100 Lap Ironman Triathlon with the FLIX

Plain language instructions for the 100 Lap Ironman Triathlon with the FLIX Indiglo activation system.

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There are 6 buttons on the watch, and to prevent confusion I will identify each by its location upper right, lower left on the side, lower left on the face, etc. Each button tends to have the same sort of function in most watch modes, and given only that information, you can figure out most things with your watch, so I'll give those functions first.

MODE also called **PREVIOUS**
> The lower button on the left side - moves you around outside the modes. (Or backward through the inside of a mode.)

INDIGLO
> The upper button on the left side activates the Indiglo nightlight.

STOP/RESET also called **SCROLL DOWN** (button with a raised line)
> The lower left button on the face makes changes downward.

START/SPLIT also called **LAP-NEXT** (button with 3 raised bumps)
> The lower right button on the face moves you around forward inside the modes.

RECALL also called **SCROLL UP**
> The upper button on the right side makes changes upward.

SET also called **STATUS**
> The lower button on the right side gets you into and out of setting mode.

1. SETTING THE WATCH.

SETTING

1. First, find the regular time mode by pressing the MODE button until the time (with the date at the top) shows.
2. Press & hold the SET button until the word ENTER disappears and is replaced by the word TIME. Release that button. You'll notice that at the top of the display, the words SET T1 or SET - T2. This is where you select between setting the 1st time zone or the 2nd time zone. Select between T1 or T2 by pressing the RECALL button or the STOP/RESET button.
3. Press either the MODE or the START/SPLIT button. You'll notice that whatever is blinking is what you can change. You can make the changes by pressing either the RECALL or the STOP/RESET button. You can change the Seconds, the Hours, the Minutes, the Month, the Date, the Year, and choose between 12 hour (civilian) or 24 hour (military) time. If you keep MODE or START/SPLIT button, you will go through all the things you can change and start again at the beginning. The START/SPLIT button goes through these things forward, and the MODE goes through the backwards, so if you pass something and want to back up, just switch buttons. In the same way, the RECALL changes things by making them larger, and

STOP/RESET changes them by making them smaller, so if you accidentally pass the number you're trying to set it to, just switch to the other button and go back.

EXAMPLE OF SETTING THE WATCH

Suppose you want to set the hours and the date in the 2nd Time Zone. (Just as an example, but setting any other time or date settings would be the same.)

1. Press the lower left button on the side (MODE) until you see the date & time.
2. Press & hold the lower right button on the side (SET) until the word TIME appears on the display, then release it.
3. If SET T1 is showing, then press & release the upper right button on the side (RECALL) to change it to T2 (because we're wanting to set the 2nd Time Zone we'd leave this unchanged if we wanted to set the 1st time zone, T1.)
4. Press & release the lower right button on the face (START/SPLIT) twice, skipping the seconds. You should see the hours flashing.
5. Press & release the upper right button on the side (RECALL) repeatedly until you have the hours position set to what you want it to be. If you pass the hour you want, go to the lower left button on the face (STOP/RESET) and press & release it to back up.
6. Press & release the lower right button on the face (START/SPLIT) three times, skipping minutes and months, so that the date begins flashing. Press the RECALL button until you have the date you want. (You can go backwards by pressing the STOP/RESET.)
7. When you're done, and you've set everything you want to, press & release the SET button once to tell the watch you're through setting and to lock those settings in.

2. CHRONO (Stopwatch)

1. Travel to the Chronograph mode by pressing & releasing the MODE button once from regular time. The display should say CHRONO for a moment, which is then replaced by the chronograph readings. The readings show the laps at the top in small letters, the splits in the middle in large letters, and at the bottom the segment you are on. (Or next segment you'll start, if you are between segments.) I'll put definitions for these terms at the bottom of the Chrono section, in case they're needed.
2. If your laps and splits say anything besides 00, you'll probably want to clear them out before you get started. Look at STORING & CLEARING THE CHRONO (below) to see how.

TIMING WITH THE CHRONO

1. Press & release the START/SPLIT button (on the right on the face). The chronograph will begin to run. Laps and splits should say the same thing, since you are on your first lap. To indicate the beginning of the next lap, press & release the START/SPLIT button again. It will pause for 10 seconds, as if stopped. It's not stopped in fact it's already gone on to the next lap, but it pauses for 10 seconds so you can see how well you did in your last lap. After those 10 seconds, it will revert back to the next lap. The top line on the display will show how long you've been in the current lap, and the middle line will show the amount of time you've been in the event. The bottom line will show which segment you are in, and which lap you are in.
2. If you press & release the STOP/RESET (the left button on the face) the chronograph will stop. You can use this to either end the event or to pause it. The difference is, if you only wanted to pause it, then you start it up again by pressing & releasing the START/SPLIT button. The chronograph will go on as if it never stopped. Pausing the chronograph like this doesn't affect the laps or splits, other than that they aren't running while it is paused.
3. You can view the laps and splits by pressing the RECALL (upper right) button. It will show you the date, the number of the segment you are looking at, and the total time for the event. Press & release it again, and that total time will be replaced with a display of the average time per lap. Press & release it again, and it will say BEST and show you the time of the quickest lap, as well as the lap number for that lap. Continue pressing and releasing that button and it will show you each lap and split of the event, in order. To look at a different segment (those that have been previously stored), press & release the MODE (lower left on the side) button while you're still in recall mode. To get out of recall mode, either press & release the STOP/RESET button, or just leave the watch alone for a few minutes.

