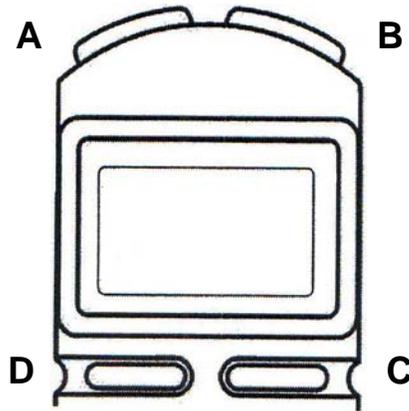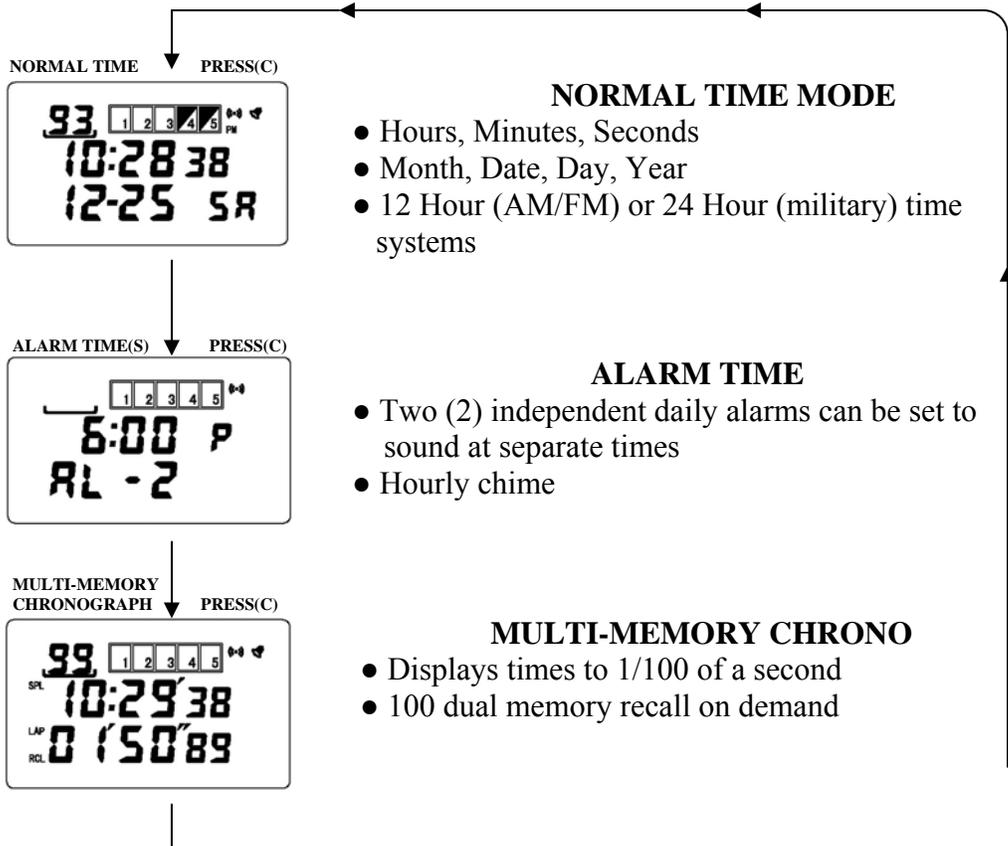# SC-707W INSTRUCTIONS

Thank you for buying the SC-707W 100 Memory Stopwatch. Your purchase brings you a world class timepiece with a vast array of advanced timekeeping modes and functions specifically developed for numerous fitness, sports, and training activities.

Please take a moment to review this operating guide so that you can become familiar with the SC-707W's many capabilities and how you can maximize your benefits from the modes of operation: normal time, alarms, multi-memory chronograph, target time chronograph, multi-mode countdown timer and pacer.

