

FOR PROGRAMMING PACE CLOCK

1. Press and hold down QUIT
2. Turn on the timer by the red toggle switch on the back.
3. Hold QUIT until SPORTS MENU appears.
4. Press alongside PACE
CLOCK
5. Press PGM 1 *Only PRGM 1 will work with this one-line scoreboard.
6. Press ENTER No need to fill out the information asked for.
7. Press any number on keypad for the # of repeats.
Example: 3 for 3 x 100 on 2:00
8. Press ENTER
9. Press numbers for the time interval.
Example: 2,0,0 for 3x100 on 2:00
10. Press ENTER
11. Repeat steps 7 – 9 when doing more than one set. Make sure you program the rest interval between the sets. Program this just like a set of repeats only make it one set with however long you think you need.
12. You may COUNT UP or COUNT DOWN by pressing this option on the right *before* you choose the number of sets. You will have to re-set this each time if you want to change.
Example: Count Up for regular interval sets and Count Down for rest intervals.
13. Press QUIT when done with programming. The display will show the first three sets on line Lane 1.
14. Press START to start or stop the workout.
OR
STOP
15. Turn off the timer by the toggle on the back. Do not try to turn off the scoreboard.