INTERVAL® 2000xc
SPLIT WATCH

BUTTONS:
Hold the button to perform [bracketed] functions (printed on the label in yellow).
- **FR** (front right) ON [OFF]
- **FL** (front left) LAP/CUM [CLEAR]
- **TR** (top right) START/STOP
- **TL** (top left) SPLIT/SEG
- **TC** (top center) RECALL [EXIT RCL]

WINDOWS:
1. **SPLIT TIME**: Displays either:
   a. “LAP”: Lap split – time between the last two presses of TL... OR
   b. “CUM”: Cumulative split - elapsed time when TL was pressed.
   LAP/CUM can be switched at any time
2. **RUNNING TIME**: Cumulative elapsed time.
3. **SEGMENT COUNTER**: Segment number.
4. **MEMORY COUNTER**: Memory number.

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

SUMMARY OF FEATURES

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

**And, with the optional computer interface and software, you can:**
- Upload all memory data to a PC.
- Organize memory data by event, date and athlete.
- Assign athlete names to splits.

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

SETUP

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

**TIME**

1) Select:
   - 12-Hour Clock
   - 24-Hour Clock

2) Set time
   - 01:15:03
   - 24:15:03

**DATE**

1) Select:
   - MM/DD/YY format
   - DD/MM/YY format

2) Set year, then month and day
   - 01:15:03
   - 24:15:03

**ID NUMBER**

1) Set three digits

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**CAUTION**

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.
OPERATION

TO TIME AN EVENT
1. Press FL to turn on the watch.
2. Press FR to start the timer.
3. Press TL to store a split.
4. Press TL to change between “LAP” and “CUM” display in FR. In “LAP” display, the lap split (the time between the last two presses of TL) will be displayed for 8 seconds, after which the lap split time will start to run again (starting from 0:00’00”). In “CUM” display, the cumulative split time will be displayed until the next split is stored. You can change between lap and cum at any time.
5. Press TR to stop the timer. The finish time and last lap split will be stored in memory.

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

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

6. Press FR to stop the timer, then press TL to create a new segment. The next segment number will show in, and the other windows will show 0’s.
7. Follow steps 2 through 6 of “TO TIME AN EVENT” to time a new event and store the times in Segment 2.
8. Repeat steps 1 and 2 to create and use new segments as desired.

TO RECALL DATA
You may recall data when the timer is running (“on the fly”) or when the timer is stopped. The Timer continues to run internally when recalling on the fly. When recalling on the fly, you may only review the segment currently being timed. As you recall data the split number will be displayed in FR.

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

2. Recall with timer stopped
   a. Press TC to begin memory recall. The splits from the current segment will be displayed, starting with the segment date and time, followed by the first split. The lap split will be displayed in TL and the cum split in FR. The segment number will show in TL. The split number will show in FR. You will see the following screens displayed as you continue to press TC:

   - ** Segment Number with Date and Time Started**
   - ** Stored Splits, Numbered in Order**
   - ** Total Time for Segment (Same as Stop Time) **
   - ** Best (Fastest) Split Time and Number**
   - ** Average of all Split Times for that Segment**

\[ ... \]

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 TL. You may release TL at any time before the final long beep to avoid clearing all data in memory.

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

5. Press TL or TR to choose another segment to recall.
6. Press and hold TC to exit recall.

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

** 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 TL. You may release TL at any time before the final long beep to avoid clearing all data in memory.

** 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.

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 or repair.

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

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

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

TO CHANGE THE BATTERY
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.

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

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