OPERATING SEQUENCE

NORMAL TIME MODE
- Hours, Minutes, Seconds
- Month, Date, Day, Year
- 12 Hour (AM/FM) or 24 Hour (military) time systems

ALARM TIME
- Two (2) independent daily alarms can be set to sound at separate times
- Hourly chime

MULTI-MEMORY CHRONO
- Displays times to 1/100 of a second
- 100 dual memory recall on demand

- Simultaneously displays lap and split times
- Times events to 16 hours
- Multi-mode operation times single events, multiple readings and continuous events
- Automatic lap counter

TARGET TIME CHRONOGRAPH ▼ **PRESS(C)**

`03. ☑1☐2☐3☐4☐5`
`LAP 1:52 38`
`+ 0:08 05.9 TARGET`

TARGET TIME CHRONO

- Input up to five (5) target times to compare actual performance versus your goals
- 1/100 second resolution, 16 hour range
- 100 dual memory recall on demand
- Automatic lap counter

MULTI-MODE COUNTDOWN TIMER ▼ **PRESS(C)**

`CR ☐1☐2☐3☐4☑5`
`14:30 30.9`
`15:00 00.0`

COUNTDOWN TIMER

- Set countdown timer precise to 1/10 second up to 16 hours
- Select either Countdown Stop, Countdown Repeat, or Countdown Chrono modes
- Input up to five (5) different countdown times
- Use preset times individually or in a continuous loop sequence

ELECTRONIC PACER ▼ **PRESS(C)**

`00. ☐1☐2☐3☐4☐5`
`10:28 38`
`PACE 120`
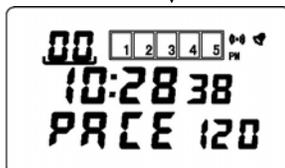
ELECTRONIC PACER

- Emits an electronic "beep" tone at a user selectable rate
- Pacer range from 30 to 160 beats per minute
- Auto Beat Counter

(PRESS "C")

The starting point for all operations is NORMAL TIME.

NORMAL TIME OPERATION

Press (C) to locate NORMAL TIME mode. Display will appear as follows:

YEAR
`93. ☐1☐2☐3☑4☑5`
`10:28 38`   **Hours,Minutes,Seconds**
`12-25 SA`   **Month,Date,Day of Week**
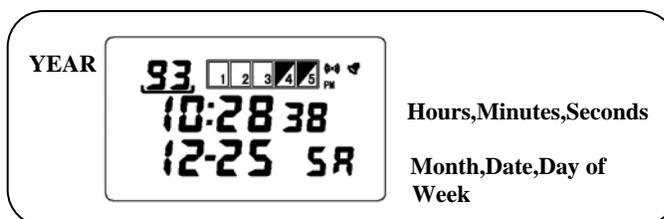
12/24 Hour Time Systems: Select from 12 hour (am/pm) or 24 hour (military time) time (display) by pressing (B). 24 hour: (24HR) symbol appears above seconds. 12 Hour (PM) symbol appears above seconds for PM times. Absence of a symbol indicates AM time.

Setting NORMAL TIME: Press and hold (D) for three (3) seconds. Seconds begin to flash. To reset seconds to (00) press (A). Now press (C). Hours begin to flash. Press (A) to advance hours or (B) to decrease hours.

Repeat this procedure for minutes, year, month, and date. The day of the week will adjust automatically for calendar setting. Your timepiece will automatically adjust the calendar for months with less than 31 days.

The bar graph above the display will continually "fill-in" to indicate running time.

Press (D) at any time to exit the setting function.

ALARM TIME(S) OPERATION

From NORMAL TIME, press (C) once to enter ALARM TIME(S) mode. Your timepiece offers two (2) independent daily alarms which can be set to sound at separate times. This display shows the second alarm (AL-2) set to sound at 6:00 pm.

