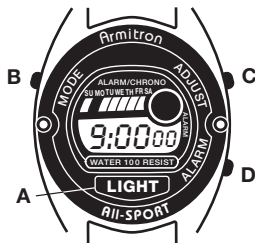


Armitron® WATCH INSTRUCTIONS

M296-M298, 45/6851BLK, 45/6853DKB, 45/6855BLU, 45/6857, 45/6859, 45/6861, 45/6867SIL, 45/6901LAV, 45/6883



FEATURES

- Time Telling Mode (Hours, Minutes, Seconds and Day of the Week)
- Calendar Mode (Month and Date)
- 24 Hour Alarm: Sounds for 20 Seconds at preset Alarm Time or until any button is pressed
- Chronograph Mode: Hours, Minutes, Seconds and 1/100th of a Second with Lap/Split Operation
- Hourly Chime: One 'Beep' sound every full Hour
- 12/24 Hour (Military Time)
- European Calendar
- Water Resistant as indicated on the watch
- INSTALITE – Electro Luminescent Display

PLEASE REFER TO CORRESPONDING DISPLAY MODEL AND BUTTON OPERATION.

SELECTING FEATURES



1. Time Telling Mode displays Hours, Minutes, Seconds, and Day of the Week.



2. From Time Telling Mode, press and hold 'C'. Calendar Mode appears and the Month and Date are displayed. Release 'C' to return to Time Telling Mode.



3. From Time Telling Mode, press 'B' once. Chronograph Mode appears. Press 'B' again to return to Time Telling Mode.



4. From Time Telling Mode, press and hold 'B' for two seconds. Alarm Mode appears. Press 'B' twice to return to Time Telling Mode.

12/24 HOUR (MILITARY) TIME

1. From Time Telling Mode, press and hold 'D'. Press 'B' simultaneously to select either 12 Hour or 24 Hour (Military) Time.
NOTE: 'P' indicates 12 Hour Time is selected.
2. Release 'D' to return to Time Telling Mode.

EUROPEAN CALENDAR

1. From Time Telling Mode, press and hold 'C'. Press 'D' simultaneously to select either the US Calendar or the European Calendar.
2. Release 'C' to return to Time Telling Mode.

INSTALITE - NIGHT VISION DISPLAY

1. Press 'A' in any mode to illuminate the watch face. The backlight will remain lit for 2 to 3 seconds.
NOTE: EXCESSIVE USE OF THE BACKLIGHT WILL SHORTEN BATTERY LIFE.

SETTING THE TIME AND CALENDAR



1. From Time Telling Mode, press and hold 'B' for two seconds. Alarm Mode appears. Release 'B', then press 'B' again. Seconds and the Tuesday Indicator flash. Press 'D' to zero out the Seconds.

NOTE: Zeroing out 30 or more seconds automatically adds one minute to time.



2. Press 'C'. Minutes flash. Press 'D' to advance the Minute.

NOTE: Pressing and holding 'D' will advance digits rapidly.



3. Press 'C'. Hours flash. Press 'D' to advance the Hour.

NOTE: When 12 Hour Format is selected, 'A' indicates 'a.m.' times; 'P' indicates 'p.m.' times.

4. Press 'C'. The Months flash. Press 'D' to advance the Month.



5. Press 'C'. The Date flashes. Press 'D' to advance the Date.



6. Press 'C'. The Day of the Week flashes. Press 'D' to advance the Day of the Week.



7. Press 'B' to end set sequence and return to Time Telling Mode.

CHRONOGRAPH

1. From Time Telling Mode, press 'B' once to enter the Chronograph Mode.
2. Press 'C' to start timing.
3. Press 'C' again to stop timing.
4. Press 'D' to reset to zero.
5. Press 'B' to return to Time Telling Mode.

LAP/SPLIT OPERATION

The LAP Chronograph allows the user to view the elapsed time for a particular interval. The SPLIT Chronograph allows the user to view the total accumulate time at a particular interval, while the internal stopwatch continues to accumulate total time.

1. While in the Chronograph Mode, press 'C' to start timing.
2. Press 'D' to read the first lap time.
NOTE: The Sunday, Thursday and Saturday indicators flash while the internal Chronograph continues to count.
3. Press 'D' again to time the second lap.
4. Press 'D' again to read the second lap time.
5. Repeat above procedure to SPLIT time.
6. Press 'C' to stop timing at the end of the event.
NOTE: The Sunday, Thursday, Friday and Saturday indicators flash.
7. Press 'D' to read the final lap time.
8. Press 'D' again to reset to zero.

