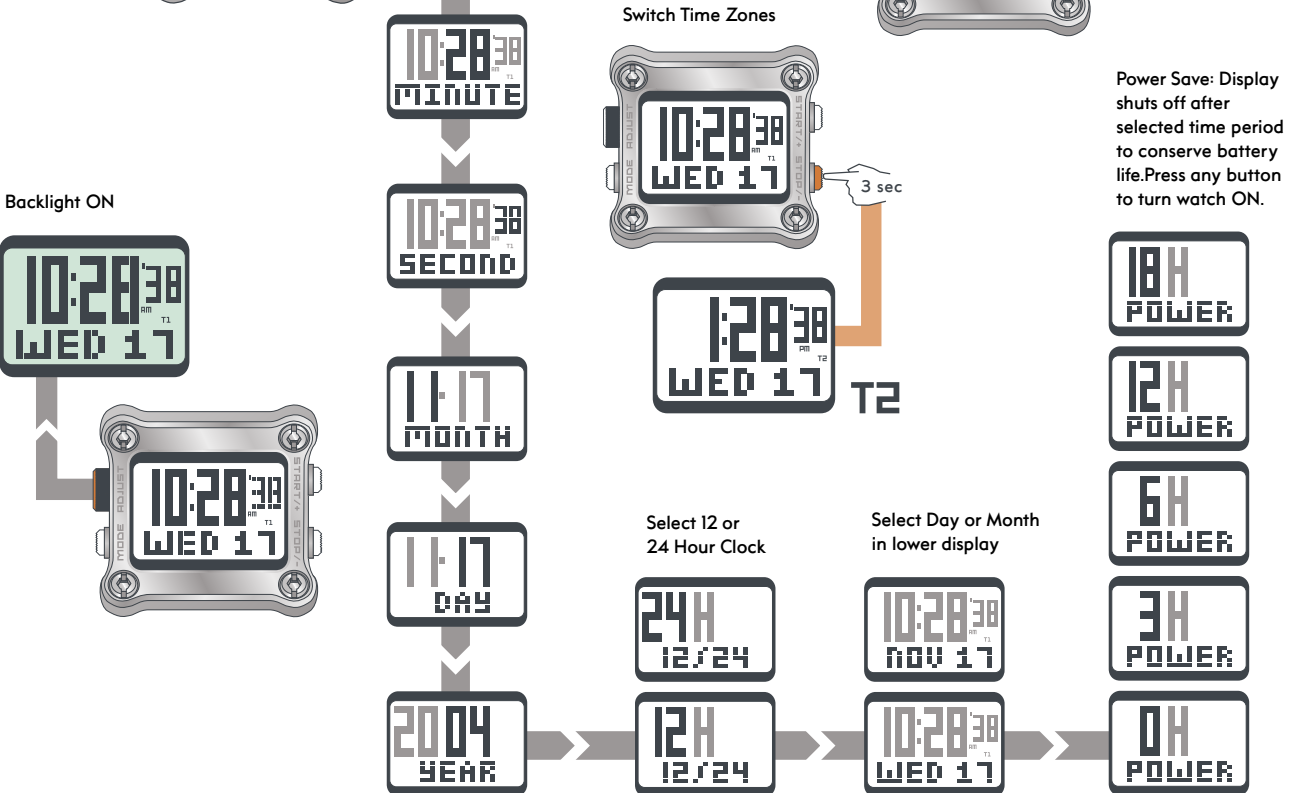
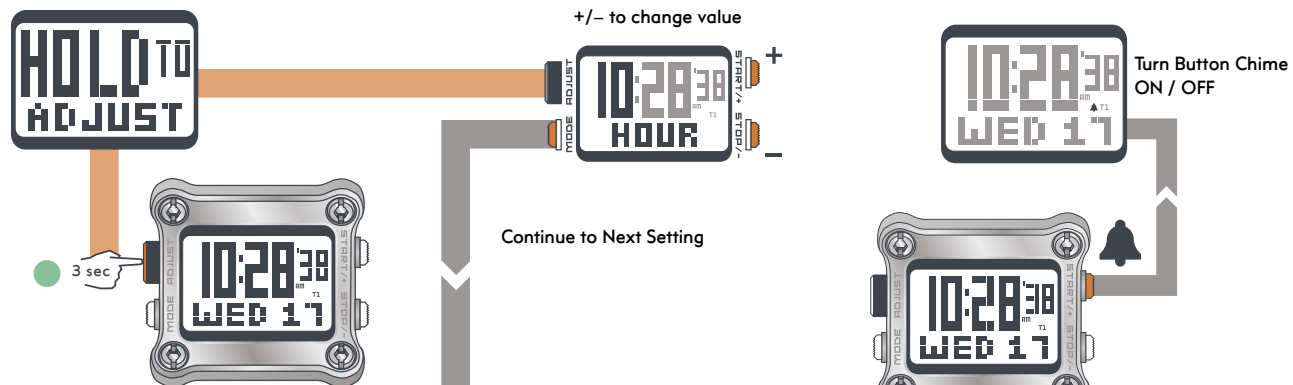
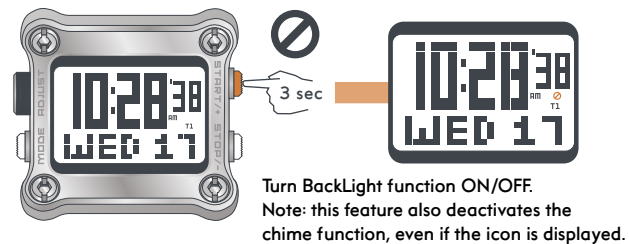
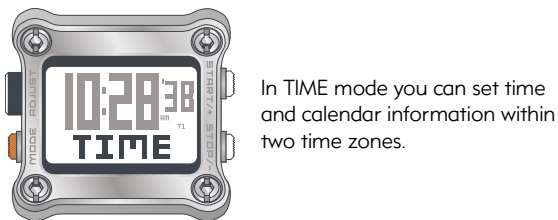