Alarm Symbol
Chime Symbol

Alarm Time (Hours, Minutes, AM/PM Indicator)

Alarm Funclion
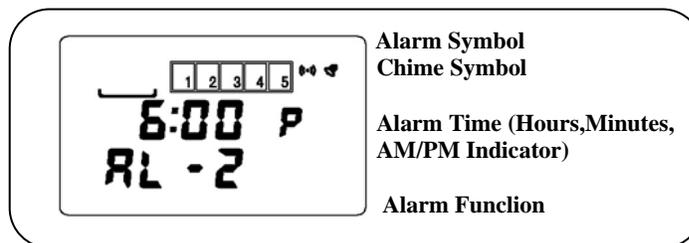
Selecting ALARM/CHIME functions: While in ALARM TIME(S) press (B) to select from first alarm (AL-1), second alarm (AL-2), or Chime (AL).

Setting Alarm Time: Press (B) to select Alarm to be set, i.e. (AL-1) or (AL-2) in lower row. Press and hold (D) for three seconds. Alarm hours begin to flash in the upper row and alarm symbol (((•))) appears. Press (A) to advance or press (B) to decrease alarm hours. Press (C), alarm minutes appear flashing. Press (A) to advance or press (B) to decrease alarm minutes. Press (D) at any time to exit setting function.

Arming/Disarming Alarm(s)/Chime: You may arm (i.e. set to go off) either alarm time or chime as follows:

Select alarm to be armed. Press (A). Alarm symbol (((•))) will appear when the alarm is armed or disappear when disarmed. Or alarm will be automatically armed upon entering the setting procedure.

Using the Hourly Chime: When armed, the hourly chime will sound a "beep" to indicate the start of each hour.

Select chime function (AL). Press (A). Chime symbol (🔔) will appear when the chime is armed or disappear when disarmed.

Notes:
• When armed, the alarm will sound for 20 seconds at the preset time.
• Silence the alarm sound by pressing any pushbutton.
• Alarm time(s) will be in same time system (12 or 24 hours) as NORMAL TIME.
• Alarm will be automatically armed upon entering the setting procedure.

<p align="center"><u>MULTI-MEMORY CHRONOGRAPH OPERATION</u></p>

From NORMAL TIME, press (C) twice to enter the CHRONOGRAPH mode. All zeros should appear on the display as shown:

Chrono Mode Display
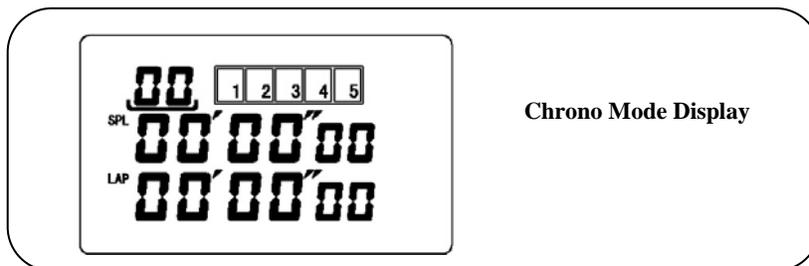
If all zeros do not appear, to reset to all zeros:
1. Running time: Press (B) to stop and press (A) to reset.
2. Frozen time: Press (A) to rest.
3. RECALL function (i.e. RECALL (RCL) symbol appears) press (C) and (D) simultaneously. Display will show last reading taken. If running time, press (B) to stop and (A) to reset. If frozen time, press (A) to reset.
    You cannot enter or operate the chronograph unless the target chrono mode is stopped and reset.

If TARGET CHRONO is running, press (B) to stop. Then press (A) to reset.

A chronograph is a digital display stopwatch. Your CHRONOGRAPH has 1/100 (one hundredth (.01) second resolution, can recall up to 100 time readings from memory, at any time, simultaneously displays lap and split times, and has a 16 hour timing range and automatic lap counter. Use your CHRONOGRAPH to time single event, continuous single events or take multiple readings:

Timing Single Events: Press (B) to start. Press (B) again to stop. Press (A) to reset to all zeros.

Multiple Time Readings:

START: Press (B) to start. Time appears running in both rows of the display.