4. The chronograph, if running, will continue running if you switch to regular time mode. While in the regular time mode, you can press the START/SPLIT button to glance at the chronograph without changing it.

STORING & CLEARING THE CHRONO

1. You can store the laps and splits of an event into memory by pressing the STOP/RESET button and holding it until the words HOLD TO STORE disappear. It will store that information as one SEGMENT into the memory and clear the information off the display, preparing you for the next event.
2. You can delete stored segments by pressing & holding the STOP/RESET button after the last segment has been stored. It will say HOLD TO CLEAR SEG (and then the last segment number). If you continue to hold, that segment will be cleared out of memory, and the segment number will be replaced with the words 'all segs', so the whole display will say HOLD TO CLEAR ALL SEGS. If you let go the button now, that segment is all that will be deleted. If you continue to hold it until the display clears out and shows the lap and split listings, all the segments in memory will be cleared. Segments can only be erased individually by erasing the most recent segment first.

CHRONOGRAPH TERMS

Laps
    The time of your event divided into separate chunks. An example of laps might be: if someone ran 5 miles, each mile could be a lap.

Splits
    The time of your event all the way from the beginning of the event right up to the end of the lap. An example of splits might be: if someone timed a race, then hit the START/SPLIT button as each person crossed the finish line. Each person's total time would be recorded as one split.

Segment
    A segment is a group of laps or splits in a unit. Usually, watch users use these to separate events, since you save or delete whole segments as a unit instead of as individual laps or splits. An example of a segment might be: Thursday's run saved as segment three, Friday's saved as segment four.

3. TIMER (Countdown Timer)

Setting

1. Press & release MODE button until you get to TIMER mode.
2. Press & release SET button once. This tells the watch you are ready to set the timer. At this point, the watch should say "SET # NO. OF REPS". (The # will either be a number from 1 to 9, or the letter C.) Reps is the number of times the watch will repeat the timing sequence you set. For instance, if your watch is set with two intervals, one 6 minutes, one 5 minutes, and you choose 3 as your NO. OF REPS, then the watch will count down 6 minutes, sound an alarm, then count down 5 minutes, sound an alarm, and it will repeat this process 3 times. Thus, you can set number of times your sequence will repeat to 1 time, 9 times, or anything in between. You can also set "C" (for "continuous") so that once started, the watch will continue to repeat the sequence (alarming at the end of every countdown) until you shut it off. Knowing this information, set your NO. OF REPS by...
3. Press & release RECALL button to increase the NO. OF REPS or press & release STOP/RESET button to decrease the NO. OF REPS.
4. The watch will present a display that says "YES - NO CHRONO AT END." What this means is, once the all the reps of the entire sequence have repeated themselves, and the timer is through, then the watch shifts over to Chronograph (stopwatch) mode and begins counting up from 0, so you'll know if you check back later, how long it's been since the countdowns ended. Choose YES or NO to the CHRONO AT END question by pressing either the RECALL button or STOP/RESET button. Whatever is flashing is what you have chosen.
NOTE: This message will not appear if a) you chose "C" for your NO. OF REPS, (since the watch knows the countdowns will never end until you stop them) or b) if the chronograph is already running (in CHRONOGRAPH mode), in which case the display will read "CHRONO IN USE"
5. Press & release the START/SPLIT button. The display should show INT then a number between 1 and 9 at the top, and that should be flashing. Below that, you'll see slots for an amount of time in hours,

minutes, and seconds. At the bottom of the display, it will say SET INT. An interval is one countdown. You can have up to 9 of them, and each can be a different length. Each interval can be identified by a number, and you select which interval you wish to set by pressing & releasing the RECALL button to advance through the interval numbers, or pressing & releasing the STOP/RESET button to go backward through the numbers.

