

Information is power. Your Tempest water sport watch is engineered to meet the specific performance demands of the open water athlete. It will provide quick, one-touch access to a variety of critical information during training and in competition.

This manual combines step-by-step operational instructions to help you identify the programmable features and functions of each mode.

control functions



time / calendar

In Time mode, you can set and view Time / Calendar information for 2 time zones. You can also set a confirmation tone which sounds at the press of any button. To distinguish the Time mode, this tone is different than the tone for other modes.

- SET TIME / CALENDAR
- 1 - In TIME mode, press and hold ADJUST for 3 seconds. *Seconds blink.*
 - 2 - Press START/STOP to reset to zero.
 - 3 - Press SPLIT/RESET to advance to next programmable element.
 - 4 - Press START/STOP to advance the blinking element. *Hold down for quick advance.*
 - 5 - Repeat until all elements have been set: minutes, hours, day, month, year, 12 or 24-hour clock, and day/date or month/date display.
 - 6 - Press ADJUST to save changes.



Note that the adjustable element is always blinking. If no buttons are pressed for 2-3 minutes, the watch will exit ADJUST and return to TIME mode.

time zone

- SELECT TIME ZONE
- 1 - In TIME mode, press and hold SPLIT/RESET. The alternate time zone display appears.
 - 2 - Release button when time zone indicator stops flashing.
 - 3 - Follow the previous instructions to set Time / Calendar information for alternate time zone.
 - 4 - Hold SPLIT/RESET for less than 3 seconds for brief glimpse of alternate time zone information.

TURN CONFIRMATION SOUND ON / OFF
In TIME mode, press START/STOP.

When the symbol is showing a tone will sound at the press of any functional button (except ADJUST).

chronograph

In Chronograph mode, you can monitor split and total elapsed time in 1/100th of a second increments for up to 1 hour, after which time is measured in one-second increments. Split time refers to the amount of time it takes to complete one portion of a run.

- START / STOP CHRONOGRAPH AND VIEW SPLIT TIME
- 1 - Press START/STOP to begin measuring elapsed time.
 - 2 - Press SPLIT/RESET to check Split time. This will be displayed for 7 seconds, as time measurement continues uninterrupted.
 - 3 - Press START/STOP to stop measuring elapsed time. Total elapsed time will be displayed.
 - 4 - Press START/STOP to resume elapsed time measurement.



RESET CHRONOGRAPH
Press START/STOP to stop the chronograph. Then press SPLIT/RESET. Chronograph resets zero.

timer

Timer mode provides a countdown timer. Minimum measurement is 5 seconds. An audible alert will signal the end of each countdown as the chronograph begins counting up from zero.

- SET TIMER
- 1 - In TIMER mode, press and hold ADJUST for 3 seconds. *Seconds flash.*
 - 2 - Press START/STOP to change the seconds value.
 - 3 - Press SPLIT/RESET. *Minutes flash.*
 - 4 - Press START/STOP to change the minutes value.
 - 5 - Press ADJUST to save changes. Timer is set and ready for operation.



- START / PAUSE / RESTART TIMER
- 1 - Press START/STOP. *Countdown begins.*
 - 2 - Press START/STOP to pause during countdown.
 - 3 - Press START/STOP. *Countdown continues.*

TO RESET TIMER
Timer must be paused to reset. Then press SPLIT/RESET. Timer resets.



alarm

In Alarm mode you can set an alarm that will sound for 20 seconds, or until any button is pressed. For the last five seconds, the Nike Electrolite display will flash in unison.

SET ALARM

- 1 - Press and hold **ADJUST** for 3 seconds. *Hours flash.*
- 2 - Press **START/STOP** to change the hour value.
- 3 - Press **SPLIT/RESET** to advance to next programmable element.
- 4 - Repeat this process to set the minute and Alarm Time Zone.
- 5 - Press **ADJUST** to save settings and activate the alarm.

If no buttons are pressed for 2-3 minutes, the watch will exit **ADJUST** mode.

TURN ALARM ON/OFF

Press **START/STOP** while in **ALARM** mode. Alarm display will alternate between "on" and "-" (off). When alarm is set the symbol will appear. Alarm will not ring unless set to the same time zone as the **TIME** mode. To deactivate a sounding alarm press any button.



nike electrolite

Nike Electrolite display enables one-touch backlighting for instant readability.

ILLUMINATE THE DISPLAY

Press **LIGHT**. Electrolite display will illuminate for 3 seconds.

ACTIVATE THE AUTO-ELECTROLITE DISPLAY

In any mode press and hold **LIGHT** for 4 seconds. The symbol appears. When the auto-Electrolite display is activated, display will illuminate for 2 seconds by pressing any functional button.

DEACTIVATE THE AUTO-ELECTROLITE DISPLAY

Press and hold **LIGHT** for 3 seconds. The symbol will disappear.

Use this function only as needed. To conserve battery life, the auto-Electrolite display will turn itself off after 11-12 hours.

specifications

MODE LIMITS

chronograph
9:59'59"99
timer
9:59'59"

BATTERY

type of battery
CR1620
battery life
approx. 2 years

WATCH MATERIALS

crystal
mineral glass
casing
plastic resin
caseback
stainless-steel
strap
urethane
buckle
stainless-steel

WATER RESISTANCE

100 meters

When display flashes continuously in TIME mode, it is time to replace the battery.

ONE YEAR LIMITED WARRANTY

Your Nike watch is warranted to be free of defects in materials or workmanship, under normal use, for a period of one year from the date of original retail purchase. This limited warranty excludes the battery, crystal, strap, or damage resulting from improper care or handling, accidents, modification, unauthorized repairs, or normal wear.

Return the defective watch and the store receipt to the place of purchase. If there is a covered defect, the defective parts or watch will be repaired or replaced, at Nike's option, with the same product (if available) or a similar product of equal price.

This limited warranty is in lieu of all other express or implied warranties, and excludes refund of the purchase price. In no event shall Nike be liable for direct, indirect, incidental or consequential damages arising out of the use of the watch, and any recovery is limited to the purchase price. No other person or company is authorized to change this warranty, and your dealer is solely responsible for any other warranties.

Your Nike watch is a precision sport time piece, sealed at the factory for water-resistance. In order to maintain your watch's warranty, functionality and water-resistance, all service including battery replacement must be performed at an authorized service center.

If your Nike watch has a translucent colored strap, the strap's color and translucence may fade over time due to exposure to UV radiation, your skin's pH factor, sweat and strong dyes in clothing. Any such discoloration and fading is not covered by the warranty.

REPAIR CENTERS

Suomi
0800-113 198
France
0800- 903 186
Deutschland
0130-81 04 33
香港
852 2751 4988
Italia
800-79 03 16
Ireland
1-800 55 31 48
日本
0120-500-719
Luxembourg
0800 2618
México
5329- 40000
Nederland
0800-15 92

Norge
800-11 375
Portugal
05-05 31 33 66
新加坡
65-788 0990
South Africa
0800 11 64 77
España
900-98 31 74
Sverige
020-79 81 57
Switzerland
0800-55 58 21
UK
0800-89 36 77
USA
800-359-2508
Parsec Enterprises, Inc.
7501 N. Harker Dr.
Peoria, IL 61650
www.parsecent.com

Please fill out this registration card and retain as proof of warranty.

OWNER'S NAME

DATE OF PURCHASE

RETAILER (if known)

NAME/STYLE OF WATCH

SERIAL NUMBER (located on back of watch)

SIGNATURE



tempest

INSTRUCTION MANUAL