LAP/SPLIT READING: Press (A) to take a reading. The LAP time (the interval of time since the last reading) will appear in the bottom row. The SPLIT time (the accumulated time since the start of the event) will appear frozen in the top row.

Press (A) to take the first reading. The lap and split times will be the same. The reading number will appear in the lap counter in the box.

LAP RELEASE: 15 seconds after taking the LAP/SPLIT reading, the previous frozen times will release automatically and the current lap and split running times will appear on the display. Or press (C) while previous reading is frozen to release to running time.

MEMORY RECALL: Press (D) at any time up to the first 100 readings. When used, the RECALL symbol will appear.
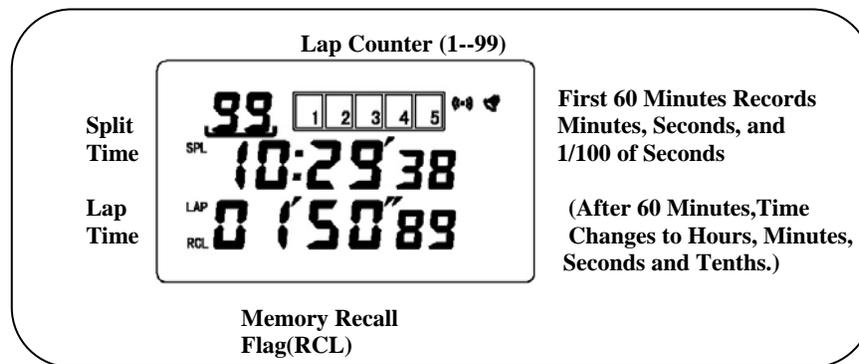
While using the RECALL function, take a LAP/SPLIT reading at any time by pressing (A).

To reset chrono during RECALL function:
      If running time: Press (B) to stop and (A) to reset.
      If stopped: Sequence through all readings and press (A) to reset.

STOP: Stop the CHRONOGRAPH by pressing (B).

RESET: Reset the CHRONOGRAPH to all zeros by pressing (A).

Timing Continuous Single Events: You may record as many continuous single event times as required. To start, Press (B). Press (B) again to stop timing. Event time will appear in bottom row (LAP) and accumulated event times (SPLIT) will appear in the top row. Lap counter will automatically increase by one (1) for each reading taken.

Continue for as many single events as required. Review previous readings using the RECALL function by pressing (D). Reset to all zeros by pressing (A) while timing has been stopped.

Notes:
• After one (1) hour, the chrono will display running time in tenths (1/10) of seconds.
• TIME OUT (pause) TIMING: You may stop and restart timing at any time without loss of previously recorded data.
• RECALL readings will appear in descending order, i.e. 99, 98 … 3, 2, 1.
• Over 100 readings, the lap counter will convert to "00" and begin accumulating: 101="01", 102="02", etc.
• RECALL function is available for up to the first 99 readings, as well as the final reading taken.

TARGET TIME CHRONOGRAPH OPERATION

You cannot enter or operate the TARGET CHRONO unless the chronograph is stopped or reset. If the chrono is running, press (B) to stop and (A) to reset. You may now use the TARGET CHRONO.

From Normal time, press (C) three times to enter TARGET CHRONO mode. The "TARGET" symbol will appear in the bottom row.
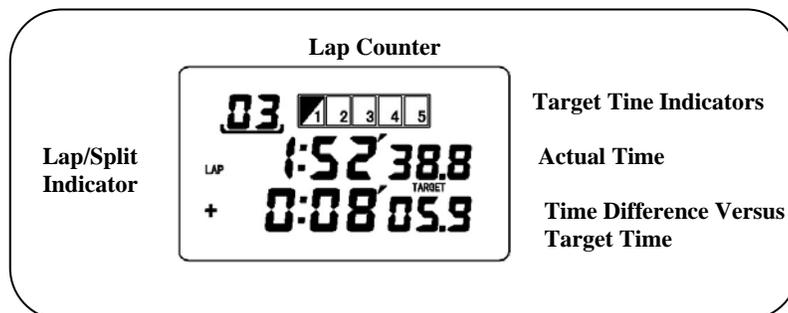
Use the TARGET CHRONO mode as a means to evaluate your training progress by comparing your desired time goals versus your actual performance.