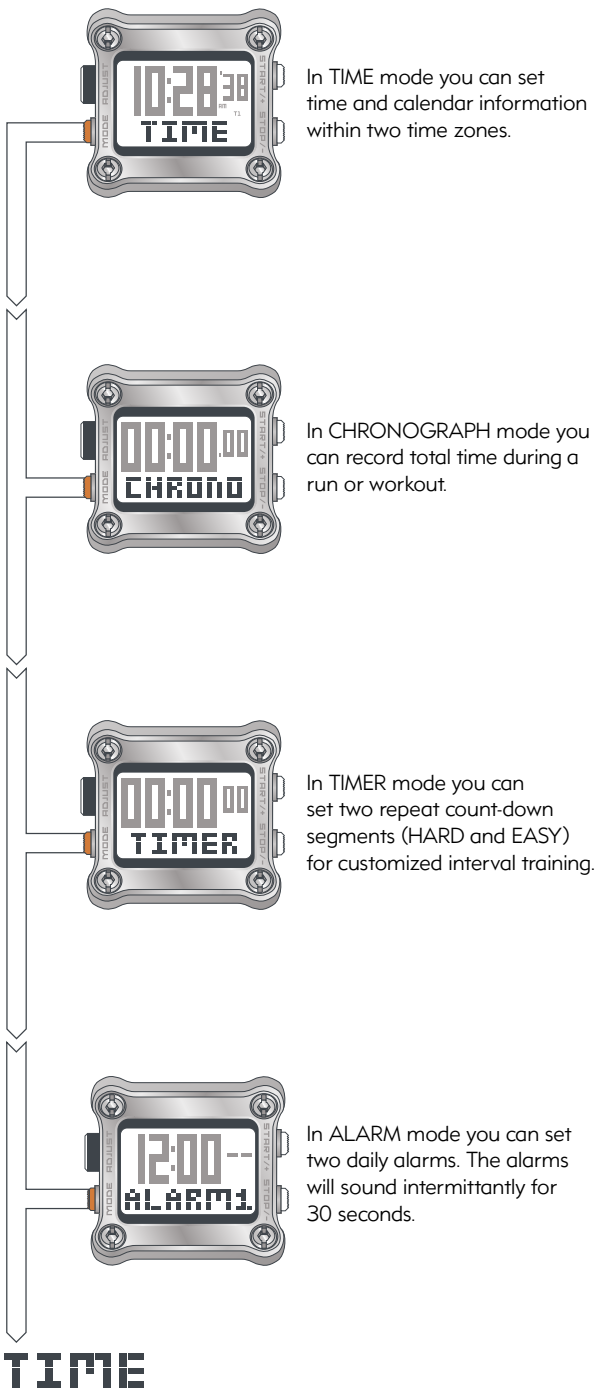
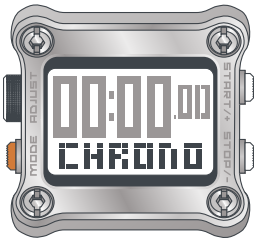
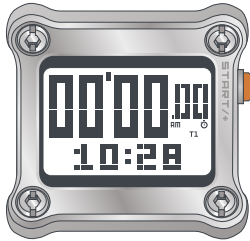


