

WRISTOP COMPUTERS

INSTRUCTION MANUAL


SUUNTO

Customer SERVICE Contacts

Suunto USA

Phone 1 (800) 543-9124

Suunto Canada

Phone 1 (800) 776-7770

Web Site www.suuntousa.com

Suunto Europe

Phone +33 3 90 20 74 30

Fax +33 3 90 20 74 40

Web Site www.suuntoeurope.com

Suunto Oyj

Phone +358 9 8524 050

Fax +358 9 8524 0592

Web Site www.suunto.fi

Congratulations, your newly purchased Wristop Computer is designed to provide years of enjoyment in whatever outdoor activities you engage.

Along with this product you will find a Warranty card, this User's Guide, and a full service support team to give you the results you need anytime, anywhere, quickly and professionally.

We wish you many unforgettable moments with your new Wristop Computer!

Table of Contents

CHAPTER 1

INTRODUCTION	8
GENERAL INFORMATION	8
KEY FEATURES	9
BACKLIGHT FEATURES	9
WATER RESISTANCE	9
BUTTON FUNCTIONS	10
THE [MODE] BUTTON	10
THE [+] BUTTON	10
THE [-] BUTTON	10
THE [SELECT] BUTTON	11
LCD DISPLAY	11
Selecting the Units of Measurement	12
PRESSURE SENSOR CALIBRATION	13
CARE AND MAINTENANCE	13
Battery Replacements	14

CHAPTER 2

TIME MODE	15
How to Setup the Time	15
DAILY ALARM MODE	17
How to Setup the Daily Alarms	17
STOPWATCH MODE	18
How to Use the Stopwatch	18
COUNTDOWN TIMER MODE	19
How to Setup the Countdown Timer	20
How to Start the Countdown Timer	20
DUAL TIME MODE	20
Setting the Dual Time Function	21

CHAPTER 3

CHRONOGRAPH MODE	22
How to Use the Chronograph	22
How to View the Chronograph Memory	23
Sail Timer Function	24
Sail Timer Memory Function	25

CHAPTER 4

ALTIMETER MODE	27
Setting the Altimeter	28
Altitude difference Measurement Mode	29
How to Start the Altitude Difference Measurement	30
24-HOUR MEMORY MODE	30
LOGBOOK MODE	31
How to Start and Stop a Logbook	32
Fast Cumulative Button	33
LOGBOOK HISTORY MODE	33
Clearing the Logbook History	34

CHAPTER 5

BAROMETRIC MODE	35
PRESSURE DIFFERENCE MEASUREMENT MODE	36
How to Start the Pressure Difference Measurement	36
4-DAY MEMORY MODE	36
SEA LEVEL PRESSURE MODE	37
Setting the Sea Level Pressure	37
BAROMETRIC TREND INDICATOR	38

CHAPTER 6

COMPASS MODE	39
BEARING TRACKING MODE	40
DECLINATION ADJUSTMENT MODE	40

Setting the Local Declination	41
CALIBRATING THE COMPASS	41

CHAPTER 7

FREQUENTLY ASKED QUESTIONS	43
GENERAL	43
Is the Wristop Computer waterproof?	43
How long will the battery last?	43
What do the segments on the circumference mean?	43
Why do the segments on the circumference go to the left (counter-clockwise)?	43
Why are there two symbols above the mode indicator bar and what do they mean? 44	44
TIME	44
Why do the segments on the circumference increase and decrease when I am in the Time mode?	44
What is the longest time I can set in the timer?	44
ALTIMETER	44
How do you clear the logbook?	44
How does the logbook self-erase?	44
How many logbooks can you record?	45
What is the duration readout?	45
What is the maximum capacity of total vertical ascent or descent feet/meters in the logbook history?	45
If hiking from a level of 5,000 ft down hill to 3,000 ft and then back up to 8,000 feet, how is the Vector going to read this or average it out?	45
Why does the vertical ascent/descent measurement show different readings even though I am inside and staying in the same room?	46
BAROMETER	47
What is the little box on the top left of the display?	47

Does the Wristop Computer show future trends in weather conditions?	47
What does “absolute pressure” and “relative pressure” mean?	47
What is temperature compensation?	47
COMPASS	47
What is the purpose of the rotating outer bezel?	47
Where do I find the correct declination for my area so I can set my Wristop Computer?	48
EFFECT OF AIR TEMPERATURE ON ALTITUDE MEASUREMENT	48
COPYRIGHT AND TRADEMARK NOTICE	51
CE COMPLIANCE	51
LIMITS OF LIABILITY AND ISO 9001 COMPLIANCE	51

CHAPTER 1 INTRODUCTION

GENERAL INFORMATION

The Wristop Computer is a reliable high precision electronic instrument, intended for recreational use. The outdoor enthusiast who enjoys venturing in sports like skiing, kayaking, mountain climbing, hiking and biking can rely on the Wristop Computer's accuracy.

There are four models available:

- Altimax
- Navitec
- Vector, and
- X-Lander.

The ergonomically designed Wristop Computer weighs only 2 ounces or 55 grams and is accompanied by a LCD featuring a large number display intended to be clearly visible in almost any condition.

Note: The Wristop Computer should not be substituted for acquiring measurements that require professional or industrial precision and should not be used to acquire measurements when skydiving, hang gliding, paragliding, gyrocopter riding and flying small aircraft.

IMPORTANT NOTE:

THE ILLUSTRATION ON PAGE 11 OF THIS MANUAL IDENTIFIES THE PROPERTIES OF THE WRISTOP COMPUTER AND LCD DISPLAY. THIS ILLUSTRATION IS DESIGNED TO FACILITATE THE THE USER'S UNDERSTANDING OF THE FUNCTIONS AND PROCESSES TO SETUP THOSE FUNCTIONS.

KEY FEATURES

Though the user's guide applies to all the Wristop Computer models, features and differences in operation of the models are noted in the table below.

Features	Wristop Computer Models			
	Altimax	Navitec	Vector	X-Lander
Time	YES	YES	YES	YES
Altimeter	YES	-	YES	YES
Barometer	YES	-	YES	YES
Compass	-	YES	YES	YES
Chronograph	-	YES	-	-

In each of the features, associated sub modes provide further enhancements to the usefulness of its owner. All key features and sub modes are discussed in detail following this section.

Note: Wristop Computer models Vector and X-Lander provide the same features. The difference is the Vector is housed in a sturdy plastic case and the X-Lander is brushed aluminum.

BACKLIGHT FEATURES

The Wristop Computer has an electroluminescent backlight. This is initiated by pressing and holding the [Mode] button for 2 seconds. The backlight will remain on for 5 seconds. Pressing the [Mode] button during this time will restart the 5 second period, continuing the backlight feature.

WATER RESISTANCE

The Wristop Computer is waterproof up to 30m/100ft.

Note: The Wristop Computer models are not dive instruments. Buttons should not be operated (put to use) while under water.

BUTTON FUNCTIONS

Four buttons are used to operate the Wristop Computer: [Mode], [+] (ON/OFF), [-] (Fast Bearing), and [Select].

THE [MODE] BUTTON

Is located on the top right of the Wristop Computer.

- In the main mode level, pressing the [Mode] button allows the user to select or move from one mode or function to the next (TIME, ALTI, BARO, COMP).
- In the sub mode level, pressing the [Mode] button returns the user to the main mode level.
- In the setup process, pressing the [Mode] button accepts the changes or preferences. Pressing the button again will return the user to the main mode level.
- Pressing the button for 2 seconds activates the backlight feature.

THE [+] BUTTON

Is located on the bottom right of the Wristop Computer.

- In the setup process, pressing the [+] button changes or scrolls the value upward.
- In the timing and logbook functions, this button can act as a start/stop (or On/Off) button.

THE [-] BUTTON

Is located on the bottom left of the Wristop Computer.

- In the setup process, pressing the [-] button changes or scrolls the value downward.
- For the Navitec, Vector and X-Lander models this button is also known as the “Fast Bearing” button. Pressing the [-] button in any of the main modes will quickly display the compass mode, showing either the normal compass or bearing tracking feature (depending on what display has been chosen in the compass mode).
- For the Altimax model, this button is also called the “Fast Cumulative” button. Pressing the [-] button in any of the main modes will quickly display the cumulative information of the current logbook recording.

Note: Details of this feature can be located on Page 33 of this manual.

THE [SELECT] BUTTON

Is located on the top left of the Wristop Computer.

- In the main mode level, pressing the [Select] button allows the user to enter into the sub modes of the particular function or return to the main mode the user is in.
- In the main mode or sub mode, pressing and holding the [Select] button for more than 2 seconds allows the user to enter the setup process.
- In the setup process, the [Select] button allows the user to move between settable units or values and determine preferences.

