



Shorewatch Interval Timer Instructions

The interval timer should be pre-programmed to beep every minute for 10 minutes to help time your watch. To turn the timer ON: hold down the NEXT button for a few seconds then release. When you are ready to begin your watch, push START to begin timing. The counter will count down from 01:00. When it reaches zero, an alarm will sound. This process will be repeated ten times. After ten minutes, the timer will sound a long alarm, indicating that shorewatch is over. To set the timer, follow the step-by-step instructions below:

1. Hold down both the NEXT and CHANGE buttons until the screen changes to setup mode.
2. You can choose between one interval time and two interval times. You want to choose just one. Press the CHANGE button to make the lower 00:00 disappear. Press NEXT.
- 3) We want to set the interval to 01:00, i.e. so that the alarm will beep every 1 minute. Press the NEXT button to move from number to number, and the CHANGE button to change the selected number. If the first number is already zero (00:00) press NEXT; if the second number is also zero (00:00) press CHANGE until you reach 1 (01:00). If the last numbers are already both zero, press NEXT on both of them, then the screen will change.
- 4) The screen will now say MAN. Press CHANGE until it says AUTO 00. *NB. AUTO 00 (automatic with timer) means it will beep automatically every one minute for a set number of minutes.*
- 5) When the screen says AUTO 00, press NEXT and the 00 in the box will flash. Press CHANGE to change the first 0 to a 1, so that the box now reads 10. Press NEXT on the zero because you do not want to change it. We have now set the automatic timer to beep every minute for 10 minutes. Press NEXT to go to the next screen.
- 6) The screen will now say BH. This means Beep High, and refers to the alarm sound. If you press CHANGE, you can also have BL (beep low) or VIB (vibrate). Leave the alarm on BH and press NEXT to go to the next screen.
- 7) This screen refers to alarm duration. It will say '1' which means the alarm will sound for 1 second. If you press CHANGE, it will change to 5, and then 10. Leave the alarm on '1' second. Press NEXT.
- 8) You have now exited the setup menu, and your interval time will be displayed on the screen, which should look like this 01:00.
- 9) Push START to begin timing. The counter will count down from 01:00. When it reaches zero, an alarm will sound. This process will be repeated ten times. After ten minutes, the timer will sound a long alarm, indicating that shorewatch is over.

ADDITIONAL NOTES: RESET: hold the START button for a few seconds. To STOP timer while in use: hold down START button for a few seconds. During SETUP press the START button to go back to a previous step. **REBOOT:** to reboot a malfunctioning timer, insert a paperclip or pin into the Reboot hole. If the screen becomes difficult to read try tilting it; the battery needs replacing (AAA).

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