For example, your goal might be to complete a five (5) kilometer road race in 25 minutes. This, if running at a constant speed, would require each kilometer to be finished in about five (5) minutes.

Use the TARGET CHRONO by pre-setting the time goal for each reading. In this case, each kilometer reading should occur five minutes apart so the TARGET TIME is set for approximately five (5) minutes.

How the TARGET CHRONO works: You may preset up to five (5) times into the TARGET CHRONO. Each preset time must reflect the interval (or difference) of time between the previous reading and your next goal. Using the 5K run example, let's assume your objective is to develop a "kick" which means your last kilometer time will be shorter than the first four (4). To compensate, you will pace yourself in the beginning of the race, so your targets are:

Target time #1:   START – 1K = 5:15.0
Target time #2:   1K – 2K = 5:05.0
Target time #3:   2K – 3K = 5:00.0
Target time #4:   3K – 4K = 4:55.0
Target time #5:   4K – FINISH = 4:45.0

Therefore, these are the times to be set into the TARGET CHRONO.

Note: **Do not set the accumulated time goals**, but rather the *interval* (or difference) time between each reading.

Start the TARGET CHRONO at the beginning of the event. The upper row of the display will act as a chronograph and begin accumulating time. The bottom row will count down time from your first preset target.

As you take a time reading, i.e. completing the first kilometer, the display will show your actual time in the top row and the difference between it and your target in the bottom row. If your actual time has exceeded your target, a plus sign (+) will appear in the lower row. As soon as a reading is taken, the next target will automatically begin counting down.

As any time during your event, you may use the RECALL function to review the previous readings.

Multiple versus Single Targets: In the 5K example above, you may seek to run consistent 5:00 kilometers. Therefore, you need only to enter 5:00 into the first (or any) target time and turn the other four (4) times "OFF". Your timepiece will now automatically repeat the 5:00 target time sequence.

How to use and operate the TARGET CHRONO:

Setting TARGET TIMES: The bar graph will indicate which target time is being set and/or activated (1, 2, 3, 4 or 5). You may reset each time up to 16 hours, precise to 1/10 second.

With the upper row showing all zeros, select which target time(s) you wish to set by pressing (A). Refer to the BAR GRAPH for target number (1-5).

Then press and hold (D) for three (3) seconds – target hours will begin to flash. Advance hours by pressing (A). Press (C). Minutes will appear flashing. Advance minutes by pressing (A). Repeat this procedure for seconds and tenths. Exit the setting function at any time by pressing (D).

You must turn "OFF" any targets you do not plan to use, rather than leaving the setting at all zeros.

Turn the TARGET TIMER off (i.e. render it inactive) at any point in the setting sequence by pressing (B). "OFF" will appear in the bottom row. Re-activate it by pressing (B) again. If all targets are turned off, "ALL OFF" will appear in the bottom row.

Reset the TARGET TIME to all zeros during the setting sequence by pressing (A) and (C) simultaneously. Setting function will remain active.

Target Chrono Operation: Select desired target time by pressing (A). Refer to the BAR GRAPH for target number. Using the above example, the first 1K time of 5:15.0 is selected. Press (D) and (B) simultaneously to select either LAP time (interval from the last reading) or SPLIT time (accumulated time of all readings) chronograph function for the top row.

Start: Press (B) to begin timing. Upper row will display running time (LAP or SPLIT) in 1/100 second resolution.

Lower row will display TARGET TIME counting down in 1/10 second resolution. One (1) minute before the target time, a single beep will sound for your attention to the upcoming target. If target time is less than one (1) minute, a single beep will sound when activated.

When the target time arrives, a four (4) second alarm will sound. The lower row of the display begins to count up in tenths (1/10) and the plus symbol (+) will appear below in the box.