LCD DISPLAY

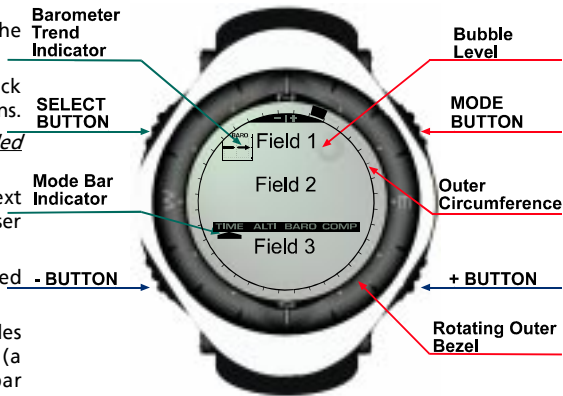
The display is designed to offer maximum clarity and simplicity to the user.

The display is divided into several regions or areas.

- The Outer Circumference encompasses the outer boundary of the LCD display.
- A Barometric Trend Indicator provides a quick reference for forecasting weather conditions.

Note: The Barometric Trend Indicator is provided on the Altimax, Vector, and X-Lander.

- Field 1 displays values either numbers or text depending on the mode or sub mode the user is in.
- Field 2 displays large numbers and/or related unit of measure of the function.
- A Mode Indicator Bar displays the main modes (functions) of the Wristop Computer (a triangle arrow located just below the bar indicates the mode the user is viewing).
- Field 3 displaying either numbers and/or text.



MEASUREMENTS AND UNITS

Note: This setting applies to the Altimax, Vector, and X-Lander.

The Wristop Computer supplies two units of measure: metric or imperial.

Metric Unit of Measure	Imperial Unit of Measure
m	ft
m/min	ft/min
°C	°F
mbar	inHg

Selecting the Units of Measurement

To change the unit of measure displayed:

1. Check the mode indicator. If the mode arrow is not on TIME, PRESS the [Mode] button until the arrow is directly below TIME on the Mode Indicator Bar.
2. PRESS the [Mode] and [Select] buttons simultaneously and hold for 3 seconds. Field 1 will display "SET" momentarily and then display "UNI".

Note: If the user does not press any button for 1 minute in the setup mode, the display will automatically exit setup.

WARNING: If the user presses the [Select] button (and does not hold for 2 seconds) while in the "UNI" setting mode, the user will be in the Pressure Sensor Calibration. Refer to the next section for details.

3. PRESS the [Select] button and hold for 2 seconds. Located to the right in Field 2, "m" or "ft" will begin to flash.
4. PRESS the [+] button to toggle between "m" and "ft".
5. At the unit of measure desired, PRESS the [Select] button to move to the next unit. Located below the "m" or "ft" in Field 2, "mbar" or "inHg" will begin to flash.
6. PRESS the [+] button to toggle between "mbar" and "inHg".
7. At the unit of measure desired, PRESS the [Select] button to move to the next unit. Located at the top right in Field 1 (just above the bubble), °C or °F will begin to flash.
8. PRESS the [+] button to toggle between °C and °F.

9. At the unit of measure desired, PRESS the [Select] button to move to the next unit. Located at the top center in Field 1, "m/min" or "ft/min" will begin to flash.
 10. PRESS the [+] button to toggle between "m/min" and "ft/min".
 11. At the unit of measure desired, PRESS the [Mode] button to accept the changes. PRESS the [Mode] button again to return to the main time mode.
- Selecting the units of measurement is complete.

PRESSURE SENSOR CALIBRATION

Note: This calibration applies to the Altimax, Vector, and X-Lander.

This is a **FACTORY SETTING CALIBRATION**. If you are in this mode we highly suggest that you exit this setting by pressing the [Mode] button. Calibrating this setting will **ADVERSELY IMPACT** all altitude and barometric settings of the Wristop Computer.

In this setting, the user will be viewing "SNR" (Sensor) in Field 1. Do not press the [+] or [-] button to adjust the pressure. Simply exit this setting by pressing the [Select] button to return to the "UNI" setting mode or by pressing the [Mode] button to return to the main mode.

If the Pressure Setting Calibration has been altered, in error, please contact our Product Support Department.

CARE AND MAINTENANCE

Perform only the detailed processes discussed in this manual. Do not perform any other service to the Wristop Computer or attempt to open the case or remove the buttons or the bezel.

Protect your Wristop Computer from shocks, extreme heat and prolonged exposure to direct sunlight. If not in use, your Wristop Computer should be stored in a clean, dry environment at room temperature.

The Wristop Computer can be wiped clean with a lightly moistened (warm water) cloth. Applying a mild soap to the area can clean stubborn stains or marks.

Avoid exposing the Wristop Computer to strong chemicals like gasoline, cleaning solvents, acetone, alcohol, adhesives, and paint, as they will damage the unit's seals, case and finish.

Never attempt to take the Wristop Computer apart or service it yourself. Make sure the area around the sensors (backside of the instrument) is kept free of dirt and sand. Never insert any objects into the sensor openings of the Wristop Computer.

Battery Replacements

The Wristop Computer operates on a three-volt lithium cell Type: CR 2430. The maximum life expectancy is approximately 12-18 months.

A low battery-warning indicator is activated when 5-15 percent of the battery capacity is still available. When this occurs we recommend replacement of the battery.

Extreme cold weather will activate the low battery-warning indicator. Though the indicator is activated, the battery may not need to be replaced due to this condition. In temperatures above 10°C (50°F) and the low battery warning indicator is activated, the battery will need to be replaced.

Note: Heavy use of the electroluminescent backlight, altimeter, and compass will significantly reduce the life of the battery.

To replace the battery:

1. turn the Wristop Computer to view the backside;
2. insert a coin in the coin slot located on the battery compartment cover;
3. turn the coin counterclockwise to the open position marked on the back of the case;
4. remove the battery compartment cover;
5. remove the old cell from the battery compartment and ensure the o-ring and all surfaces are clean and dry. Do not stretch the o-ring;
6. place the new cell into the battery compartment (negative side down, positive side up);
7. ensure that the o-ring is in its place to keep the Wristop Computer waterproof. Place the battery compartment cover back onto the backside of the Wristop Computer;
8. insert a coin back into the coin slot; and
9. turn the coin clockwise to the close position marked on the back of the case.

Note: Battery replacement should be performed with extreme care so as to ensure the Wristop Computer continues to remain waterproof. It is the operator's responsibility to take due care to ensure that the Wristop Computer remains waterproof.

After every battery replacement, it is necessary to calibrate the magnetic sensor. Details on performing this process are found in Calibrating the Compass section of this manual.

CHAPTER 2 TIME MODE

Note: This feature applies to the Altimax, Navitec, Vector and X-Lander.

The watch function provides the user with:

- an adjustable 24/12 hour clock display;
- a calendar pre-programmed to the year 2089; and
- three sub modes: three daily alarms, stopwatch and countdown timer.

To view and use the Time mode function:

Check the Mode Indicator Bar. If the mode arrow is not on TIME, PRESS the [Mode] button until the arrow is directly below TIME on the bar.

In the TIME mode:

- Field 1 displays the day of the week.
- Field 2 displays the current time.
- Field 3 displays the date (month/day).
- The Outer Circumference graphically displays time in seconds.

The Time mode and all sub modes can be adjusted through the setup program of the Wristop Computer.

How to Setup the Time

To setup the Time:

1. PRESS the [Select] button and hold for 2 seconds. Located in Field 3, the seconds will begin to flash.
2. PRESS the [+] button to scroll the seconds upward or
PRESS the [-] button to reset the seconds to zero.
3. At the seconds desired, PRESS the [Select] button to move to the next setting. Located on right of Field 2, the minutes will begin to flash.
4. PRESS the [+] button to scroll the minutes upward or
PRESS the [-] button to scroll the minutes downward.
5. At the minutes desired, PRESS the [Select] button to move to the next setting. Located in the center of Field 2, the hour will begin to flash.

6. PRESS the [+] button to scroll the hour upward or
PRESS the [-] button to scroll the hour downward.
 7. At the hour desired, PRESS the [Select] button to move to the next setting. Located in Field 1, the 24 or 12 hour clock setting will begin to flash.
 8. PRESS either the [+] or the [-] button to toggle between the 24hr and 12hr.
- Note: if the 12 hour clock is chosen either AM/PM will appear below the hour in Field 2.*
9. At the clock setting desired, PRESS the [Select] button to move to the next setting. Located in the center of Field 2, the year will begin to flash.
 10. PRESS the [+] button to scroll the year upward or
PRESS the [-] button to scroll the year downward.
 11. At the year desired, PRESS the [Select] button to move to the next setting. Located in the center of Field 3, the month represented by a number will begin to flash.
 12. PRESS the [+] button to scroll the month upward or
PRESS the [-] button to scroll the month downward.
 13. At the month desired, PRESS the [Select] button to move to the next setting. Located to the right of Field 3, the date will begin to flash.
 14. PRESS the [+] button to scroll the date upward or
PRESS the [-] button to scroll the date downward.