NOTE: When the Chronometer time is less than 40 minutes, Minutes, Seconds and 1/100th of a Second are displayed. When the Chronometer time is greater than 40 minutes, Hours, Minutes and Seconds are displayed.

9. Press 'B' to return to Time Telling Mode.

SETTING THE ALARM

1. From Time Telling Mode, press and hold 'B'. Alarm Mode appears and the Monday Indicator and the Hours flash.
2. Press 'D' to advance the Alarm Hour.
3. Press 'C'. Alarm Minutes flash. Press 'D' to advance the Alarm Minute.
4. Press 'B' twice to end set sequence and to return to Time Telling Mode.

ACTIVATING THE ALARM AND HOURLY CHIME

1. From Time Telling Mode, press and hold 'D'. Press 'C' simultaneously to activate the Hourly Chime. 'CHIME' appears to indicate the Hourly Chime will sound every hour on the hour.
2. Press 'C' again to activate the Alarm.

The Alarm Symbol  appears to indicate the Alarm will sound at the preset Alarm Time.

3. Press 'C' again to deactivate the Hourly Chime.
4. Press 'C' again to deactivate the Alarm.
5. Release 'D' to return to Time Telling Mode.

WATER RESISTANCE

This is a WATER RESISTANT watch. Do not operate the push buttons below the surface of the water. Should water or condensation appear in the watch, immediately have the watch checked. Water can corrode electronic parts inside the case.

CHANGING THE BATTERY

Change the battery when the watch becomes slow, the readout darkens or does not appear, or the backlight fails. Before removing the old battery, be sure to denote its polarity so that the new battery is installed in exactly the same way. Replace with one (1) CR1220 or equivalent only. This watch contains precise electronic components and should only be opened by a qualified watch technician. However, it is not necessary to return your watch to the manufacturer for battery replacement. It is recommended that you bring your timepiece to a local jeweler.

Dear Customer:

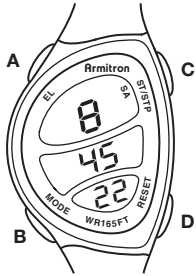
Help your watch/jewelry retailer protect our environment by properly recycling the button cell battery in your watch. Professional jewelers and watch retailers are best equipped to replace the battery in your watch without damage to the watch case and movement inside. They have the specialized tools and experience to do the job right. Inexperienced people can scar the case and damage the water resistant seal – voiding your warranty.

It is important to recycle your watch battery in an environmentally safe way. Watch batteries contain very small amounts of mercury, which is required to prevent corrosion of the battery and damage to your watch. There is no danger to you or your watch from the mercury because it is in the sealed battery. But you need to recycle your watch battery properly. Your professional watch/jewelry retailer is the best person to do this for you. These professionals collect used batteries and recycle them through licensed waste management companies.

Do our environment and your watch a favor. Ask your watch/jewelry professional to replace your battery when it expires.

Armitron® WATCH INSTRUCTIONS

XNAPE01, 40/8021BLK, 45/6933BLU, 45/6945BLK, 45/6949BLK, 45/6951BLK, 45/6963



FEATURES

- Time Telling Mode (Hours, Minutes, Seconds and Day of the Week)
- Calendar Mode (Month and Date)
- 24 Hour Alarm
- Hourly Chime: One 'Beep' sound every full Hour
- Chronograph Mode: Hours, Minutes, Seconds and 1/100th of a Second with Lap Operation
- 12/24 Hour (Military Time)
- European Calendar
- Water Resistant as indicated on the watch

SELECTING FEATURES



1. Time Telling Mode displays Hours, Minutes, Seconds, and Day of the Week.



2. From Time Telling Mode, press and hold 'C': Calendar Mode appears and the Month and Date are displayed. Release 'C' to return to Time Telling Mode.



3. From Time Telling Mode, press 'B' once. Chronograph Mode appears. Press 'B' again to return to Time Telling Mode.



4. From Time Telling Mode, press and hold 'D': Alarm Mode appears. Release 'D' to return to Time Telling Mode.

12/24 HOUR (MILITARY) TIME

1. From Time Telling Mode, press and hold 'D': Press 'B' to select either 12 Hour or 24 Hour (Military) Time. '12' indicates 12 Hour time; '0' indicates 24 Hour (Military) Time.
2. Release 'D' to return to Time Telling Mode.