LAP/SPLIT: Press (A) to take a reading. A four (4) second alarm will sound and the lap counter will increase by one (1). The display will freeze and show your actual time in the top row and the difference from your target in the bottom row.

For example, this illustration shows an actual time of 5 minutes 19.78 seconds and the difference (4.8 seconds, above) versus the target of 5:15.0.
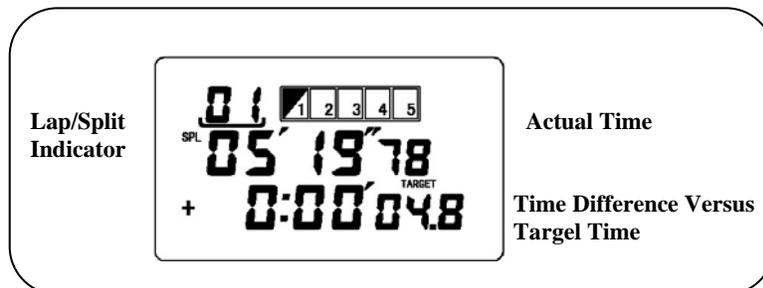
If your actual time is less than the TARGET, the lower row will display the difference (i.e. no plus sign (+) will appear).

Once the reading is taken, the next target time (5:05.0 in the example above) activates instantly and begins counting down. The display from the previous reading will remain frozen for 15 seconds and then release to the running time of the next target. You may manually release the time prior to 15 seconds elapsing by pressing (C). You may take as many lap or split readings as you require.

MEMORY RECALL: Press (D) to recall up to the first 100 readings from memory. The RECALL symbol will appear and the display will show the actual time in the upper row, the preset target time in the bottom row, and the reading number in the box.

The RECALL function operates as described in the MULTI-MEMORY CHRONOGRAPH section.

STOP/RESET: Press (B) to stop timing, then press (A) twice to reset the top row to all zeros and the bottom row to the first target.

Notes:
• The TARGET CHRONO will automatically sequence through all five (5) preset times in corresponding order to the readings taken.
• RECALL readings will appear in descending order (99, 98 … 3, 2, 1).
• At 100 readings, the lap counter will convert to 00 and begin accumulating: 101 = 01, 102 = 02, etc.
• After one (1) hour, the TARGET CHRONO will display running time in tenths (1/10) of seconds.
• To operate as a single event timer, select the desired target, then press (B) to start and again to stop. Then press (A) twice to reset to all zeros.
• If no target time is entered (bottom row all zeros) and is not turned "OFF", both rows of the display will begin to count up instantly after the previous reading is taken.

MULTI-MODE COUNTDOWN TIMER OPERATION

From NORMAL TIME, press (C) four (4) times to locate the TIMER mode. At timer function symbol (CS, CR or CC) will appear in the box and a preset time will appear in the bottom row. Refer to the Bar Graph which indicates which of the preset times (1, 2, 3, 4 or 5) is displayed.

Countdown Function Symbol

Loop Symbol

Presel Times(1-5)

Time Counting Down

Fixed Countdown Time
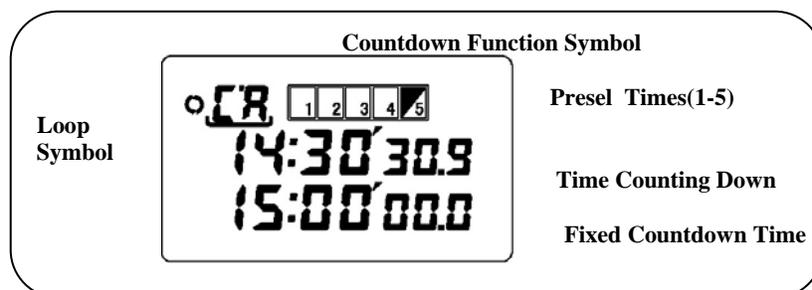
The TIMER mode operates as a reverse CHRONOGRAPH, counting down from a pre-determined time to zero and sounding an alarm. Think of it as similar to a game timer on the scoreboard which shows time left to play at a football, basketball, or hockey game or a soccer match.