Note: Once the user has determined the year, month and day, the Wristop Computer will supply the day of the week in Field 1.

15. At the desired date, PRESS the [Mode] button to accept the changes and return to the main mode.

Note: If the user does not press any button for 1 minute in the setup mode, the display will automatically exit setup.

Setting the time is now complete.

DAILY ALARM MODE

The Wristop Computer allows the user to select and enter settings for up to three alarms.

In the TIME mode, PRESS the [Select] button once to enter this sub mode.

In the Daily Alarm mode,

- Field 1 displays "ON" or "OFF" (the activation status of a particular alarm),
- Field 2 displays the time of a particular alarm, and
- Field 3 displays the alarm (1, 2, or 3) the user is viewing.

Pressing the [+] or the [-] button will toggle between the alarms 1,2, or 3 to view the settings for each alarm.

How to Setup the Daily Alarms

1. PRESS the [+] or the [-] button to select the desired alarm to be set (1,2, or 3).
2. PRESS the [Select] button and hold for 2 seconds. Located in Field 1, the "ON" or "OFF" will begin to flash.
3. PRESS either the [+] or the [-] button to toggle between "ON" and "OFF".
4. At the setting desired, PRESS the [Select] button to move to the next setting. Located in the center of Field 2, the hour will begin to flash.
5. PRESS the [+] button to scroll the hour upward or PRESS the [-] button to scroll the hour downward.
6. At the hour desired, PRESS the [Select] button to move to the next setting. Located on the right of Field 2, the minutes will begin to flash.
7. PRESS the [+] button to scroll the minutes upward or PRESS the [-] button to scroll the minutes downward.
8. At the minutes desired, PRESS the [Mode] button to accept the changes and exit the setup program. A small bell will appear at the bottom left side in Field 2 to signify an alarm has been activated.

The Alarm setup is complete. To activate up to three alarms, please repeat steps 1-8 for the selected alarm (1,2, or 3).

STOPWATCH MODE

Note: This feature applies to the Altimax, Vector and X-Lander models.

The Wristop Computer stopwatch feature can provide split time measurement and two finish times up to 23 hours 59 minutes and 59 seconds.

In the TIME mode, PRESS the [Select] button twice to enter this sub mode.

In the Stopwatch mode,

- Field 1 displays the seconds and tenths of a second,
- Field 2 displays the current time, and
- Field 3 displays hours and minutes and to the far right “stopwatch”.

How to Use the Stopwatch

There are three timing modes the user can employ:

- an elapsed time measurement;
- a split time measurement; and
- a two finish time measurement.

In the elapsed time mode:

1. PRESS the [+] button to start, stop, and restart the stopwatch.
2. PRESS the [-] button to reset the stopwatch to zero once the stopwatch has stopped.

In the split time mode:

1. PRESS the [+] button to start the stopwatch.
2. PRESS the [-] button once to stop the stopwatch and to display a split time.
3. PRESS the [-] button a second time to release the split time display and resume the stopwatch.
4. PRESS the [+] button to stop the stopwatch.
5. PRESS the [-] button to reset the stopwatch to zero once the stopwatch has stopped.

In the two finish time mode:

1. PRESS the [+] button to start the stopwatch.
2. PRESS the [-] button once to stop the stopwatch to display the finish time of the first person.
3. PRESS the [+] button to stop the stopwatch.
4. PRESS the [-] button a second time to release and display the finish time of the second person.
5. PRESS the [-] button to clear and to reset the stopwatch.

Note: When the stopwatch function is activated, the stopwatch will continue and remain in the background if the user is in other modes or sub modes. The user can identify the stopwatch is still activated by the flashing text "stopwatch" in Field

Elapsed time measurement

Split time measurement

Times of two runners

(+) Start 

(+) Stop

(+) Restart

(+) Stop

(-) Clear

(+) Start 

(-) Split

(-) Split release

(+) Stop

(-) Clear

(+) Start 

(-) Split (time of the first runner)

(+) Stop

(-) Split release (time of the second runner)

(-) Clear

Graphic Illustration: How to use the stopwatch feature

COUNTDOWN TIMER MODE

In the TIME mode, PRESS the [Select] button three times to enter this sub mode.

In the countdown timer mode:

- Field 1 displays the seconds,
- Field 2 displays the current time, and
- Field 3 displays the hour and minutes and to the bottom far right the text "timer".

How to Setup the Countdown Timer

1. PRESS the [Select] button and hold for 2 seconds. Located in Field 1, the seconds will begin to flash.
2. PRESS the [+] button to scroll the seconds upward or
3. PRESS the [-] button to scroll the seconds downward.
4. At the seconds desired, PRESS the [Select] button to move to the next setting. Located on right of Field 3, the minutes will begin to flash.
5. PRESS the [+] button to scroll the minutes upward or
PRESS the [-] button to scroll the minutes downward.
6. At the minutes desired, PRESS the [Select] button to move to the next setting. Located in the center of Field 3, the hour will begin to flash.
7. PRESS the [+] button to scroll the hour upward or
PRESS the [-] button to scroll the hour downward.
8. At the hour desired, PRESS the [Mode] button to accept the changes and exit the setup program.
9. The countdown timer setup is complete.

How to Start the Countdown Timer

To start the countdown timer:

1. PRESS the [+] button to start, stop, and restart the timer.
2. PRESS the [-] button to reset the timer to zero once the timer has stopped.

Note: When the countdown timer is activated, the countdown timer will continue and remain in the background if the user is in other modes or sub modes. The user can identify the countdown timer still activated by the flashing text "timer" in Field 3.

DUAL TIME MODE

Note: This feature applies to the Altimax and Navitec Wristop Computer

In the TIME mode, PRESS the [Select] button:

- for the Altimax four times
- for the Navitec three times

to enter this sub mode.

In the dual time mode:

- Field 1 displays dUA indicating “dual time”,
- Field 2 displays the current time, and
- Field 3 displays the dual time (e.g. your home time).

The user can display the seconds while in this sub mode by pressing the [+] button, in Field 3 the seconds will appear for 10 seconds. Afterwards the display returns back to showing the dual time.

Setting the Dual Time Function

In the dual time mode:

1. PRESS the [Select] button and hold for 2 seconds. Located in Field 3, the hours will begin to flash.
2. PRESS the [+] button to scroll the hours upward or
PRESS the [-] button to scroll the hours downward.
3. At the hour desired, PRESS the [Select] button to move to the next setting. Located in Field 3 to the right of the hour value, the minutes will begin to flash.
4. PRESS the [+] button to scroll the minutes upward or
PRESS the [-] button to scroll the minutes downward.
5. At the minutes desired, PRESS the [Mode] button to accept the changes and exit the setup program.
6. The dual time setup is complete.

The dual time stays the same, even though the time in the main time mode is adjusted. For example, if you set the dual time to show your home time, your home time will always be displayed in this sub mode even though you travel to a different time zone and adjust the time in the main time mode.

Note: The dual time function is completely independent and does not affect the alarms or the memory functions. These are dependent of the current local time.

CHAPTER 3 CHRONOGRAPH MODE

Note: This feature only applies to the Navitec model.

The chronograph function is able to:

- measure and store 1-99 split and lap times for up to 99 runs; and
- obtain a maximum range of one run (timing event) up to 23 hours 59 minutes and 59.9 seconds. Upon exceeding this range the Navitec will activate an audible sound to indicate the maximum range has been reached and the timing process has stopped.

To view Chronograph mode:

Check the Mode Indicator Bar. If the mode arrow is not on CHR, PRESS the [Mode] button until the arrow is directly below CHR on the bar.

In the Chronograph mode:

- Field 1 displays the seconds and tenths of seconds of the timer.
- Field 2 displays the timer showing the hours and minutes.
- Field 3 displays the current time and to the right the text "Stopwatch".

Note: If the stopwatch function is on and the user is in another mode other than the main chronograph mode, the text "Stopwatch" flashes to remind the user this function is activated.

How to Use the Chronograph

In the chronograph mode:

1. PRESS the [+] button to start the stopwatch.
2. PRESS the [-] button to store the lap time and split time in memory.

Lap and split times are displayed as follows:

In Field 1 the lap time is shown for the latest lap shown in Field 3 "L #" (# = lap number). The lap time is displayed for five seconds before the measures split time is displayed.

The split time is indicated by the abbreviation "SPL" (SPL = split) in Field 3 displaying for five seconds before it returns to showing the running time.

