**PLEASE READ! ** ABOUT THE INTERVAL’S RATE FUNCTIONS

**TAKING A RATE:** The Interval’s rate feature allows you to measure the frequency of a repetitive event such as a rowing stroke, swimming stroke or running stride. To take a rate, press the rate button TC in sync with the cycle to be measured, such as when an oar or hand enters the water or foot strikes the ground. The Interval calculates the rate based on the time between the most recent two presses of the rate button. When you press TC repeatedly, the rate display updates each press based on the time between the two most recent presses of TC.

**RATE OPTIONS:** The Interval offers three rate function options – rate base, rate display and rate storage. These options allow you to use your watch in the manner best suited to your sport and coaching preferences. Please go to “SETUP” to set your rate options after reading this section.

**RATE BASE:** The “rate base” is the number of cycles (strokes, strides, etc.) you will count when taking a rate. (**NOTE** Changing the rate base will not change the rate measured, only how many cycles you count.) Your choices are BASE 1, 2 or 3:

- **BASE 1:** Rate base 1 lets you take rate measurements quickly, but sacrifices some accuracy. You can improve your accuracy by pressing TC repeatedly in time with the cycle.
- **BASE 2:** Rate base 2 offers higher accuracy than rate base 1, but still allows you to take multiple rate readings repeatedly. Rate base 2 is also useful for measuring the armstroke/footfall frequency of bilateral movements. (Selecting rate base 2, then press TC every cycle. The displayed rate will be the armstroke/footfall rate.)
- **BASE 3:** Rate base 3 yields the most accurate rate measurements.

**RATE DISPLAY:** You may display rate frequency as either cycles per minute (resolution of 1/2 cycle per minute) or seconds per cycle (resolution of 1/100th of a second).

**RATE MEMORY:** Rates are stored in the Interval’s memory with a “time-stamp” (to a resolution of 1 second) indicating when the rate was taken. You may either store all rates taken (faster, but fills the memory quickly), or only selected rates. To store a rate in store selected mode (“SEL”), hold TC down on the second press of the rate-taking cycle until the watch beeps (about 1.5 seconds).

**OTHER INFORMATION:**
- If you pause 10 seconds or more between rate measurements, the internal rate timer automatically rezeroes. The lowest rates which can be measured are:
  - Rate Base 1 6/min (9.99 sec/cycle)
  - Rate Base 2 12/min (4.50 sec/cycle)
  - Rate Base 3 18/min (2.55 sec/cycle)
- If you pause less than 10 seconds between rate measurements, the internal rate timer will not rezero, and the rate value shown with the first press of TC will be based on the pause length, not an actual cycle length. The rate shown with the next press of TC will be correct.
- The Interval’s 1-stroke mode differs from the 1-stroke and the “AUTO” mode on the NK Chronostroke: The Interval’s 1-stroke mode updates the stroke rate with every press of TC but does NOT average multiple stroke cycles. It is not necessary to manually rezero the stroke rate timer on the Interval.

**SETUP**

**IMPORTANT!** Select your rate preferences and set the date and time before using the Interval. The Interval is set to Rate Base 1, Strokes/Minute and Store Selected Rate when shipped.

1. Press TC 3 times to turn on the watch.
2. To enter setup, press and hold FL and FR together until the watch beeps and the rate base arrow begins flashing.
3. Press FR to change the flashing item.
4. Press FL to select the item to be changed (rate base, rate display, rate memory, time and date).
5. To exit setup, press and hold FL until the watch beeps.

**SUMMARY OF FEATURES**

With the Interval 2000, you can:
- Store up to 2000 data points in memory.
- Store multiple workouts or races in “segmented” memory, identified by date and time.
- Create up to 675 segments (depending on the number of splits stored in each segment).
- Take and view splits and rates without changing modes or screens.
- Take rates over 1, 2 or 3 cycles.
- Display rates as cycles per minute or seconds per cycle.
- Store rates in memory with the elapsed time at which they were taken.
- Clear data from one segment at a time or from all segments at once.
- View built-in clock and calendar.
- 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.
  - Calculate speed and distance per stroke (when timing over a known distance).
- To make the most of all these advanced features, please read these instructions carefully.

