

# ULTRA SOLE



| MODE                         | MODE                     | SET/VIEW   | START/LAP                                       | STOP  | LIGHT          |
|------------------------------|--------------------------|--|---|---|----------------|
| <b>Time (TIME)</b>           | - Change to CRON Mode    | - Hold to set  | - Button chime ON/OFF                           | - Scroll thru T1/T2/Both<br>- Hold to select Time | - EL Backlight |
| <b>Time Setting</b>          | - Select digit to adjust | - Exit setting mode  | - Adjust setting up<br>- Hold to adjust quickly | - Adjust setting down<br>- Hold to adjust quickly | - EL Backlight |
| <b>Chrono (CRON)</b>         | - Change to DATA mode    | - Convert display<br>- Hold to reset                                   | - Start/ Lap                                    | - Stop<br>- Hold to save                          | - EL Backlight |
| <b>Data (DATA)</b>           | - Change to TIMR mode    | - Hold to delete selected run<br>- Continue holding to delete all runs | - Select RUN<br>- Scroll RUN data               | - Scroll RUNS                                     | - EL Backlight |
| <b>Segment Timer (TIMR)</b>  | - Change to ALRM mode    | - Hold to reset<br>- Continue holding to set                           | - Start   | - Stop  | - EL Backlight |
| <b>Segment Timer Setting</b> | - Select digit to adjust | - Exit setting mode  | - Adjust setting up<br>- Hold to adjust quickly | - Adjust setting down<br>- Hold to adjust quickly | - EL Backlight |
| <b>Alarm (ALRM)</b>          | - Change to TIME mode    | - Hold to set  | - Turn selected alarm ON/OFF                    | - Scroll ALARMS                                   | - EL Backlight |
| <b>Alarm Setting</b>         | - Select digit to adjust | - Exit setting mode  | - Adjust setting up<br>- Hold to adjust quickly | - Adjust setting down<br>- Hold to adjust quickly | - EL Backlight |

\* Press and hold MODE in any mode to warp back to TIME mode