Note: The user can continuously press the [-] button during this activity and can record and display new

lap and split times up to 99 times.

3. PRESS the [+] button to stop the stopwatch.

4. PRESS the [-] button to reset the stopwatch to zero once the stopwatch has stopped.

Note: If the user decides to go to a different mode while utilizing the chronograph feature, the chronograph/stopwatch will continue to run in the background.

The timing of another event cannot start until the stopwatch has been zeroed after the first timing. The zeroing is done by pushing the [-] button.

How to View the Chronograph Memory

In the Chronograph mode, PRESS the [Select] button once. This sub mode features three screens. These screens automatically rotate displaying a summary of information of the most recent completed timed event in intervals of 4 seconds.

In the first display:

- Field 1 displays the year;
- Field 2 displays the event number "CH #"; and
- Field 3 displays date of the timed event

The user can PRESS the [-] button to scroll down to view previous timed events captured and then PRESS [+] button to scroll up to the most recent completed timed event.

The second display shows duration of run/timing event on the bottom row).

- Field 1 displays the seconds and tenths of seconds of the timed event;
- Field 2 displays the total time of the event in hours and minutes; and
- Field 3 displays the text " dUr " (dUr = duration).

The third display shows the total number of laps stored into memory.

- Field 2 displays the total number of laps; and
- Field 3 displays the text "LAP".

Viewing the timed event's individual lap and split times

1. PRESS and hold the [Select] button for 2 seconds.
 - Field 2 displays the event number "CH #" the user will be viewing; and
 - Field 3 displays the text "bEG" (begin).
2. PRESS the [+] button to view the lap and split time which is in chronological order beginning with lap 1.
 - Field 1 displays the seconds and tenths of seconds of the lap or split time;
 - Field 2 displays the hours and minutes of the lap or split time; and
 - Field 3 displays the text " L #" or "SPL" (SPL = split time). The lap time will be viewed first the split time will follow automatically.
3. PRESS the [+] button to continue viewing the remainder of lap and split times recorded. When the last lap and split times have been viewed, the display will show in Field 2 "CH #"; and in Field 3 the text "End" (indicating the end of this activity).
4. PRESS the [Mode] button once to exit and return to the chronograph memory sub mode.

Sail Timer Function

In the Chronograph mode, PRESS the [Select] button two times.

The display shows in:

- Field 1 the selected time to be counted down in minutes , maximum 10 minutes;
- Field 2 the time to be counted down in minutes and seconds; and
- Field 3 the current time and the text "logbook" to the left of the current time.

To set the count down, PRESS the [-] button, the selection will begin with 10 minutes. Continue pressing the [-] button until the desired minute is achieved. The selected time is stored in Field 1.

To begin the count down, PRESS the [+] button.

During the count down the time will activate audible signals.

Interval	Audible signal
Every full minute	Short double beep
Every 10 seconds during the last minute	Short double beep
Every second during the last ten seconds	Short single beep
At the completion of the count down	Long single beep

When the time to count down has been reached, a stopwatch will automatically start running. The range of the stopwatch is 119:59,59.

- Field 1 displays the seconds and tenths of seconds of the event;
- Field 2 displays the hours and minutes of the event; and
- Field 3 displays the current time and the text "logbook" to the left of the current time.

During this activity when the stopwatch is running, the [-] button can be used to store up to 50 split times (waypoints) to be viewed after the race has been completed. The split time (waypoint time) will be displayed for 10 seconds after pushing the [-] button.

The stopwatch is stopped by pressing the [+] button twice within two seconds. This will eliminate accidental stops of the stopwatch. The finish time is also stored in the memory. After the stopwatch has been stopped, the [-] button returns the user to the countdown display.

PRESS the [Mode] button once to return to the chronograph main mode.

Sail Timer Memory Function

In the Chronograph mode, PRESS the [Select] button three times.

In the first display:

- Field 1 shows the year of race;
- Field 2 shows the starting time of the race; and
- Field 3 shows starting date of race (month and day) and the text "logbook" and "memory" to the left.

PRESS the [+] button to view the second display.

In the second display:

- Field 1 shows the seconds and tenths of seconds of the timed event;
- Field 2 shows the hours and minutes of the event; and
- Field 3 shows the text "dUr" (dUr = duration).

PRESS the [+] button to display the stored split times (waypoint times)

- Field 1 shows the seconds and tenths of seconds of the split time;
- Field 2 shows the hours and minutes of the split time; and
- Field 3 shows the starting date of the race.

PRESS the [+] and [-] buttons to scroll through the split times.

PRESS the [Select] button to exit and return to the main mode.

Note: Only one race can be stored in the memory. As soon as the count down function is restarted, the information from the previous race will be erased from the memory.

CHAPTER 4 ALTIMETER MODE

Note: This feature applies to the Altimax, Vector and X-Lander.

The Altimeter function provides the user with:

- an adjustable unit of measure either meter or feet: meter range -500 to 9,000; ft range -1,600 to 29,500;
- a resolution of 5m or 10ft;
- a display up-date on the rate of vertical movement in intervals of 1 second for 3 minutes, then every 10 seconds or less;
- an automatic 24-hour memory in one hour intervals showing altitude and vertical ascent/descent rate; and
- a logbook, recording approximately 3800 sets of data (one set = altitude, vertical ascent/descent rate and time).

To view and use the Altimeter function:

Check the Mode Indicator Bar. If the mode arrow is not on ALTI, PRESS the [Mode] button until the arrow is directly below ALTI on the bar.

In the ALTIMETER mode:

- Field 1 displays the vertical ascent or descent rate;
- Field 2 displays the current altitude in increments of 5 meters or 10 feet (depending on the unit of measure selected); and
- Field 3 displays the current time.
- The Outer Circumference graphically displays the altitude in hundreds of meters or feet over a full thousand where one complete circle is equivalent to 1000.

IMPORTANT NOTE: IN ORDER TO SET THE ALTITUDE IN THE ALTIMETER MODE, THE ALTITUDE MUST BE KNOWN. THAT INFORMATION CAN BE FOUND BY UTILIZING A TOPOGRAPHICAL MAP, IDENTIFYING THE CURRENT LOCATION WITH THE ASSOCIATED ALTITUDE MARKED. THE USER CAN PROCEED AND FOLLOW THE INSTRUCTIONS, SETTING THE ALTIMETER, PROVIDED IN THE SECTION BELOW.

DETAILS REGARDING THE EFFECT OF AIR TEMPERATURE ON ALTITUDE MEASUREMENT ARE SHOWN ON PAGE 48 OF THIS MANUAL.

IF THE ALTITUDE IS NOT KNOWN, THE USER CAN SET THE SEA LEVEL PRESSURE IN THE BAROMETRIC MODE (REFER TO PAGE 37, SETTING THE SEA LEVEL PRESSURE).

SETTING THE SEA LEVEL PRESSURE WILL ADJUST THE ALTIMETER TO THE CURRENT ALTITUDE WITHIN SOME TEN METERS OR FEW HUNDRED FEET.

INFORMATION ON THE CURRENT SEA LEVEL PRESSURE CAN BE OBTAINED THROUGH NEWSPAPERS, LOCAL NEWS AND RADIO WEATHER REPORTS, THE LOCAL AIRPORT FACILITY OR THROUGH THE INTERNET UNDER LOCAL WEATHER.

Setting the Altimeter

In setting the Altimeter, there are three processes that can be performed:

- the Reference Altitude (known altitude at the current location),
- the Altitude Alarm (signifies the user when a certain altitude, programmed, is reached), and
- the Logbook Recording Interval (allows the user to view the altitude and average rate of vertical movement within a chosen interval of time).

To begin:

1. PRESS the [Select] button and hold for 2 seconds. Located in Field 1 is the text "RE" (indicating reference altitude), located in Field 2, the current altitude will begin to flash.
2. PRESS the [+] button to scroll the altitude upward or PRESS the [-] button to scroll the altitude downwards.
3. At the desired reference altitude, either PRESS the [Mode] button to accept the changes and return to the main mode or PRESS the [Select] button to move to the next setting. Located in Field 1, the "ON" or "OFF" will begin to flash.
4. PRESS either the [+] or the [-] button to toggle between the "ON" and "OFF" for the Altitude Alarm.
5. At the desired setting, PRESS the [Select] button to move to the next setting. Located in the center of Field 2, the alarm altitude will begin to flash.
6. PRESS the [+] button to scroll the altitude upward or PRESS the [-] button to scroll the altitude downwards.
7. At the desired altitude, either PRESS the [Mode] button to accept the changes and return to the main mode or PRESS the [Select] button to move to the next setting. Located in Field 1, the text INT and located in Field 2 the time interval will begin to flash.

