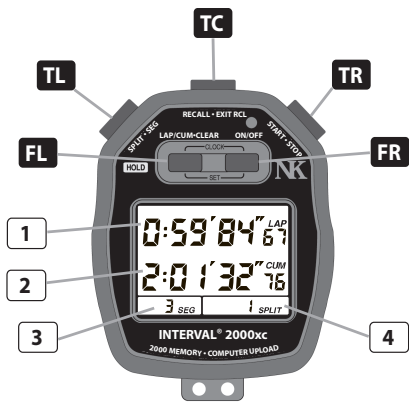


# INTERVAL™ 2000xc SPLIT WATCH



## BUTTONS:

Hold the button to perform [bracketed] functions (printed on the label in yellow).

- FR** (front right) ON [OFF]
- FL** (front left) LAP/CUM [CLEAR]
- TR** (top right) START/STOP
- TL** (top left) SPLIT/SEG
- TC** (top center) RECALL [EXIT RCL]

## WINDOWS:

- 1 SPLIT TIME:** Displays either:
  - a) "LAP": Lap split - time between the last two presses of **TL** ... OR
  - b) "CUM": Cumulative split - elapsed time when **TL** was pressed.

LAP/CUM can be switched at any time
- 2 RUNNING TIME:** Cumulative elapsed time.
- 3 SEGMENT COUNTER:** Segment number.
- 4 MEMORY COUNTER:** Memory number.

## PHYSICAL:

- **DISPLAY BACKLIGHT:** Activates automatically in low light with every button press and stays on for 2.5 seconds.
- **PROTECTIVE COVER:** Protects watch from shock and scratches. Reverse to protect the display when not in use. Available in a choice of blue, red, green, yellow, gray or purple (order additional covers from NK or your supplier).
- **WATERPROOF and FLOATS:** Waterproof to 2 meters.

## SUMMARY OF FEATURES

### With the Interval 2000xc, you can:

- Store over 2000 data points in memory
- Store multiple workouts (or races) in "segmented" memory, identified by date, time and segment number.
- Create up to 675 segments (depending on the number of splits stored in each segment).
- Clear data from one segment at a time or from all segments at once.
- View date and time from built-in clock and calendar.
- Set unique watch identification number.
- Time events in low light with automatically activated backlight.

### And, with the optional computer interface and software, you can:

- Upload all memory data to a PC.
- Organize memory data by event, date and athlete.
- Assign athlete names to splits.

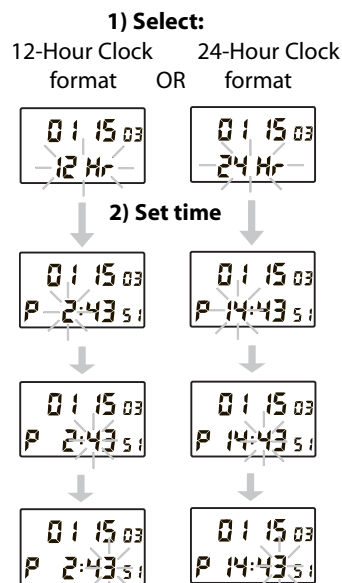
To make the most of all of these advanced features, please read these instructions carefully.

**Like all NK products the Interval is WATERPROOF and FLOATS.**

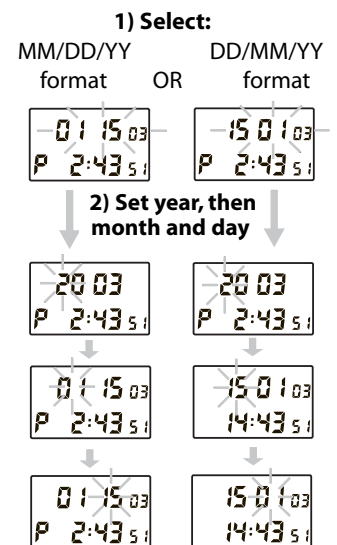
## SETUP

- 1) Press **FR** to turn on the watch.
- 2) To enter setup, press and hold **FL** and **FR** together until the watch beeps and the clock setting selection begins flashing.
- 3) Press **FR** to change option for the flashing item.
- 4) Press **FL** to select the item to be changed (clock, time, date and identification number).
- 5) To exit setup, press and hold **FL** until the watch beeps and returns to the ready screen.

### TIME



### DATE



### ID NUMBER

#### 1) Set three digits:



## OPERATION

### TO TIME AN EVENT

- 1) Press **FR** to turn on the watch.
- 2) Press **TR** to start the timer.
- 3) Press **TL** to store a split. The split number will increment in 4.
- 4) Press **FL** TC to change between "LAP" and "CUM" display in 1. In "LAP" display, the lap split (the time between the last two presses of **TL**) will be displayed for 8 seconds, after which the lap split time will start to run again (starting from 0:00'08"00). In "CUM" display, the cumulative split time will be displayed until the next split is stored. You can change between lap and cum at any time.

- 5) Press **TR** TR to stop the timer. The finish time and last lap split will be stored in memory.

**\*\* NOTE \*\*** When the timer is stopped, then restarted, the stop/restart times will NOT be stored. The split time will be the same as if the timer was not stopped.

### TO TIME ANOTHER EVENT (CREATE A NEW SEGMENT)

To time another event, you may either **CREATE A NEW SEGMENT** or **CLEAR THE CURRENT SEGMENT** (see "To Clear Data"). Creating a new segment will preserve the data from the event you have just completed.