To ensure maximum warranty coverage, register your Interval watch online: www.nkhome.com
1) Recall on the fly
a. Press FL to begin memory recall. The most recent stored data will be displayed first. Splits will be displayed in red and stored rates will be displayed in blue with the rate time stamp (no hundredths) shown in green. The split or rate number will show in blue. Each additional press of FL will step through the stored splits and rates in reverse order, i.e. split 5 - rate 4 - split 4 - rate 3 - split 3 - rate 2 - split 2 - rate 1 - split 1.

b. Press FR to toggle between long and cum display of the split shown in blue.

2) Recall with timer stopped
a. Press FL to begin memory recall. The splits and rates from the current segment will be displayed, starting with the segment date and time, followed by the first split or rate. The lap split will be displayed in blue and the cum split in green. The split or rate number will show in blue.

You will see the following screens displayed as you continue to press FL:

- **Segment Number with Date and Time Started**

- **Segment 3**

- **Segment 4**

- **Segment 5**

- **Segment 6**

- **Segment 7**

- **Total Used Memory (of 2005) for all Segments**

3) **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 TL 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 4 more times then give one long beep and show all 0’s and “SEG 1” in red. You may release FL at any time before the final long beep to avoid clearing all data in memory.

**OPERATION**

**TO TIME AN 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.

a. Press FL to stop the timer, then press and hold TL until the watch beeps to create a new segment. The next segment number will show in red and the other window will show 0.0.

b. Follow steps 2 through 6 of “TO TIME AN EVENT” to time a new event and store the times in Segment 2.

c. Repeat steps 1 and 2 to create and use new segments as desired.

**TO TAKE RATES**

**PLEASE READ “ABOUT THE INTERVALS RATE FUNCTIONS” BEFORE USING YOUR INTERVAL TO MEASURE RATE.**

a. Press FL in a clear point in the cycle to be measured (blade or hand entering the water, footfall, etc.)

b. Press FL again at the same point in the cycle after the number of cycles you have selected as your rate base:

- **BASE 3**
- **BASE 2**
- **BASE 1**
- **CYCLES**

3. The rate will be displayed in blue.

**TO STORE RATES**

1. In STORE SEL mode, hold FL on the second press of the rate-taking cycle until the watch beeps (about 1.5 seconds).

2. In STORE ALL mode, simply take rates as outlined in steps 1 and 2 of “TO TAKE RATES” above. EVERY rate taken will be stored in memory.

**RULES**

- Rates stored in memory are numbered separately from splits – split 1, split 2, split 3, rate 1, rate 2, split 4, etc. This ensures that the split and rate numbering will remain consistent with the actual laps.

- You cannot store rates when the timer is stopped but you can still take rates.

- If you pause less than 10 seconds between taking two rates, the Interval will calculate a rate based on the pause length rather than the cycle length. In STORE ALL mode, this rate will also be stored in memory. Ignore these rates when recalling memory.

**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 OR the rate number will be displayed in blue.

**NOTE**

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

**TO TIME ANOTHER EVENT**

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. Press FL to stop the timer, then press and hold TL until the watch beeps to create a new segment. The next segment number will show in red and the other window will show 0.0.

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**TO DISPLAY DATE AND TIME**

Press FL and TC together to display the current date and time.

**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 TL. **NOTE** TL or TR: The backlight 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 TC 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 and the watch will return to the state it was in when it was turned off.

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

**TO CHANGE THE BATTERY**

When the Interval’s display grows dim, the watch battery 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. 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.

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. As batteries are not very expensive, we recommend you change both batteries. **NOTE** You can use a functioning backlight battery to power the watch temporarily by switching the positions of the batteries.

**WARRANTY**

The Interval is guaranteed against defects in materials and workmanship for two years 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.

CR2032 batteries contain lithium, a toxic substance. Ingestion may cause serious injury or death. Keep battery out of the reach of children. If swallowed, immediately seek medical help. Have doctor phone 24-hour hotline at (202) 625-3333, call collect if necessary. Dispose of batteries properly and according to local regulations. Do not puncture or burn batteries. If the battery compartment does not close securely, stop using the product and keep it away from children.

Please call 610-447-1555 or e-mail support@nkhome.com with problems. You will also find technical information online at www.nkhome.com.