8. PRESS either the [+] or the [-] button to scroll through the intervals. There are four time intervals 20 seconds, 1 minute, 10 minute or 60 minute.

Recommended interval to use:

Activity	Interval
Skiing	1 Minute
Biking	1 Minute
Hiking	10 Minute
Climbing	60 Minute

Note: In selecting the interval, the user chooses a) the time period for recording the altitude, the vertical ascent/descent rate as well as the current time to be stored into the logbook and b) the timeout or maximum recording time of a logbook. The shorter the interval the more accurate the information due to the fact the sampling rate is faster. Timeouts are discussed on page 3-8.

9. At the desired interval, PRESS the [Mode] button to accept the changes and exit the setup program. Once the user completes the process in setting the reference altitude of the current location to the known altitude, the Wristop Computer will also correct the sea level pressure, and therefore, it will not be necessary for this function to be set.

Note: If the user does not press any button for 1 minute in the setup mode, the display will automatically exit setup.

Altitude difference Measurement Mode

In the Altimeter mode, PRESS the [Select] button once to enter this sub mode.

In the Altitude Difference measurement mode:

- Field 1 displays the vertical ascent or descent rate;
- Field 2 displays the current altitude in increments of 5 meters or 10 feet depending on the unit of measure selected; and
- Field 3 displays the running time; to the left of the time is the text "differ".
- The Outer Circumference graphically displays the altitude in hundreds of meters or feet over a full thousand where one complete circle is equivalent to 1000.

The running time is displayed up to 39 hours and 59 minutes; after which three dashes (-:-) appear on the display in Field 3. If the user allows the difference measurement sub mode to remain on visual display continuously for 12 hours, the Wristop Computer will automatically return to the main time mode.

This mode does continue in the background and allows the user to move to other modes and at the convenience of the user can return to this sub mode to display the current status.

Note: The difference measurement mode is a relative measurement. Any change in the reference altitude during the altitude difference measurement will effect the measured altitude. We recommend that the reference altitude always be checked and set again prior to beginning a new measurement.

How to Start the Altitude Difference Measurement

1. PRESS the [Select] button and hold for 2 seconds. Located in Field 1 is the text "SET"; located in Field 2, zero will begin to flash.
 2. PRESS the [Mode] button to accept the flashing zero and start the difference measurement.
- If the user does not desire to begin the difference measurement, PRESS either the [+] or the [-] button to toggle to the current altitude then PRESS the [Mode] button to exit the setup program.

Note: If the user does not press any button for 1 minute in the setup mode, the display will return to the main mode without zeroing the altimeter.

24-HOUR MEMORY MODE

In the Altimeter mode, PRESS the [Select] button twice to enter this sub mode.

In the 24-hour memory mode:

- Field 1 displays the vertical ascent or descent rate;
 - Field 2 displays the current altitude in increments of 5 meters or 10 feet depending on the unit of measure selected; and
 - Field 3 displays the particular hour and to the left the text "memory".
- The Outer Circumference displays graphically the altitude in hundreds of meters or feet over a full thousand where one complete circle is equivalent to 1000.

To view the information compiled in the 24-hr memory:

1. PRESS the [-] button to scroll back down in increments of one hour and view the vertical ascent/descent rate and the altitude for that particular hour.

2. PRESS the [+] button to scroll back up.

Note: Replacing the battery will not erase this information.

LOGBOOK MODE

In the Altimeter mode, PRESS the [Select] button three times to enter this sub mode. The logbook mode features five displays. The displays automatically rotate showing the first display for 7 seconds then proceeds showing displays 2 through 5 at 4 second intervals.

In the first display:

- Field 1 displays the year;
- Field 2 displays the text "LO" with the current logbook number flashing; and
- Field 3 displays the month and day of the particular logbook number. To the left of the month/day, is the text "Log Book".

The user can PRESS the [-] to scroll down to view previous logs captured and then PRESS [+] to scroll up to the current logbook.

The second display shows the ascent information for the particular logbook that is being viewed.

- Field 1 displays the average ascent rate during the event;
- Field 2 displays the total vertical ascent ; and
- Field 3 displays the text "ASC" along with the text "Log Book" to the left.

The third display shows the descent information for the particular logbook that is being viewed.

- Field 1 displays the average descent rate during the event;
- Field 2 displays the total vertical descent; and
- Field 3 displays the text "dSC" along with the text "Log Book" to the left.

The fourth display shows the number of laps (runs; either ascents or descents) completed for the particular logbook that is being viewed.

- Field 2 displays the total number of ascents or descents ; and
- Field 3 displays the text "LAP" along with the text "Log Book" to the left.

Note: A Lap is a vertical movement either ascent or descent equaling 150 ft (50 meters) or above.

The fifth display shows the time duration of recording information in the particular logbook that is being viewed.

- Field 2 displays the total time of the log ; and
- Field 3 displays the text “dUr” along with the text “Log Book” to the left.

Note: If the logbook is recording, based on the interval chosen the logbook will record up to that particular time period. Once the time period has been reached the Wristop Computer, will alert the user that the logbook recording has expired (known as a timeout). For setting the logbook interval refer to Setting the Altimeter on Page 3-3.

The timeouts are as follows:

<u>Logbook intervals</u>	<u>Maximum recording time</u>
20 second	10 hours
1 minute	12 hours
10 minute	7 days
60 minute	10 days

How to Start and Stop a Logbook

For the Vector and X-Lander models:

In the Altimeter main mode or the difference measurement sub mode, PRESS the [+] button. A beep will be heard and the flashing text “ Log Book” will appear in Field 3 to indicate the start of the recording.

Note: For the Vector and X-Lander models, while in the recording phase of the current logbook, the user will be unable to view this data. The user can view this data only after the recording session has stopped, but previously recorded logbooks can be viewed at any time.

The recording can be stopped by pressing the [+] a second time. A beep will be heard and the “Log Book” text will be removed from Field 3 indicating recording has stopped.

Note: In order to prevent accidental starts/stops of a logbook, the Vector or X-Lander models should be in another function other than the altimeter mode. If the logbook is activated the logbook will continue to recorded even if the Vector or X-Lander is in another mode.

For the Altimax model:

Logbook recording starts by pressing the [+] button twice within 2 seconds. Logbook recording stops by pressing the [-] button twice as well within 2 seconds.

Note: For the Altimax, Vector and X-Lander models logbooks are self-erasing and cannot be cleared by the user.

Fast Cumulative Button

This feature is furnished in the Altimax model. This allows the user to check the cumulative vertical ascent/descent in feet or meters, as well as number of runs of the current logbook while recording.

Accessing this information is performed by pressing the [-] button in any of the main modes. When activated, three displays will automatically rotate in intervals of four seconds.

- The first display shows the accumulative vertical ascent since the beginning of the current logbook.
- The second display shows the accumulative vertical descent since the beginning of the current logbook.
- And finally, the third display shows the number of runs accomplished during the current logbook.

After the third display is shown, the Altimax automatically returns to the main mode in which the user was viewing.

Note: During this process, pressing the [-] button allows the user to toggle among one of the three displays.

LOGBOOK HISTORY MODE

The Logbook history shows a summation of all logs recorded.

In the Altimeter mode, PRESS the [Select] button four times to enter this sub mode. The logbook history mode features four displays.

In the first display:

- Field 1 displays the year when the logbook history has been last cleared;
- Field 2 displays the text "HIS"; and
- Field 3 displays the month and day when the logbook history has been last cleared. To the left of the month/day, displayed is the text "Log Book".

PRESS [+] to scroll through the different displays.

In the second display:

- Field 1 displays the text "HI";
- Field 2 displays the highest altitude recorded since the last date cleared; and
- Field 3 displays the date when it was reached with the text "Log Book" to the left.

In the third display:

- Field 1 displays the text "ASC";
- Field 2 and 3 show up to an 8 digit accumulative vertical ascent since the last reset. Field 2 is activated when the value of the vertical ascent is beyond the 3 digit value displayed in Field 3.

In the fourth display:

- Field 1 displays the text "dSC";
- Field 2 and 3 show up to an 8 digit accumulative vertical ascent since the last reset. Field 2 is activated when the value of the vertical ascent is beyond the 3 digit value displayed in Field 3.

Clearing the Logbook History

To clear the history of the logbook:

1. In any of the logbook history displays, PRESS the [Select] button and hold for 2 seconds. Located in Field 1 is the text "CLR"; in Field 2 the text "HIS"; and in Field 3, "nO" will begin to flash.
2. PRESS the [+] button to toggle between "YES" and "NO".
3. PRESS the [Mode] button to accept the option "YES".

The logbook history is erased and a new starting date is set to begin new cumulative measurements.

Note: If the user does not press any button for 1 minute in the setup mode, the display will automatically exit setup.

