

Fastime 9X instructions



Stopwatch operation

Press **D** to select stopwatch mode.

Press **A** to show the current segment period number.

Press and hold **A** to turn vibrate on/off.

Back Light

F - on (5 seconds)

Display

D - hold (4 seconds)

C - increase

A - decrease

Event Timing

C - Start

C - Stop (time Out)

C - Continue

C - Stop

A - Reset

Split Timing

Top row shows lap split time. Next row shows cumulative time. Bottom row shows cumulative running time.

C - Start

A - Split (cumulative)

A - Split (up to 600 laps)

C - Stop. Upper right shows current lap number. Upper left shows segment period. Bottom row shows stop time.

B - Check segment period, display shows AVERAGE lap recall

B - BEST lap time

B - SLOWEST lap time

D - return to stop time

C - continue timing. **C** to stop. **A** to reset.

Fastime 9x instructions continued

Recall Segmented Memory.

When stopwatch is stopped and reset to 0:00, press **B** to enter recall mode. Lower row shows segmented time (MCH), middle and top rows show time of day/date.

Press **B** to select segment period. Press **A** for times starting from the first lap. Each display shows the lap number, lap time and cumulative time.

Continue to press **A** to get to STOP TIME, AVERAGE, BEST and SLOWEST lap data.

Press **B** to return to recall mode.

NOTES: If the lap counter shows a flashing '000' the memory is full and needs to be cleared



Clearing the Memory.

From Stopwatch Mode press **B** to enter recall.

Confirm the serial number after MCH is the one you wish to delete. Press **B** to change this.

Press and hold **B** for 3 seconds to clear current MCH.

Press and hold **B** for 6 seconds to clear all data.

Pacer

Press **D** to move to Pacer display. Top row displays frequency, middle row is number of beats, bottom row is timing.

Press **B** to set the pacer (from 5 to 320 per minute).

Press **C** to start/stop the pacer.

Press **A** to reset.

Fastime 9x instructions continued

Stroke Rate

Press **D** button to move to Stroke rate display.

Press **A** to check current segment period.

Press **C** to start the measurement and after 3 strokes/frequencies have been observed, press **C** again. Repeat to get 2nd and 3rd strokes/frequencies. Press **A** to stop.

Press **B** to recall current segment data. AVERAGE rowing frequency will be displayed. Press **B** again for BEST then SLOWEST.

Press **A** to recall the 1st rowing frequency. Press **A** again to display 2nd and 3rd frequencies.

Press **D** to return to Stroke Rate display. Press **C** to restart or **A** to reset.



Timer

Press **D** to move to Dual Countdown Timer display. Top row is Timer 1, next row is Timer 2. The bottom row is the timer counter.

Press and hold **A** to set and select digits to change. Press **C** to change digits. Hold **C** for rapid digit change. Once set, press **C** to start the timer.

When Timer 1 approaches 0:00, it gives 4 beeps, and Timer 2 will start to countdown. When Timer 2 approaches 0:00 it gives 2 beeps, the timer counter will increase by 1 on the bottom row and Timer 1 will start to countdown.

To reset Timers to 0:00, press and hold **A**.

Clear the Stroke Rate Memory

After Stroke Rate is reset to 0 press **B** to enter recall mode.

Confirm the serial number after MST is the one you wish to delete. Press **B** to change this.

Press and hold **B** for 3 seconds to clear current MST.

Press and hold **B** for 6 seconds to clear all data.

Fastime 9x instructions continued

Environment Temperature and Alarm

Press **D** to move to Temp/Pulse display. Upper row displays measured temperature, bottom row is pulse rate.

Press **A** to switch from Celsius to Fahrenheit.

Press **C** to show if temperature calibration mode is on/off.

Press **B** to see alarm temperature value. Hold B to turn alarm on/off.

Temperature and Alarm Calibration

Press and hold **A**. Press **C** to turn on/off.

When calibration is OFF, press **A** to enter the temperature alarm setting. Press **C** to change digits, hold for rapid digit change. Press **A** again. It will say OFF but your temperature is saved.

When calibration is ON, press **A** to select temperature. Press **C** to change digits. Press **A** again to set temperature alarm.



Pulse Measurement

Press **D** to move to Temp/Pulse display. Upper row displays measured temperature, bottom row is pulse rate.

Place your finger on **E**. You must totally cover the sensor. After several seconds your pulse rate will appear. If there is no number, ensure your finger is warm enough for the sensor to read.

How to set alarm, time and date

Press **D** to move to clock display.

Press and hold **B** to toggle alarm on/off.

Press and hold **A** until digits flash.

Press **A** to choose digits to change.

Hold **C** for rapid digit change.

Bluetooth Pairing with Smartphones

1. Download the Merun app
2. Ensure Bluetooth on your phone and Fastime 9X are on. Under Clock mode, press and hold C to turn Bluetooth on and see 4 digit code.
3. Bind your device by opening the app, press settings, click 'My Device' then 'Search'. Select the watch's 4 digit code.
4. Your devices are now paired.

For more information on using the watch with the app please see our full guide on our website.



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Email: info@astopwatch.co.uk

Call: +44(0)7483 134 796

FASTIME