CAPABILITIES: You may input up to five (5) separate countdown times. Each time is precise to 1/10 second up to 16 hours. The times may be structured to countdown a single time, or programmed to operate sequentially in a "loop" pattern.

Select from three (3) separate timer functions. In all three (3) timer functions, the preset time will countdown to zero ("00"), sound an alarm and:

CS: Countdown Stop. Stops automatically at conclusion of countdown times(s).
CR: Countdown Repeat. Automatically repeats countdown time(s).
CC: Countdown Chrono. Operates as a full function MULTI-MEMORY CHRONO upon completion of countdown time(s).

Using the Countdown Timer: Keep the following sequence in mind when setting and using the timer.
1. Select which function (CS, CR or CC) you require.
2. Select from single time or "loop" sequence.
3. Set in the preset time(s).
4. Start, stop and re-start the timer as required.

Setting the Countdown Timer(s): Upon entering the TIMER mode, refer to the symbol in the box for the function displayed:
   CS: Countdown Stop
   CR: Countdown Repeat
   CC: Countdown Chrono

The Bar Graph will indicate which of the five (5) preset times is displayed (1, 2, 3, 4 or 5). While the timer is stopped, (press (B) to stop an active time) select which preset time is first to be set and used by pressing (A).

Selecting the Timer Function: After selecting the first countdown time to be set, press and hold (D) for three (3) seconds. TIMER function symbol (CS, CR or CC) in the box will begin to flash. Select the timer function to be used by pressing (B).

Selecting Single Timer for Loop Sequence: With the TIMER function symbol in box flashing, press (A) to select from single or loop functions. When the "loop" timing is active, the LOOP symbol (↺) will appear. The LOOP symbol will disappear when single timing is selected.

When the LOOP function is activated, (↺) appears and the timer will automatically sequence through and countdown all preset times. When the current countdown time is

complete, an alarm will sound and the next preset time will automatically start counting down. If no time is entered (i.e. all zeros) the timer will automatically advance to the next preset time and become active.

To de-activate LOOP sequence while in TIMER mode, press (B) to stop countdown and then press (A) to reset to the preset time.

During SINGLE function, Loop symbol (↺) does not appear. The current preset time will countdown and manual sequencing of preset times is required by pressing (A).

Setting the Countdown Time(s): After selecting timer function and single/loop setting, press (C). Countdown hours begin to flash in the lower row. Advance hours by pressing (A) or decrease hours by pressing (B). Press (C) again and minutes begin to flash. Advance minutes by pressing (A) or decrease by pressing (B). Repeat this procedure for seconds and tenths. You may exit the setting function at any time by pressing (D).

You may input countdown times from 0.5 seconds to 16 hours. You may input countdown times whether the TIMER mode is active (counting down) or stopped (reset).

Using the Countdown Timer(s): Input the preset times and TIMER function (CR, CS, CC), select LOOP or SINGLE option and start countdown by pressing (B). Time will count down in 1/10 second increments in top row.

You may stop the countdown time by pressing (B) again. Then press (B) again to restart countdown. Press (A) to reset to next countdown time or press (D) to reload current preset time.

Please note the following: **TIMER function operation is based on whether LOOP or SINGLE option is selected.**

With the LOOP SEQUENCE active, (↺) symbol appears.

• COUNTDOWN STOP (CS) will auto-sequence through all preset times for one cycle
  (i.e. 1 through 5 only).
• COUNTDOWN REPEAT (CR) will auto-sequence through all preset times
  continuously until manually de-activated (Press (B)).
• COUNTDOWN CHRONO (CC) will auto-sequence through all preset times for one
  cycle and activate chronograph instantly upon completion of last preset time.
• With SINGLE option active (↺) symbol does not appear.