6. Once you've selected the interval you wish to set, press & release the START/SPLIT button to move to the section of time you want to set. Whatever is flashing is what you can set. Press & release START/SPLIT to make the next thing flash. If you pass something, don't worry - Just keep pressing the START/SPLIT and you'll come back to it. (You can also use that button to go back and change the interval you want to set.) You can set the hours from 1 to 99 (or leave them at 0). Similarly, minutes and seconds can be set from 1 to 59, or left at 0.
7. Once everything is set on your interval, if you want to set another interval, press the START/SPLIT until the interval number is flashing. Press the STOP/RESET or RECALL button to select another interval.
8. Once you have all the intervals set that you want, then press the SET button to lock everything in and tell the watch you are through setting.

Starting/Stopping

Start the countdown timer (while you're in TIMER mode) by pressing the START/SPLIT button. To stop the countdown, press the same button. To reset the timer to your beginning settings, press & hold the STOP/RESET button.

WARNING: If the timer has already been reset, then pressing and holding the STOP/RESET button will clear all your timer intervals back to 0. If you press & hold that button, then check the message it displays to be safe. It will be either HOLD TO RESET, or HOLD TO CLEAR ALL INTS.

4. ALARM

Setting

1. Using the MODE button, go to Alarm mode. The display will say ALARM for a moment, then that will be replaced by an alarm time. At the top, it will say T1 or T2, followed either by some dashes, or a month and date. In the middle, it will show a time, and at the bottom it will give the alarm number. You can set up to 5 alarms on this watch. To choose between the 5 alarms, press the RECALL button.
2. To set the alarm you have selected, press & release the SET button. T1 (or T2) begins to flash. This tells the watch whether this alarm should go off according to the time you have set in your 1st time zone, or according to the time in the 2nd time zone. Press the RECALL button to choose between T1 or T2.
3. Press the START/STOP (lower right button on the face) button and the AM or PM will begin flashing. Choose whether you want the alarm to go off in AM or PM by pressing the RECALL button.
4. Press the START/STOP button and the hours will begin flashing. Choose the hour by pressing the RECALL button. If you pass the hour you want, you can back up by pressing the STOP/RESET button (the lower left button on the face).
5. Press the START/STOP button and the minutes will begin flashing. Choose the hour by pressing the RECALL button. If you pass the minute you want, you can back up by pressing the STOP/RESET button.
6. Press the START/STOP and the months position will begin flashing. If you want the alarm to go off as a daily alarm, then leave this as dashes. If you want the alarm to go off as an anniversary (yearly) alarm, then press the RECALL button to set the month. If you pass the month you want, you can back up by pressing the STOP/RESET button.
7. Press the START/STOP and the days position will begin flashing. If you want the alarm to go off as a daily alarm, then leave this as dashes. If you want the alarm to go off as an anniversary (yearly) alarm, or as a once-a-month alarm, then press the RECALL button to set the date. If you pass the day you want, you can back up by pressing the STOP/RESET button.
8. When everything is set the way you want it, you may get out of setting mode and lock your settings in by pressing the SET button.

Arming and Disarming the Alarm

When you are in ALARM mode (but not in setting mode) you may turn your alarm on or off by pressing & releasing the START/STOP button. A little symbol that looks like a clock will appear above the M in AM or PM when the alarm is armed. If it is disarmed, that symbol will not be there. If that symbol is showing when you are in regular time mode, then at least one of your 5 alarms is armed. You can go to alarm mode and use the RECALL button to scroll through all 5 alarms to see which ones are armed.

5. MEMO

The last mode is the MEMO mode. You have up to 10 memos with 3 "pages" each. These pages each hold 8 characters. The characters can be letters, numbers, or a few punctuation symbols. Choose a memo by pressing & releasing the RECALL button. Scroll through the pages of the memo by pressing & releasing the START/SPLIT button. Clear a memo by pressing & holding the STOP/RESET button.

To enter a memo or change an existing one, press & release the SET button while in MEMO mode. Repeatedly press & release the RECALL (scroll up) or the STOP/RESET (scroll down) button to select the character to put in the space that is flashing. Press the START/SPLIT to advance to the next space. When you are finished, press the SET button to lock your memo in.

While in the regular time mode, you can press the STOP/RESET button to glance at the memo you last selected in MEMO mode.

6. INDIGLO

Activation of the FLIX System Indiglo night-light

1. To activate FLIX, put the watch into Night-Mode by pressing and holding the Indiglo night-light button (S6) 3 seconds until it beeps.
2. With the watch in Night-Mode, a forward flick of the wrist with a sharp stop will activate the Indiglo night-light for 3 seconds.
3. To avoid inadvertent activation and to conserve battery life, FLIX is directionally oriented. ONLY MOVEMENTS IN THE DIRECTION OF THE LENS OF THE WATCH COMBINED WITH A SHARP STOP WILL ACTIVATE THE INDIGLO NIGHT-LIGHT.
4. Movements in other directions will not activate your Indiglo night-light.