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Fastime 30 – Instructions



Main Mode Navigation:
Press and hold **B** to cycle through the modes:

- Time/Calendar (Home Screen)
- Referee Match Timer
- Stopwatch

Sub-Mode Navigation:

Step and Alarm mode: On the Calendar Screen, press and hold **C** to enter the Alarm mode. Press **B** to display step counter and timing.

Using the Referee Match Timer:

In Referee mode, the watch features a dualtimer layout. The main countdown timer tracks active play while an auxiliary timer tracks added injury time/extra time

Setting Match Parameters (Pre-Game):

Navigate to the Referee Mode by pressing and holding **B**

Press and hold **A** for 2-3 seconds until the location digits flash.

Press **B** to cycle through countdown, timers, period and break times.

Press **D** to increase the period duration (e.g. 45 minutes for standard matches). Press **C** to decrease the duration. Press and hold for quick digit change.

Press **A** to save and lock your settings.

During the Match:

Start the match: In Referee Mode press and hold **D** at the opening whistle. Both the main countdown timer and total elapsed time timer will begin.

Pause for injury/stoppage: Press and hold **D** during an incident. The main match countdown will freeze, but the background cumulative timer continues running to automatically calculate added time.

Resume play: Press and hold **D** when play restarts. The match clock resumes (thereby adding your extra time). The stoppage time is shown in the bottom line.

Start next period: When play resumes for the second period, or half, at the whistle press and hold **D** to start the top timer.

Reset after the match: Press and hold **C** to reset the timer.

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Stopwatch Mode:
Press and hold **B** to cycle through the modes:

Press **D** to start timing.

Press **C** to record a lap time. Lap is shown in the upper row, Split is shown in the middle row (NB: in minutes, not seconds) and the bottom row show the cumulative running time.

When **C** is pressed the digits will pause for 6 seconds but the stopwatch will continue to run.

Press **D** to stop.

Memory Recall:
Press **B** to enter memory recall and view the lap time and split time. Memory can be recalled anytime.

Press **D** to cycle through the data or press **C** to view the data in reverse order.

Press **B** to return to current running time or stopped stopwatch.

Clearing the memory: To clear the memory, press **all 4 buttons at once,** NB this will reset the watch completely.

Set Time and Date:
Go to the calendar screen.

Press and hold **A** until the digits begin to flash.

Press **B** to cycle through the values.

Press **D** to increase the value or **C** to decrease.

Press **A** to exit and save.



Turn off the display:
You can conserve your battery by turning off the display.

In the Calendar/Time mode, press and hold **B and C** together for more than 2 seconds. The display will turn off.

The clock will work normally, and other functions will be reset.

To turn the display back on press **any** button for more than 1 second.

Step and Alarm Mode:
See above on how to navigate to this screen.

Press **D** to toggle alarm on/off

Set Alarm: Press and hold **A** for 2 seconds until digits flash.

Press and hold **B** to cycle through the sections.

Use **C** to decrease digits and **D** increase digits.

Press **A** to save your settings.

Reset step counter: In the step screen, press and hold **C** for 2 seconds to reset.

Additional functions:
Backlight: Press **A**

Daylight Saving Time: In Calendar/Time mode, press **B** to turn DST on/off. Additional time will be automatically turned on.