- 1) With the timer stopped, press **TL** to create a new segment. The next segment number will show in **[3]**, and the other windows will show 0's.
- 2) Follow steps 2 through 6 of "TO TIME AN EVENT" to time a new event and store the times in Segment 2.
- 3) Repeat steps 1 and 2 to create and use new segments as desired.

### TO RECALL DATA

You may recall data when the timer is running ("on the fly") or when the timer is stopped. **The timer continues to run internally when recalling on the fly.** When recalling on the fly, you may only review the segment currently being timed. As you recall data the split number will be displayed in **[4]**.

#### 1) Recall on the fly

- a) With the timer running, press **TC** to begin memory recall. The most recently stored data will be displayed first. Splits will be displayed in **[1]**. The split number will show in **[4]**. The segment number will show in **[3]**. The elapsed time will continue to run in **[2]**. Each additional press of **TC** will step through the stored splits in reverse order, i.e. split 5 - split 4 - split 3 - split 2 - split 1.
- b) Press **FL** to toggle between lap and cum display of the split shown in **[1]**.
- c) Press and hold **TC** to exit recall OR
- d) Press either of the other top buttons (**TL** or **TR**) to exit recall **AND** perform the usual function of that button (store split or stop).

#### 2) Recall with the timer stopped.

- a) With the timer stopped, press **TC** to begin memory recall. The splits from the current segment will be displayed, starting with the segment date and time, followed by the first split. The lap split will be displayed in **[1]** and the cum split in **[2]**. The segment number will show in **[3]**. The split number will show in **[4]**. You will see the following screens displayed as you continue to press **TC**:



Segment Number with Date and Time Started



Stored Splits, Numbered in Order



Total Time for Segment (Same as Stop Time)



Best (Fastest) Split Time and Number



Average of all Split Times for that Segment

- b) Press **TL** to choose another segment to recall.
- c) Press and hold **TC** to exit recall.

### TO CLEAR DATA

- 1) **To clear the current segment**, press and hold **FL** for approximately 3 seconds. The watch gives two short and one long beep to indicate that the segment has been cleared, at which point "CLEAR SEG" will be replaced by "CLEAR ALL" on the display. **Release FL** to avoid clearing all data. The watch display will show all 0's and you may store new times in that segment.
- 2) To clear a different segment, press **TC** to enter recall mode, then **TL** to select the segment you wish to clear. Then follow step 1 to clear that segment. If you have lots of data stored in the watch, the display will flash "BUSY" while it reorganizes the data. The display will show all 0's and the next available segment number in **[3]**. You may now store times in the new segment OR re-enter memory recall to select a different segment to clear.

**\*\* NOTE \*\*** When you have multiple segments stored in your watch and you clear an interim segment, the segments stored after the cleared segment will "drop down" to replace the cleared segment. For example, if you delete Segment 5, Segment 6 will move to the Segment 5 position, Segment 7 will move to the Segment 6 position, etc. New data will be stored in the next available segment number.

- 3) To clear all data from all segments, follow step 1 above but CONTINUE holding **FL** after the first long beep and "CLEAR ALL" appears on the display for approximately 3 MORE seconds (6 seconds total). The watch will beep quickly 3 more times then give one long beep and show all 0's and "SEG 1" in **[3]**. You may release **FL** at any time before the final long beep to avoid clearing all data in memory.

### TO DISPLAY DATE AND TIME

Press **FL** and **FR** together to display the current date and time, watch ID number, and total used memory for 5 seconds.

### TO ACTIVATE THE BACKLIGHT

The backlight will be activated automatically with every button press in low light conditions and will stay on for 2.5 seconds. To activate the backlight without storing a split or stopping the timer, you can press **FL** or **FR**.

**\*\* NOTE \*\*** The backlit display will be clearest when the top is tilted slightly away from you. Please keep this in mind if mounting your watch on a fixed surface.

### TO TURN THE INTERVAL OFF

Press and hold **FR** to turn the Interval off. To preserve battery life, the Interval will also turn itself off after 20 minutes of no activity (timer stopped, no button presses) or 10 hours of running unattended (timer running, no button presses). All memory data will be preserved when the watch is turned off.

**\*\* NOTE \*\*** You must exit the setting routine before you can turn the Interval off with **FR**.

### TO CHANGE THE BATTERY

The Interval uses two CR2032 lithium cells, commonly available where watch batteries are sold. The batteries are stacked one on top of the other in the battery compartment. The "top" battery (closer to the battery door) runs the backlight; the "bottom" battery (closer to the circuit board) runs the watch functions.

When the Interval's display grows dim, the watch battery (bottom) needs to be changed. All memory data will be lost when you change the battery, so be sure to record or upload your data when you notice the display growing dim. When the backlight no longer illuminates in low light conditions, the backlight battery (top) needs to be changed.

- 1) Open the battery compartment with a coin and tap the back of the watch on your palm to remove the batteries.
- 2) Change the affected battery. **\*\* NOTE \*\*** You can use a functioning backlight battery to power the watch temporarily by switching the positions of the batteries. The backlight will not illuminate in this situation.

### WARRANTY

The Interval is guaranteed against defects in materials and workmanship for one year from the date of purchase. The provisions of this warranty do not apply to batteries or products which have been subjected to misuse, negligence, accident, alteration or improper maintenance or repair.

Please call 610-447-1555 or e-mail [support@nkhhome.com](mailto:support@nkhhome.com) with problems. You will also find technical information online at [www.nkhhome.com](http://www.nkhhome.com).

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