COUNTDOWN STOP (CS): Press (B) to start countdown. Alarm will sound at completion of preset time. Reset to current time by pressing (D) or sequence to next preset time by pressing (A).

COUNTDOWN REPEAT (CR): Press (B) to start. Alarm will sound at completion and timer will automatically reload and repeat countdown instantly.

COUNTDOWN CHRONO (CC): Press (B) to start. Alarm will sound at completion of countdown time and CHRONO mode becomes active. Please refer to CHRONOGRAPH section for complete operation.

NOTES:
• To reset countdown time to current preset time, press (D) when timer is stopped.
• To reset countdown timer to next preset time, press (A) when timer is stopped.
• You may reset the current preset time even while it is counting down. Simply press and hold (D) for three (3) seconds and proceed as described in the SETTING section.
• The countdown alarm will sound for five (5) seconds when the preset time is greater than one (1) minute. If the preset time is under one (1) minute, the alarm will sound a single beep.
• When the beep sounds, you may silence the alarm by pressing any pushbutton.
• While setting countdown time, you may advance or decrease the digits rapidly and holding (A) or (B).

The CHRONO and TARGET CHRONO modes are rendered inoperative should the countdown chrono function be active (i.e. counting down or chronograph activated).

ELECTRONIC PACER OPERATION

To maximize your battery life, do not use the Pacer except when absolutely necessary.

To locate the PACER mode, from NORMAL TIME press (C) five (5) times. "Pace" appears in the lower row along with PACER rate. NORMAL TIME (hours, minutes, seconds) appears in the upper row.

Pace Counter

Normal Time Display

Pacer Rate (30-160 BPM)
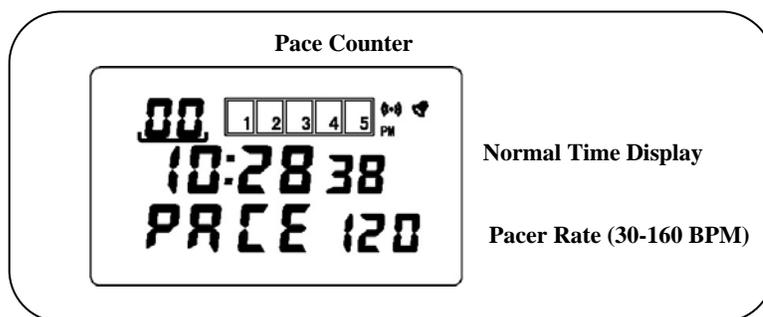
The PACER, when activated, emits an electronic beep time at a predetermined 30 – 160 beats per minute.

Setting the PACER: To set the pacer rate press and hold (D) for three (3) seconds. PACER rate will begin to flash. Press (A) to advance rate on or press (B) to decrease rate. Press (D) again to lock in PACER rate.

Using the PACER: In the PACER mode, with the rate locked in, press (B) to start the PACER.

When active, the pacer count will appear in the box. For example, a count of 98 will be indicated by "98" in the box. The counter adds on (1) for each beep emitted and will count to 99, then reset to 00. Bar graph segments will fill in and disappear at the pacer rate. To stop, while in Pacer mode, press (B) again. Then press (A) to reset counter to zero.

IMPORTANT!
To maximize your battery life, use the PACER only when absolutely necessary!

The PACER will continue to sound while in other modes. Silencing the PACER requires that you press (B) while in the PACER mode.

GENERAL OPERATION NOTES

1. Upon entering any setting function, the timepiece will automatically return to NORMAL TIME display if no pushbutton is activated within 3 minutes.
2. You may rapidly advance or decrease digits in any setting function by pressing and holding (A) (advance) or (B) (decrease).
3. An audible beep confirmation tone will sound whenever a pushbutton is depressed, except when the PACER is active.
4. You may return to NORMAL TIME after setting or using any timekeeping mode by pressing (C) upon completion.
5. TIME OUT (PAUSE) TIMING: You may stop and re-start timing operations at any time without loss of previously recorded data, as long as the timer has not been reset to zero.

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www.robictimers.com

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