We recommend that the logbook history be cleared prior to beginning logbook recording(s).

CHAPTER 5 BAROMETRIC MODE

Note: This feature applies to the Altimax, Vector and X-Lander.

The Barometric function provides the user with:

- an adjustable unit of measure mbar or inHg; mbar range 300 to 1 100 mbar, inHg range 8.90 to 32.40;
- a resolution of 1 mbar or 0.05 inHg;
- a one hour interval measuring to estimate barometric trend;
- an automatic 4-day memory of atmospheric pressure for the last 6 hours in 1-hour intervals, thereafter, in 6-hour intervals;
- temperature compensation (temperature does not effect the pressure within the specified temperature range)
- a temperature range -20° to 60°C or -5° to 140°F; and
- a temperature resolution of 1° C or F.

Note: Body heat will effect temperature when the Wristop Computer is worn on the wrist. To achieve an accurate reading remove the Wristop Computer from the wrist and allow at least 15 minutes before reading the temperature.

If you've been in the barometric mode for more than 15 minutes with no rate of vertical movement, you should allow 1 hour for the Wristop Computer to adjust the temperature. To acquire a quicker up-date of the temperature, press the [Mode] button 4 times to re-enter the mode.

To view and use the Barometric function:

Check the Mode Indicator Bar. If the mode arrow is not on BARO, PRESS the [Mode] button until the arrow is directly below BARO on the bar.

In the Barometric mode:

- Field 1 displays the current temperature.
- Field 2 displays the current absolute atmospheric pressure.
- Field 3 displays the current time.
- The Outer Circumference graphically displays the atmospheric pressure over 100 millibars or 1 inHg where one complete circle is equivalent to 100 mbar/1 inHg, depending on the unit of measure chosen.

Note: The absolute pressure is the actual pressure in any location at any given time. Where as, sea level pressure is the corresponding pressure at sea level.

PRESSURE DIFFERENCE MEASUREMENT MODE

In the Barometric mode, PRESS the [Select] button once to enter this sub mode.

In the Pressure Difference Measurement mode:

- Field 1 displays the change in temperature.
- Field 2 displays the change in atmospheric pressure.
- Field 3 displays the current time; to the left of the time is the text “differ”.
- The Outer Circumference graphically displays the change in pressure where one full circle equals 100 mbars or 1 inHg.

This mode does continue in the background and allows the user to move to other modes and at the user’s convenience can return to this sub mode to show the current reading.

How to Start the Pressure Difference Measurement

1. PRESS the [Select] button and hold for 2 seconds. Located in Field 1 is the text “SET”; located in Field 2, zero will begin to flash.
2. PRESS the [Mode] button to accept the flashing zero and start the difference measurement.

If the user does not desire to begin the difference measurement, PRESS either the [+] or the [-] button to toggle to the current barometric pressure reading, then PRESS the [Mode] button to exit the setup program.

Note: If the user does not press any button for 1 minute in the setup mode, the display will automatically exit setup.

4-DAY MEMORY MODE

In the Barometric mode, PRESS the [Select] button twice to enter this sub mode. This feature allows the user to follow changes in pressure that will assist forecasting changes in weather condition (i.e. storms).

In the 4-day memory mode:

- Field 1 displays the day of the week the user is in;
- Field 2 displays the atmospheric pressure; and
- Field 3 displays the time and to the left the text “memory”.

- The Outer Circumference graphically displays the atmospheric pressure where one full circle equals 100 mbars or 1 inHg.

To view the information compiled in the 4-day memory:

PRESS the [-] button to scroll back down in increments of one hour for the first six hours, after that increments are 6 hours.

PRESS the [+] button to scroll back up.

Note: Replacing the battery will not erase this information.

SEA LEVEL PRESSURE MODE

Sea level pressure is pressure relative to sea level where as the pressure read in the barometric display is absolute pressure relative to the current location.

In the Barometric mode, PRESS the [Select] button three times to enter this sub mode.

In the sea level pressure mode:

- Field 1 displays the text "SEA";
- Field 2 displays the current sea level pressure; and
- Field 3 displays the current time.

Setting the Sea Level Pressure

Setting the sea level pressure can be used in setting the altitude measurement on the Wristop Computer if the altitude is not known.

To set the sea level pressure:

1. PRESS the [Select] button and hold for 2 seconds. Located in Field 2, the current sea level pressure will begin to flash.
2. PRESS the [+] button to scroll the pressure upward or PRESS the [-] button to scroll the pressure downward.
3. At the desired pressure, PRESS the [Mode] button to accept the changes and return to the main mode.

Once the user completes this process, the altitude measurement on the Wristop Computer is correct within a range of some ten meters or few hundred feet.

Note: Information on the current sea level pressure can be obtained through newspapers, local news and radio weather reports, the local airport facility or through the Internet under local weather. If the user does not press any button for 1 minute in the setup mode, the display will automatically exit setup.

BAROMETRIC TREND INDICATOR

Located on the top left corner of the LCD display resides the Barometric Trend Indicator. This feature is always displayed in all main modes providing the user a continual quick reference to analyze upcoming weather conditions.

The Barometric trend is comprised of two lines forming an arrow. Each line represents a 3-hour period. The right line represents the last 3 hours. The left line represents 3 hours prior to the last 3 hours. The line can indicate 9 different patterns in the barometric trend.

Situation 6-3 hours ago

Dropped heavy (>2 mbars/3hours)

Dropped heavy (>2 mbars/3hours)

Dropped heavy (>2 mbars/3hours)

Remained stable

Remained stable

Remained stable

Risen heavy (>2 mbars/3hours)

Risen heavy (>2 mbars/3hours)

Risen heavy (>2 mbars/3hours)

Situation last 3 hours

Dropping heavy (>2 mbars/3hours)

Remaining stable

Rising heavy (>2 mbars/3hours)

Dropping heavy (>2 mbars/3hours)

Remaining stable

Rising heavy (>2 mbars/3hours)

Rising heavy (>2 mbars/3hours)

Remaining stable

Dropping heavy (>2 mbars/3hours)



Note: If the user remains at the same elevation, the barometric trend indicator can work as a weather forecasting tool.

CHAPTER 6 COMPASS MODE

Note: This feature applies to the Navitec, Vector and X-Lander.

The compass function provides the user with:

- a cardinal or half cardinal point abbreviation;
- bearing degrees;
- a North-South arrow;
- a bearing track mode showing desired direction and actual bearing;
- a bubble level for accuracy reading ± 3 degrees;
- a rotating bezel;
- a resolution of 1° for the bearing, $\pm 5^\circ$ for North-South direction; and
- a declination correction feature.

To view and use the Compass function:

Check the Mode Indicator Bar. If the mode arrow is not on COMP, PRESS the [Mode] button until the arrow is directly below COMP on the bar.

In the COMPASS mode:

- Field 1 displays the cardinal or half-cardinal point.
- Field 2 displays the bearing in degrees.
- Field 3 displays the current time.
- The Outer Circumference graphically displays the North-South arrow where one-lit segment shows North and three-lit segments show South.

The compass display is active for 45 seconds at a time. After this, the compass enters "sleep" mode and an "---°" indicator appears in the field 2. Reactivate the compass by pressing the [-] button.

The Wristop Computer provides a bubble level for the user to achieve a precise reading within ± 3 degrees. The user should acquire a bearing by removing the Wristop Computer from the wrist. The user centers the liquid bubble to ensure the Wristop Computer position is level and takes a reading.

Note: Compass readings should be performed away from objects possessing sources of magnetism. Avoid buildings, large metal objects, power lines, loudspeakers, electric motors etc.

Always take bearings in the open air, not inside tents, caves, or other shelters.

BEARING TRACKING MODE

The user can select to change from the cardinal point mode to the bearing track mode and utilize the bearing lock feature in this mode for tracking purposes.

In the compass main mode:

1. PRESS the [Select] button and hold for 2 seconds. Located in Field 1, "OFF" will begin to flash.
2. PRESS either the [+] or the [-] button to change the setting between "OFF" and "ON".
3. At the selection desired, PRESS the [Select] button to move to the next setting. Located in Field 2, the actual bearing in degrees will begin to flash.
4. Turn the Vector to the desired direction. Lock the bearing displayed by pressing the [-] button.
5. Adjust the locked bearing, if necessary by pressing the [Select] button and then adjusting the value with the [+] and [-] buttons.
6. At the desired bearing to track, PRESS the [Mode] button to accept the changes and exit the setup program.

Note: If the user does not press any button for 1 minute in the setup mode, the display will automatically exit setup.

DECLINATION ADJUSTMENT MODE

The Wristop Computer allows the user to compensate the difference between true north and magnetic north. This process is accomplished by adjusting the declination, resulting in the user obtaining correct compass readings.

