



HEAD

HE-100 Slalom Instruction Manual
Digital watch with rubber band

REGULAR DISPLAY AND BUTTON OPERATION

E-01

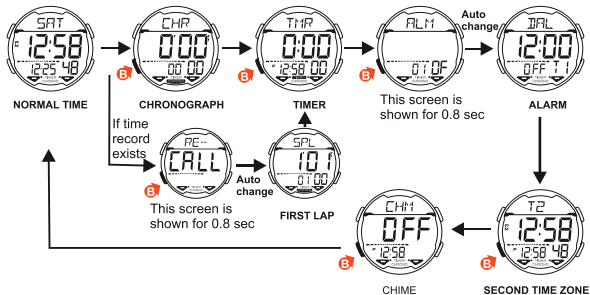


BUTTON OPERATION

- | | |
|---------------------|-----------------------------------|
| A SET/RECALL | C ADVANCE/START/SPLIT/LAP |
| B MODE | D RECEDE/STOP/ADJUST/LIGHT |

HOW TO CHANGE THE DISPLAY MODE

E-02



HOW TO DISPLAY CALENDAR

E-03



NORMAL TIME



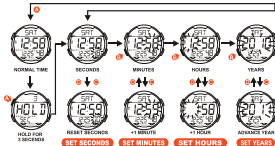
CALENDAR



HOLD

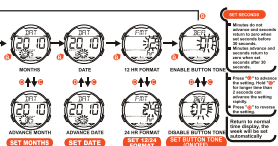
HOW TO SET NORMAL TIME

E-04



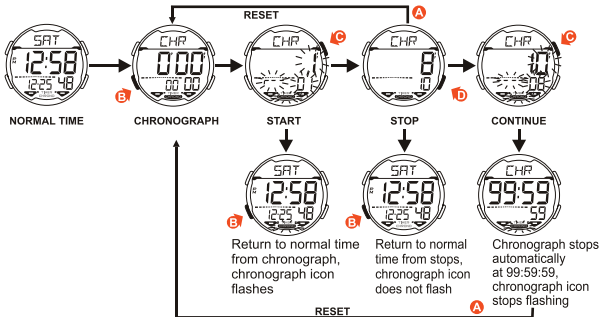
HOW TO SET NORMAL TIME

E-05



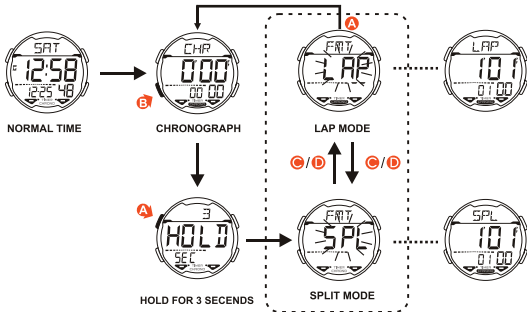
HOW TO USE THE CHRONOGRAPH

E-06



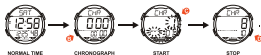
HOW TO CHANGE THE LAP/SPLIT MODE

E-07



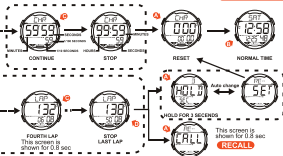
HOW TO SET THE SPLIT OR LAP OPERATION

F-08



HOW TO SET THE SPLIT OR LAP OPERATION

E.09

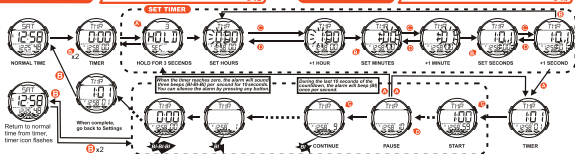


HOW TO USE TIMER

E-12

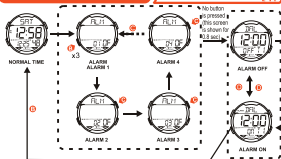
HOW TO USE TIMER

E-13



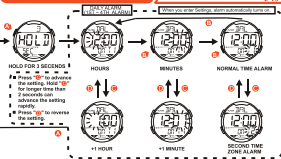
HOW TO SET DAILY ALARM TIME

E-14



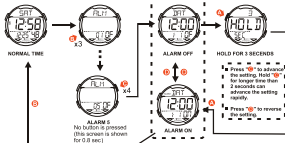
HOW TO SET DAILY ALARM TIME

E-15



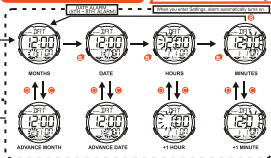
HOW TO SET DATE ALARM TIME

E-16



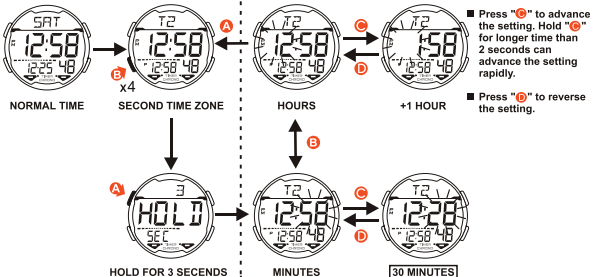
HOW TO SET DATE ALARM TIME

E-17



HOW TO SET SECOND TIME ZONE

E-18



HOW TO SETUP HOURLY CHIME ON/OFF

E-19



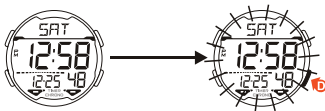
NORMAL TIME



CHIME OFF



CHIME ON



NOTE:

1. This watch features an electro-luminescent (EL) backlight, which tends to lose illuminating power after very long use.
2. The illumination provided by backlight may hard to see under direct sunlight.

- 1.Button tone: Turn ON or OFF, see "How to set function display."
- 2.Beeps with each press of a button except for the LIGHT button .
- 3.The button will only beep once when pressed and held
- 4.Alarm duration: 20 sec, two short beeps per second,beep once every hour.
- 5.The TIMER sound will take priority over the ALARM sound

1. This watch contains precise electronic components. Never attempt to open the case or remove the back cover.
2. Do not operate buttons while underwater, or while swimming or diving.
3. Should water or condensation appear in the watch, immediately have the watch checked. Water can corrode electronic parts inside the case.
4. Avoid severe impact: The watch is designed to withstand impact under normal use. Do not subject it to severe impacts or rough usage, and do not drop it onto hard surfaces.
5. Avoid exposing the watch to temperature extremes.
6. Clean the watch with a soft cloth and clean water only. Avoid using chemicals, especially soap.
7. Keep your watch away from strong electric fields and static electricity.

1. **Standard display mode:** Hour, Minutes, Seconds, Day of the week, Month, Date.
2. **Function:**
 - * 100-hour chronograph with memory for 50 laps / splits, and average lap.
 - * 24-hour countdown timer.
 - * 8 alarm (4 daily / 4 date) function with buzzer signal output.
 - * Second time zone.
 - * Hourly chime.
 - * Perpetual calendar.
 - * 12/24 hour format switch option .
 - * AM / PM & Electro-Luminescent light.
 - * Button tone ON/OFF function
3. **Accuracy at normal temperature (25°C):** ± 30 seconds a month.
4. **Normal operating temperature range:** $10^{\circ}\text{C} \sim 40^{\circ}\text{C}$.

