
2. If there is sufficient memory, the set of lap record will be stored and the remaining available lap memory will be displayed.
   If there is insufficient memory, the set of lap record will be stored along with as many of the oldest splits as possible and the message "FULL" will be displayed.

TO USE THE RECALL:

1. Press S3 button to select RECALL mode.
2. If there is lap record stored, the date stamp (showing the day, date and month) of a stored set of lap record will blink at the middle line of the display.
   If there is no lap record stored, the message "NO DATA" will be displayed.
3. Press S1 button to cycle the date stamp(s) of the stored lap record(s).
4. When the date stamp of the desired set of lap record is displayed, press S4 button, the message "WORKOUT 1....200" will be displayed. Press S1 button to cycle the details of the selected set of lap record in the sequence of: total elapsed time (TOTAL), (AVERAGE), fastest lap (BEST) and individual lap records in sequential order.

To delete individual set of lap record:
In RECALL mode,

When the date stamp of the desired set of lap record is displayed, press and hold S2 button. The message "HOLD TO DELETE" will be displayed for approximately 2 seconds, and the set of lap record will be deleted.

When the last stored lap is deleted, the display will be: RECALL NO DATA, RERURN TO CHRONO, MEMORRY 200 FREE, CHRONO 00"00 00:00'00"00.

NOTE: When displaying the individual lap record, the display will automatically toggle between LAP format and SPL format.

TO SET THE TIMER:

1. Press S3 button to select INTERVAL mode. After approximately 1.5 seconds, the message "TIMER" will be displayed.
2. Press and hold S4 button for approximately 2 seconds, the message "HOLD TO SET" will be displayed and the INT 1 (2, 3, 4, 5) will blink. Press S1 button or S2 button to select among INT1, INT2, INT3, INT4, INT5.
3. When the desired timer is displayed, press S3 button, the hour digits will blink. Press S1 button to increase the digits by one unit or press S2 button to decrease the digits by one unit. Holding down either button will speed up the process.
4. Press S3 button, the minute digits will blink. Press S1 button to increase the digits by one unit or press S2 button to decrease the digits by one unit. Holding down either button will speed up the process.
5. Press S3 button, the second digits will blink. Press S1 button to increase the digits by one unit or press S2 button to decrease the digits by one unit. Holding down either button will speed up the process.
6. Press S3 button, the STOP or REPEAT setting will blink, press S1 button or S2 button to select between STOP AT END and REPEAT AT END.
7. When finished making all the settings, press S4 button to confirm the settings.

NOTE: STOP AT END means the timer will stop when the countdown reaches zero.

REPEAT AT END means the timer will reload and repeat the countdown when the countdown reaches zero with repetition number updated.

NOTE: The TIMER can be set up to a maximum of 23 hours, 59 minutes and 59 seconds.

TO USE THE TIMER:

1. Press S3 button to select TIMER mode.
2. Press S1 button to start counting.
3. To stop counting, press S2 button. Press S1 button to resume from where it left off.
4. Upon completion of a countdown, the watch will react according to STOP AT END or REPEAT AT END setting selected:

If STOP AT END is selected, the timer will stop when the countdown reaches zero. A timer alert tune will be emitted and the backlight will flash.

If REPEAT AT END is selected, the timer will reload and repeat the countdown when the countdown reaches zero with repetition number updated, the timer will repeat with two beeps generated and the backlight will flash.

NOTE: You can leave the timer running while switching over to other operating modes. The timer indicator ⧗ (STOP AT END) / ⧗ (REPEAT AT END) will be displayed in NORMAL TIME mode when the timer is in use.

TO SET THE HEAT TIMER:

1. Press S3 button to select HEAT TIMER mode.
2. Press and hold S4 button for approximately 4 seconds, the message "SET HEAT TIMER" will be displayed and the minute digits will blink.
3. Press S1 button to increase the digits by five units, or press S2 button to decrease the digits by five units. Holding down either button will speed up the process.
4. When finished making all the settings, press S4 button to confirm.

NOTE: The heat timer can count up to a maximum time of 35.00 (35 minutes).

TO USE THE HEAT TIMER:

1. Press S3 button to select HEAT TIMER mode.
2. Press S1 button to start counting.
3. To stop counting, press S2 button. Press S1 button to resume from where it left off.
4. To reload the heat timer, press S2 button to stop counting and then press S2 button again.
5. Upon completion of a countdown, a heat timer alert tune will be emitted and the backlight will flash.

NOTE: You can leave the heat timer running while switching over to other operating modes. The heat timer indicator ⧗ will be displayed in NORMAL TIME mode mode when the timer is in use.

NOTE: The heat timer is independent of the timer. Both may be running at the same time.

TO SET THE ALARM TIME:

1. Press S3 button to select ALARM mode.
2. Press and hold S4 button for approximately 2 seconds, the message "HOLD TO SET" will be displayed and the alarm frequency setting will blink at the button line of display. Press S1 button or S2 button to cycle forward or backward respectively the alarm frequency setting to be selected (DAILY, WKDAYS, WKENDS, MON, TUE, WED,.... SUN).
3. Press S3 button, the hour digits (including A.M./P.M. for 12-hour format) will blink. Press S1 button to increase the digits by one unit or press S2 button to decrease the digits by one unit. Holding down either button will speed up the process.
4. Press S3 button, the minute digits will blink. Press S1 button to increase the digits by one unit or press S2 button to decrease the digits by one unit. Holding down either button will speed up the process.
5. When finished making all the settings, press S4 button to confirm.

NOTE: The alarm time is displayed in the same time format as in NORMAL TIME mode.

NOTE: The alarm will automatically be activated after being set.

TO TURN ON/OFF THE ALARM:

1. Press S3 button to select ALARM mode.
2. Press S2 button to select among ALM-1, ALM-2, ALM-3, ALM-4, ALM-5.
3. Press S1 button to turn on/off the alarm, the alarm frequency setting will appear/disappear.

WHEN AN ALARM OR HOURLY CHIME GOES OFF:
A tune will be emitted by the hour when the hourly chime function is activated.

A 20-second alarm tune will be emitted and the backlight will flash at the designated time when the alarm is activated. To stop the tune, press any button.

If the alarm tune is done without any user interruption, the watch will automatically enter a snooze mode. The alarm will go off again after 5 minutes but for only once.

TO USE THE BACKLIGHT:
Press S5 button to turn on the backlight for approximately 3 seconds.

To reduce carbon foot print, these FREESTYLE instructions are printed with soy inks on recycled paper.

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