In the Compass mode, PRESS the [Select] button once to enter this sub mode.

In the Declination Adjustment mode:

- Field 1 displays the declination direction "OFF" where OFF = no declination; W = West; E = East.
- Field 2 displays declination in degrees.
- Field 3 displays the text "dEC".

Setting the Local Declination

1. PRESS the [Select] button and hold for 2 seconds. Located in Field 1, "OFF" will begin to flash.
2. PRESS either the [+] or the [-] button to change the declination direction in Field 1.
3. At the direction desired, PRESS the [Select] button to move to the next setting. Located in Field 2, the degrees will begin to flash.
4. PRESS the [+] button to scroll the degrees upward or
PRESS the [-] button to scroll the degrees downward.
5. At the degrees desired, PRESS the [Mode] button to accept the changes and exit the setup program.

Note: If the user does not press any button for 1 minute in the setup mode, the display will automatically exit setup.

Local Declination is now set.

CALIBRATING THE COMPASS

A compass calibration should be done when the Wristop Computer is subject to close proximity of magnetic sources, extreme cold weather, every time the battery is replaced or suspected that other environmental conditions have effected the compass readings.

Note: We also recommend calibrating the compass before using the compass the first time and every time leaving for a hike where the compass will be used.

To begin the calibration:

1. PRESS the [Select] button twice when in the main compass mode. Field 1 displays the text "CMP". Field 3 displays the text "CAL".
2. PRESS the [Select] button and hold for 2 seconds. Located in Field 2, the text "PUSH" will begin to flash.
3. PRESS the [-] button to start calibration.
4. In Field 2, 360° appears and the Outer Circumference displays all segments lit. When this occurs, hold the Wristop Computer level and start to slowly turn the device around a full circle in a level position. The direction of turning does not matter. The lit segments will be turned off as the turning proceeds. When the first full circle is completed, the instrument will inform the user within one

minute of whether the calibration was successful displaying the text "dOnE" in Field 2 or if the process needs to be repeated displaying "PUSH" and "-" in Field 2.

Note: The user may need to perform the rotating of the compass more than twice around for the calibration to be completed.

Note: If the text "FAIL" appears in Field 2, the battery should be removed and put back in before trying to proceed with the calibration process. The removal of the battery will "reset" the unit.

5. Once the calibration is successful, PRESS the [Mode] button to accept the process and exit the calibration mode.

Note: It is important to hold the Wristop Computer level during the calibration process to ensure accuracy.

The compass calibration is complete.

CHAPTER 7 FREQUENTLY ASKED QUESTIONS

GENERAL

Is the Wristop Computer waterproof?

Yes, it is waterproof to a depth of 30 meters (100 ft). Rain and other normal exposure to water will not effect its operation. You can swim wearing your Wristop Computer. However, the Wristop Computer is NOT a diving device.

How long will the battery last?

All users employ the product in different ways. Battery life depends mainly on how much the backlight, the compass and the logbook are used. The low-battery warning symbol appears on the display when 5 to 15 percent of battery capacity remains. This should give the user plenty of time to safely change the battery.

What do the segments on the circumference mean?

In the Altimeter mode, one full circle equals 1,000 meters or 1,000 feet, therefore the segments on the circumference graphically show the user the altitude over a full thousand. When using the difference measurement function of the altimeter, the segments indicate the vertical difference in the elevation over a full thousand either to the right if you're ascending or to the left if you're descending.

In the Barometer mode, one full circle equals 100 mbar or 1 inHg, and the segments indicate the pressure over a full hundred mbar or over a full inHg. When using the difference measurement function of the barometer, the segments indicate the change in atmospheric pressure either to the right if the pressure has risen or to the left if the pressure has dropped.

In the main Compass mode, the segments indicate the North, i.e. the one segment indicates North and the three segments point South. If you have set the compass to track a certain bearing, the segments on the circumference indicate the difference between the direction in which you want to go and your actual bearing.

Why do the segments on the circumference go to the left (counterclockwise)?

Normally, they always go to the right (clockwise) from the 12-noon position.

You are in the difference measurement mode and your unit is showing a decreasing value. In normal

mode, the segment display increases clockwise, but if you are in a mode that shows you differences (such as vertical ascent/descent), all decreasing values go counterclockwise from the center position, and all increasing values go clockwise. So, it is “minus” to the left (counterclockwise), and “plus” to the right (clockwise).

Why are there two symbols above the Mode Indicator Bar and what do they mean?

The left-hand symbol indicates that the altitude alarm is activated and the right-hand symbol indicates that one, two, or three daily alarms are activated.

TIME

Why do the segments on the circumference increase and decrease when I am in the Time mode?

The main function of the segments is related to the Compass mode, where a division into 36 segments is necessary due to the 360-degree scale of a compass. In the Time mode, the segments show the advancement of seconds. Because the number of seconds differs from the number of degrees, it is impossible for the segments to be consecutively lit up; they now light up or extinguish, thereby marking the passing of every second.

What is the longest time I can set in the timer?

The maximum range of the countdown timer is 23 hours 59 minutes and 59 seconds.

ALTIMETER

How do you clear the logbook?

The logbook is self-erasing and cannot be cleared by the user.

How does the logbook self-erase?

The logbook is circular and will start erasing itself when all the memory places are filled. There are approx. 3,800 memory places, each of which contain the altitude as well as the ascent/descent rate at that time (according to the chosen interval, 20 seconds, 1 minute, 10 or 60 minutes).

When all the memory places are filled, the logbook starts recording new logs on top of the oldest recordings. This is what is meant when we say the logbook is “self-erasing”.

You can clear the history of the logbook; i.e. where you get the cumulative ascent and descent information based on the logs recorded into the logbook.

How many logbooks can you record?

The number of logs you can record into the logbook depends on the chosen interval and the length of each log. For example, if your interval is 1 minute, you can get a total of 3,800 minutes of logs into the logbook. This equals 2.64 days if the recording is continuous (24 hours = 1,440 minutes; $3,800/1,440=2.64$).

To avoid excessive battery drain, the recording is not continuous. The recording functions have certain timeouts (i.e. the recording will be turned off automatically after a certain time). The timeouts are shorter for the faster interval and longer for the slower interval.

What is the duration readout?

The duration readout tells you how many hours and/or minutes the event recorded into the logbook lasted. For example, if you're hiking from 1 p.m. to 6 p.m. and the logbook is on during this time, the readout would show a duration of 05:00 hours.

What is the maximum capacity of total vertical ascent or descent feet/meters in the logbook history?

The maximum figure that can be shown on the display is 29,999.999 representing feet or meters depending on the unit of measurement set. This should be enough for most users: 29,999.999 meters is roughly three-quarters around the globe.

If hiking from a level of 5,000 ft down hill to 3,000 ft and then back up to 8,000 feet, how is the Vector going to read this or average it out?

There are several answers to this question related to different situations.

First, if you mean will Wristop Computer show accurate altitude information when ascending back to 8,000 ft after having descended to 3,000 ft from 5,000 ft, the answer is yes if the barometric pressure hasn't been affected by weather changes. Since the altitude is shown based on the atmospheric pressure

reading it will be affected by pressure changes. But if the conditions are the same, and the reference altitude is set, the unit will show quite accurate readings.

Second, if what you mean is how the Wristop Computer calculates the information shown in the logbook, this is what it does: for the total ascent during the log (the logbook recording has been activated by the user when starting out) it calculates the ascent from 3,000 ft to 8,000 ft, i.e. total ascent has been 5,000ft. For the descent it calculates the descent from 5,000 ft to 3,000 ft, i.e. total descent 2,000 ft.

Third, if thinking about the difference measurement function and how this is affected by the example situation, the Wristop Computer will show you the absolute difference between 5,000 ft and 8,000 ft (beginning and end). The fact that you've been down to 3,000 ft in-between does not have an impact on the absolute vertical altitude difference between starting point and finish.

Last, the automatic 24-hour memory will show this information in the following way: Say you are starting out at 5,000 ft at noon, and then it takes you 2 hours to descend to 3,000 ft, and another five hours to reach 8,000 ft. The scrollable displays in the 24-hour memory shows you the altitude 5,000 ft at 12:00 am, e.g.4,000 ft at 1 p.m., 3,000 ft at 2 p.m., e.g. 4,000 ft 3 p.m., 5,000 ft at 4 p.m., 6,000 ft at 5 p.m., 7,000 ft at 6 p.m. and then 8,000 ft at 7 p.m.

These are the different cases in which the example situation will affect the readings of the Wristop Computer. Most important to remember is to ALWAYS set the known reference altitude into the Wristop Computer. This is the only way to get accurate altitude readings.