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In CHRONOGRAPH mode you can record total time during a run or workout.



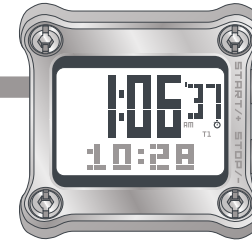
START Run



The chronograph will record 1/100ths of a second for the first hour



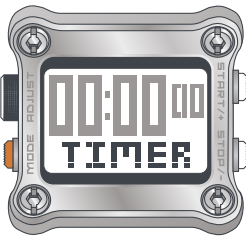
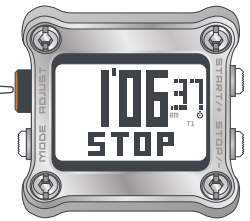
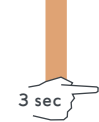
After 1 hour, the resolution switches to 1 second for up to 100 hours



STOP Run



CLEAR Run



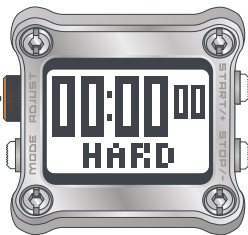
In TIMER mode you can set two repeat count-down segments (HARD and EASY) for customized interval training.



If either segment is set to 00:00'00, the other will repeat for up to 199 loops.



3 sec

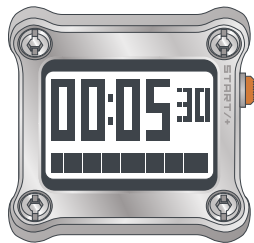


Both Segments can be set from 00:00'00 to 23:59'59 hours

If both segments are set, the HARD segment will countdown to zero and then beep for two seconds. The EASY segment will start automatically at the end of the HARD segment.



# TIMER



Graphic Bar in lower display will countdown relative to segment time

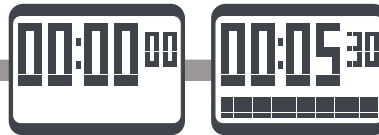
The watch will beep 5 times at the end of each segment and automatically start the next segment

STOP (Pause) workout

START interval workout.  
Segment begins to countdown.



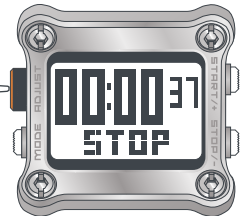
RESTART workout



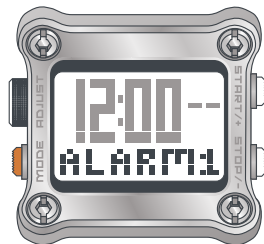
The watch will continue to loop the two segments up to 199 times if not stopped.



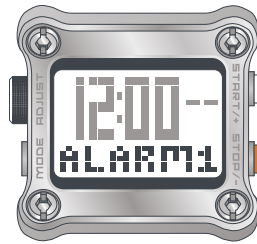
3 sec



RESET Run



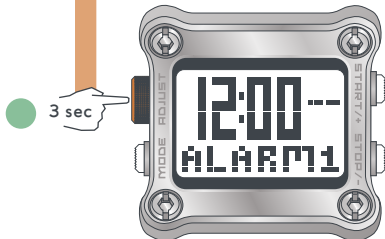
In ALARM mode you can set two daily alarms. The alarms will sound intermittantly for 30 seconds.



Select to adjust  
ALARM 1 or ALARM 2



Adjusted alarms turn  
ON automatically



Turn selected  
alarm ON / OFF

**BATTERY TYPE:** CR2032 3V Lithium

**BATTERY LIFE:**

The battery in your Nike watch is estimated to last 2 years, depending on frequency and use of certain features.

**BATTERY REPLACEMENT:**

Battery replacement must be performed by an authorized Nike service center to retain a valid warranty.

In addition to battery replacement, the service center will test movement, gaskets, water resilience and hardware, to further ensure the long-term care of your watch.

**WARNING!** Keep watch batteries away from children.

If swallowed, contact a doctor immediately.

**WARNING!** Batteries contain chemical substances.

They should be disposed of properly according to local regulations

**WATER RESISTANCE:** 100 meters

Built to withstand shallow diving in pools and snorkeling.

**ATTENTION:** Water damage may occur

if the buttons are pressed underwater

**OPERATING TEMPERATURE:**

-5 to 50° Celsius

**Material Specifications**

**CRYSTAL:** Mineral Glass

**STRAP:** Polyurethane

**CASE:** Polycarbonate

**CASEBACK:** Stainless Steel

**BEZEL:** Stainless Steel

**BUTTONS:** Stainless Steel

**BUCKLE:** Stainless Steel

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[www.niketiming.com](http://www.niketiming.com)

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