

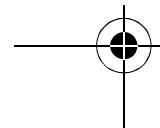
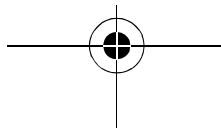
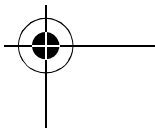
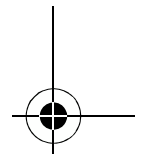
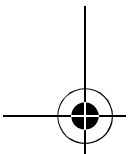
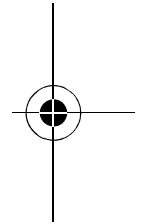
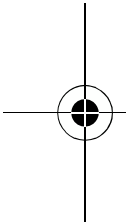
Getting started

Before you start, it's a good idea to charge your watch and download QuickGPSfix information, which helps your watch find your location quickly.

1. Download and install [TomTom Fitness](#) from [URL](#).
2. Place your watch in the USB dock and connect the dock to your computer.

Follow the instructions that [TomTom Fitness](#) gives you.

[image - connecting watch to computer]





EN

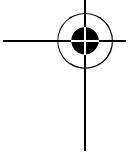
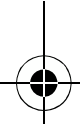
Your watch

Image

1. Left button - opens the watch status screen, including the battery level.
2. Down button - opens the settings menu.
3. Right button - opens the activities menu.
4. Tap this area of the screen to turn on the back light.
5. GPS receiver

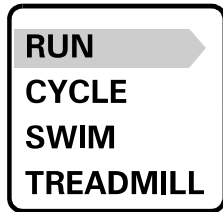
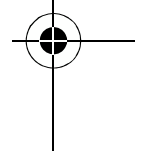
In a menu, move up and down to select an item, move left to leave a menu and move right to enter the next level menu or to change an on/off switch.

In some menus, when you leave, the last selected option is selected.

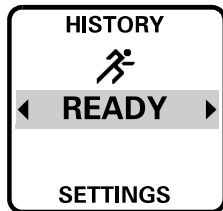
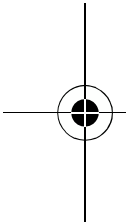


Your first run

1. From the clock, press the right arrow.
2. Select Run, then press the right arrow.

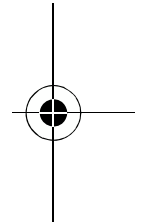


Until your watch has a GPS fix, you see the message, **Finding QuickGPS**. Once it has a fix, it shows the message, **READY**.

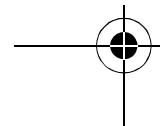
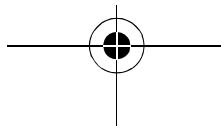
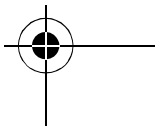
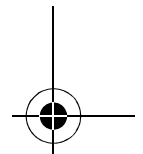
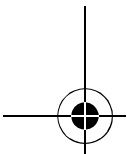


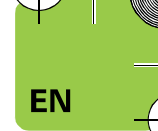
From this screen, you can do the following:

- Right - start your run.
- Down - change your settings.
- Up - see a history of your runs.
- Left - go back to the list of activities



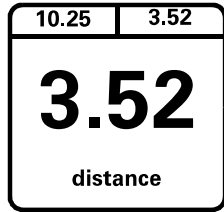
1. While you run, your watch shows information, such as the





distance, time and pace. Use the up and down arrows to change the information shown.

- When you've finished, move left to stop the clock. If you're just taking a break, move right again to start the clock again.



Worldwide Addendum

Use with care

The use of this product while exercising might distract from your surroundings or your activity. Please exercise with due care and attention, and only when found fit by a physician.

Aircraft and hospitals

Use of devices with an antenna is prohibited on most aircraft, in many hospitals and in many other locations. This product must be switched to flight mode or not be used in these environments.

Information regarding the use of personal information can be found at <http://tomtom.com/privacy>

Battery and Environmental information

[Wheely bin]

This product uses a Lithium-Ion battery that is not user accessible or user replaceable. Do not open the case or (attempt to) remove the battery. Substances in the product and/or battery may be harmful to the environment or your health if disposed of improperly. The battery contained in the product must be recycled or disposed of properly according to the local laws and regulations and always kept separate from household waste. This Wheely Bin symbol on the product or its packaging indicates that this product shall not be treated as household waste. In line with EU Directive 2002/96/EC for waste electrical and electronic equipment (WEEE), this electrical product must not be disposed of as unsorted municipal waste. Please dispose of this product by returning it to the point of sale or to your local municipal collection point for recycling. By doing this you will help conserve the environment.

[CE LOGO] Hereby, TomTom declares that this product and accessories are in compliance with the essential requirements and other relevant provisions of the EU Directive 1999/5/EC. The declaration of conformity can be found here: tomtom.com/legal.

FCC information for the user



FCC ID: S4L8RS00

THE DEVICE COMPLIES WITH PART 15 OF THE FCC RULES

This equipment radiates radio frequency energy and if not used properly - that is, in strict

accordance with the instructions in this manual - may cause interference to radio communications and television reception.

Operation is subject to the following two conditions:

(1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

This device has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

The transmitters within this device must not be co-located or operating in conjunction with any other antenna or transmitter.

Responsible party in North America: TomTom, Inc., 150 Baker Avenue Extension, Concord, MA 01742 Tel: 866 486-6866 option 1 (1-866-4-TomTom)

Emissions information for Canada

IC ID: 5767A-8RS00

Operation is subject to the following two conditions:

- This device may not cause interference.
- This device must accept any interference, including interference that may cause undesired operation of the device.

This Class B digital apparatus complies with Canadian ICES-003.

IMPORTANT NOTE

This equipment complies with IC RSS-102 radiation exposure limits set forth for an uncontrolled environment. This device and its antenna(s) must not be co-located or operating in conjunction with any other antenna or transmitter.

Model name 8RS00

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Calorie calculations in this products are based on MET values from:

Ainsworth BE, Haskell WL, Herrmann SD, Meckes N, Bassett Jr DR, Tudor-Locke C, Greer JL, Vezina J, Whitt-Glover MC, Leon AS. 2011 Compendium of Physical Activities: a second update of codes and MET values. *Medicine and Science in Sports and Exercise*, 2011;43(8):1575-1581.

Green bit is only for US English and French translations

TOMTOM 

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Manufactured and supplied by / Fabriqué et assemblé par: TomTom International b.v., Oosterdokstraat 114, 1011DK Amsterdam, The Netherlands

TomTom MultiSport GPS Watch
(Dark Grey)

Art. no: 1RR0.001.00 Part no: 1RR0.001.00



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Part no: xxx0.000.00

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Z1230



Pull to open - Tirez pour ouvrir 

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34mm wide x 30mm high

Small barcode sticker dimension:
34mm wide x 10mm high