Why does the vertical ascent/descent measurement show different readings even though I am inside and staying in the same room?

The resolution of the vertical ascent/descent rate is 1 m/1 ft whereas the resolution of the altitude display is 5 m/10 ft, which means that the ascent/descent rate can show movement even though you remain at the same altitude. This is caused by changes in pressure or even vertical movement within the 5 m/10 ft resolution range.

Indoors, even small, unnoticeable air currents cause changes in air pressure. For example, if you have a window open at the other end of your house, the air current may affect a room at the other end of the building so little that you do not notice it, but the sensors of the Wristop Computer do. Because the Wristop Computer measures ascent and descent based on changes in air pressure, it interprets these changes as vertical movement.

BAROMETER

What is the little box on the top left of the display?

It is the barometric trend indicator that shows the general direction of weather changes. The display is based on barometer measurements for the last 6 hours.

Does the Wristop Computer show future trends in weather conditions?

No, the Wristop Computer continually accumulates data on barometric pressure existent within a 3 to 6 hour window and displays general barometric trends in weather based on the accumulated data.

What does “absolute pressure” and “relative pressure” mean?

Absolute pressure is the actual pressure in any location at any given time. Relative pressure on the other hand equals the corresponding pressure at sea level for a certain altitude that you are at. For example, if you are at an altitude of 1,000 m/3,300 ft the absolute pressure normally is around 900 mbar/26.60 inHg. The relative pressure at sea level would then be around 1,013 mbar/29.90 inHg.

What is temperature compensation?

When the unit is temperature compensated, the altitude measurement of the unit is not affected by the temperature of the unit itself. The unit can be worn on your wrist or placed on a table – it will in either case give you the proper altitude reading providing the weather conditions have not changed. All Suunto Wristop Computers are temperature compensated within the range -5 to 140 ° F / -20 to $+60$ ° C.

COMPASS

What is the purpose of the rotating outer bezel?

The purpose of the rotating bezel is that people can use the instrument as a regular base plate compass if they want to, and use the bezel to e.g. indicate North when in the bearing tracking mode or leaving the compass display for another mode.

Also, it can be used to manually follow your vertical progress by using the North indicator on the bezel to mark the altitude from where you want to follow your progress (i.e. a zero point). You could also

mark a certain altitude, which is graphically shown by the segments on the circumference, to get an intermediate difference measurement. However, the bezel is mainly related to the compass function.

Where do I find the correct declination for my area so I can set my Wristop

Computer?

Local declination, either E or W, is usually marked on maps with either one-degree or half-degree accuracy.

EFFECT OF AIR TEMPERATURE ON ALTITUDE MEASUREMENT

The atmospheric pressure means the weight of air mass above the observer: at a higher altitude there is less air than at a lower altitude. The principle of an altimeter is to measure the different air pressure between different altitudes.

The air weight is affected by the outside temperature. Consequently the air pressure difference between two altitudes is also dependant on temperature.

The altitude calculation of Wristop Computer is based on the air pressure at certain normal temperatures. Each altitude has a definitive normal temperature. The normal temperatures at each altitude are presented in table 1.

<u>Altitude (m)</u>	<u>Altitude (ft)</u>	<u>Temperature (C)</u>	<u>Temperature (F)</u>
<u>above sea level</u>	<u>above sea level</u>		
0	0	15.0	59.0
200	656	13.7	56.7
400	1312	12.4	54.3
600	1969	11.1	52.0
800	2625	9.8	49.6
1000	3281	8.5	47.3
1200	3937	7.2	45.0

1400	4593	5.9	42.6
1600	5250	4.6	40.3
1800	5906	3.3	37.9
2000	6562	2.0	35.6
2400	7874	-0.6	30.9
2800	9187	-3.2	26.2
3000	9843	-4.5	23.9
3400	11155	-7.1	19.2
3800	12468	-9.7	14.5
4000	13124	-11.0	12.2
4500	14765	-14.3	6.4
5000	16405	-17.5	0.5
5500	18046	-20.8	-5.4
6000	19686	-24.0	-11.2

Table 1. Normal temperatures corresponding to different altitudes

Now the altitude measurement error caused by an abnormal temperature gradient can be approximated as follows. If the sum of the temperature offsets from the normal temperatures determined at two different altitudes is 1 °C, the altitude difference calculated by Wristop Computer is 0.2% off the real altitude difference (When using imperial units the offset factor is 0.11% / 1 °F). This is because the real temperatures are not always the same as the normal temperatures. A higher than normal temperature causes the calculated altitude difference to be smaller than the real altitude difference (your mountain ascent was actually higher). Consequently, a lower than normal temperature causes the calculated altitude difference to be larger than the real altitude difference (you did not ascend quite as high as displayed).

Table 2 shows an example in which the temperature offsets are positive. In this example, the reference altitude is set at 1000 m. At 3000 m the altitude difference is 2000 m and Wristop Computer shows 80 m too little ($20\text{ }^{\circ}\text{C} * 2000\text{ m} * 0.002/^{\circ}\text{C} = 80\text{ m}$). Your actual altitude is thus 3080 m.

	Lower point	Higher point
Set reference altitude (real altitude)	1000 m	
Displayed altitude		3000 m
Real outside temperature	+17.5 $^{\circ}\text{C}$	+6.5 $^{\circ}\text{C}$
Normal (table) temperature	+8.5 $^{\circ}\text{C}$	-4.5 $^{\circ}\text{C}$
Temperature offset (= real - normal)	+9 $^{\circ}\text{C}$	+11 $^{\circ}\text{C}$
Sum of temperature offsets	+9 $^{\circ}\text{C}$ + +11 $^{\circ}\text{C}$ = 20 $^{\circ}\text{C}$	

Table 2. Example using meters and Celsius

Table 3 shows an example in which the temperature offsets are negative. This time imperial units are used. The reference altitude is set at 3280 feet. At 9840 feet the altitude difference is 6560 feet and Wristop Computer shows 100 feet too much ($-14\text{ }^{\circ}\text{F} * 6560\text{ ft} * 0.0011/^{\circ}\text{F} = -100\text{ ft}$). Your actual altitude is thus 9740 ft.

	Lower point	Higher point
Set reference altitude (real altitude)	3280 ft	
Displayed altitude		9840 ft
Real outside temperature	+36.3 $^{\circ}\text{F}$	+18.9 $^{\circ}\text{F}$
Normal (table) temperature	+47.3 $^{\circ}\text{F}$	+23.9 $^{\circ}\text{F}$
Temperature difference (= real - normal)	-9 $^{\circ}\text{F}$	-5 $^{\circ}\text{F}$
Sum of temperature offsets	-9 $^{\circ}\text{F}$ + -5 $^{\circ}\text{F}$ = -14 $^{\circ}\text{F}$	

Table 3. Example using feet and Fahrenheit.

COPYRIGHT AND TRADEMARK NOTICE

This publication and its contents are proprietary to Suunto Oyj and are intended solely for the use of its clients to obtain knowledge and key information regarding the operation of all or any Wristop Computer product(s) that includes the Vector, the X-Lander, the Altimax and the Navitec.

Its contents shall not be used or distributed for any other purpose and/or otherwise communicated, disclosed or reproduced without the prior written consent of Suunto Oyj.

Suunto, Wristop Computer, Vector, X-Lander, Altimax, Navitec and their logos are all registered or unregistered trademarks of Suunto Oyj. All rights are reserved.

While we have taken great care to ensure that information contained in this documentation is both comprehensive and accurate, no warranty of accuracy is expressed or implied.

CE COMPLIANCE

All Suunto Wristop Computers conform with the required European Union EMC directives 89/336/TEC.

LIMITS OF LIABILITY AND ISO 9001 COMPLIANCE

If this product should fail due to defects in materials or workmanship, Suunto Oyj will, at its sole option, repair or replace it with new or rebuilt parts, free of charge, for one (1) year from the date of its purchase. This warranty is extended only to the original purchaser and only covers failures due to defects in materials and workmanship that occur during normal use while in the period of the warranty.

It does not cover damage or failures resulting in accident, misuse, neglect, mishandling, alteration or modifications of the product, or any failure caused by operation of the product outside the scope of its published specifications, or any causes not covered by this warranty.

There are no express warranties except as listed above.

The client can exercise the right to repair under the warranty by contacting our Customer Service department to obtain a repair authorization.

Suunto Oyj, Suunto Europe and Suunto USA/Canada shall in no event be liable for any incidental or consequential damages arising from the use of or inability to use the product. Suunto Oyj does not assume any responsibility for losses or claims by third parties that may arise through the use of this device.

Suunto's Quality Assurance System is certified by Det Norske Veritas to be ISO 9001 compliant in all SUUNTO Oyj's operations (Quality Certificate No. 96-HEL-AQ-220).