EUROPEAN CALENDAR

1. From Time Telling Mode, press and hold 'C': Press 'D' to select either US Calendar or European Calendar.
2. Release 'C' to return to Time Telling Mode.

SETTING THE TIME AND CALENDAR



1. From Time Telling Mode, press and hold 'B': Alarm Hours and the Monday Indicator flash. Release 'B', then press 'B' again. Seconds and the Tuesday Indicator flash. Press 'D' to zero out the Seconds.

NOTE: Zeroing out 30 or more seconds automatically adds one minute to time.



2. Press 'C': Minutes flash. Press 'D' to advance the Minute.
NOTE: Pressing and holding 'D' will advance digits rapidly.



3. Press 'C': Hours flash. Press 'D' to advance the Hour.
NOTE: When 12 Hour Format is selected, 'A' indicates 'a.m.' times; 'P' indicates 'p.m.' times.



4. Press 'C': The Date flashes. Press 'D' to advance the Date.



5. Press 'C': The Month flashes. Press 'D' to advance the Month.



6. Press 'C': The Day of the Week flashes. Press 'D' to advance the Day of the Week.
7. Press 'B' to end set sequence and return to Time Telling Mode.

CHRONOGRAPH

1. From Time Telling Mode, press 'B' once to enter the Chronograph Mode.
2. Press 'C' to start timing.
3. Press 'C' again to stop timing.
4. Press 'D' to reset to zero.
5. Press 'B' to return to Time Telling Mode.

LAP OPERATION

1. While in the Chronograph Mode, press 'C' to start timing.
2. Press 'D' to measure Laps.
3. Press 'C' to stop timing at the end of the event.
4. Press 'D' to reveal the final Lap time.
5. Press 'D' again to reset to zero.
6. Press 'B' to return to Time Telling Mode.

SETTING 24 HOUR ALARM

1. From Time Telling Mode, press and hold 'B' to enter the Alarm Mode. Alarm Hours flash.
2. Press 'D' to advance the Alarm Hour.
3. Press 'C': Alarm Minutes flash. Press 'D' to advance the Alarm Minute.
4. Press 'B' end set sequence and to return to Time Telling Mode.

ACTIVATING THE ALARM AND HOURLY CHIME

1. From Time Telling Mode, press and hold 'D': Press 'C' to activate the Hourly Chime. The Hourly Chime symbol appears to indicate the Hourly Chime will sound every hour on the hour.
2. Press 'C' again to activate the Alarm. The Alarm Symbol appears to indicate the Alarm will sound at the preset Alarm Time.
3. Press 'C' again to deactivate the Hourly Chime.
4. Press 'C' again to deactivate the Alarm.
5. Release 'D' to return to Time Telling Mode.

WATER RESISTANCE

This is a WATER RESISTANT watch. Do not operate the push buttons below the surface of the water. Should water or condensation appear in the watch, immediately have the watch checked. Water can corrode electronic parts inside the case.

CHANGING THE BATTERY

Change the battery when the watch becomes slow, the readout darkens or does not appear, or the backlight fails. Before removing the old battery, be sure to denote its polarity so that the new battery is installed in exactly the same way. Replace with one (1) CR2016 or equivalent only. This watch contains precise electronic components and should only be opened by a qualified watch technician. However, it is not necessary to return your watch to the manufacturer for battery replacement. It is recommended that you bring your timepiece to a local jeweler.

Dear Customer:

Help your watch/jewelry retailer protect our environment by properly recycling the button cell battery in your watch. Professional jewelers and watch retailers are best equipped to replace the battery in your watch without damage to the watch case and movement inside. They have the specialized tools and experience to do the job right. Inexperienced people can scar the case and damage the water resistant seal – voiding your warranty.

It is important to recycle your watch battery in an environmentally safe way. Watch batteries contain very small amounts of mercury, which is required to prevent corrosion of the battery and damage to your watch. There is no danger to you or your watch from the mercury because it is in the sealed battery. But you need to recycle your watch battery properly. Your professional watch/jewelry retailer is the best person to do this for you. These professionals collect used batteries and recycle them through licensed waste management companies.

Do our environment and your watch a favor. Ask your watch/jewelry professional to replace your battery when it expires.