

TEMPEST

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Information is power.

Your Nike Tempest watersport 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.

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## MODES

Select a Mode

Press the MODE button repeatedly until the desired mode (TIME, CRON, TIMR or ALRM) appears. Release button, in 1-2 seconds the selected mode is displayed.

### a TIME



Digital display provides time and calendar information for two different time zones.

### b CHRONOGRAPH



Measures elapsed and split times in 1/100 of a second increments.

### c TIMER



Fully programmable countdown timer.

### d ALARM



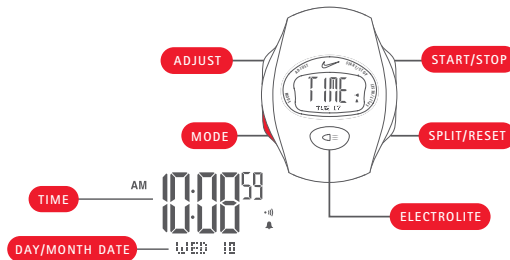
A programmable, twenty second alert.

**a** TIME

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In TIME mode, you can set and view the time and calendar information for two time zones.

You can also set a confirmation tone which sounds at the press of any button. To easily distinguish the TIME mode, this tone is different than the tone for other modes.



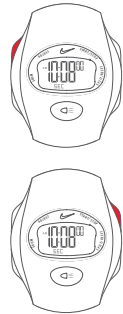
**Set time and calendar information**

**1 In TIME mode, press and hold the ADJUST button for two seconds.**

The second designator blinks. 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.

**2 Press START/STOP button.**

Under thirty seconds the value resets to zero. If over thirty seconds, minutes advance.



**3 Press SPLIT/RESET button to advance to next programmable element.**

The minutes begin blinking.

**4 Press START/STOP button to advance the blinking element.**

Press once to advance one minute. Hold down for quick advance.

**5 Repeat steps 3 and 4 until you have properly set all elements: seconds, minutes, hours, day, month, year, 24 or 12-hour clock, and day/date or month/date display.**

**6 Press the ADJUST button to save changes.**

Time is set and no elements are blinking.



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**Time zone change**

**1** In **TIME** mode, press and hold the **SPLIT/RESET** button. The alternate time zone information appears.

**2** Release the button when time zone indicator stops flashing.

**3** Follow the preceding instructions to set the time and calendar information for the alternate time zone.  
**Hold the SPLIT/RESET button for less than 3 seconds for brief glimpse of alternate time zone information.**



**Turn on and off the confirmation sound**

**In TIME mode, press START/STOP.**

When the **▲** symbol is showing a tone will sound at the press of any functional button (except adjust mode).

**b** **CHRONOGRAPH**

*In CHRONOGRAPH mode, you can monitor split and total elapsed time in 1/100th of a second increments for up to one hour, after which time is measured in one second increments. The maximum time measurement is 100 hours.*

*Split time refers to the amount of time it takes to complete one portion of a run.*



**To start measuring elapsed time**

**Press START/STOP button.**

Time measurement begins with 1/100 seconds, then seconds, then minutes. If the accumulated time proceeds to hours, the elapsed hours appear above the minutes:seconds display.



**To check split time during time measurement**

**Press SPLIT/RESET button.**

Split time will be displayed for seven seconds, as time measurement continues uninterrupted.



To stop measuring elapsed time  
 Press **START/STOP** button.  
 Total elapsed time will be displayed.



To measure additional time increments  
 Press **START/STOP** button.  
 Time measurement restarts.



To reset the chronograph  
 Press **START/STOP** button to stop the chronograph.  
 Chronograph must be stopped to reset.

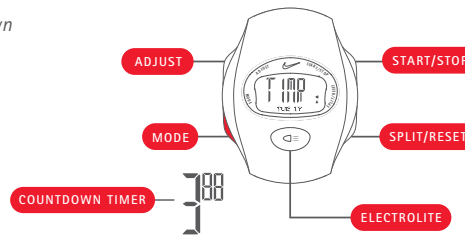


Then press **SPLIT/RESET** button.  
 Chronograph resets to 00'00"00.



**C** **TIMER**

The **TIMER** mode provides a countdown timer. It is programmable in one second increments up to 99'59". Minimum measurement is five seconds. An audible three second alert will signal the end of each countdown. A different tone sounds for five seconds as the full function chronograph begins counting up from zero.



To set the timer  
**1** While reset, press and hold **ADJUST** button for two seconds.  
 The seconds designator flashes. If no buttons are pressed for 2-3 minutes, the watch will exit **ADJUST** mode.



**2** Press **START/STOP** button to change the flashing value.



3 Press **SPLIT/RESET** button.  
Minute designator flashes.

4 Press **START/STOP** button to change the flashing value.

5 Press **ADJUST** button to save changes.  
Timer is set and ready for operation.

To start the timer  
Press **START/STOP** button.  
Countdown begins.



To pause the timer  
Press **START/STOP** button during countdown.

To restart timer  
Press **START/STOP** button.  
Countdown continues.

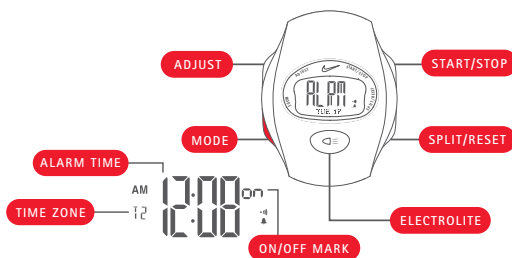
To reset timer  
1 Timer must be paused to reset.  
Pause timer by pressing **START/STOP**.

2 Then press the **SPLIT/RESET** button.  
Timer resets.



**d** ALARM

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



To set the alarm

**1 Press and hold ADJUST button for two seconds.**

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



**2 Press START/STOP button to change the flashing value.**



**3 Press SPLIT/RESET button to advance to next programmable element.**



**4 Repeat this process to set the minute and determine which time zone the alarm refers to.**



**5 Press ADJUST to save settings and activate the alarm.**

To turn alarm ON/OFF

**Press START/STOP button while in ALARM mode.**

Alarm display will alternate between on and -- (off). When the alarm is set the  symbol will appear.

Alarm will not ring unless set to the same time zone as the time mode.



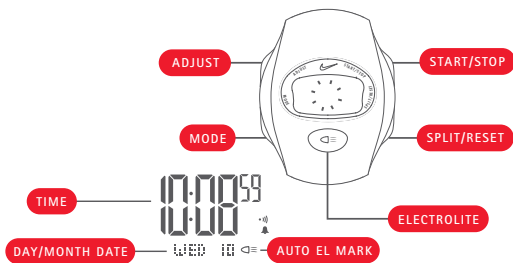
To deactivate a sounding alarm

Press any button.



**e** NIKE ELECTROLITE DISPLAY

Nike Electrolite display enables one touch backlighting for instant 'round-the-clock' readability. You can also facilitate night use by setting the Electrolite display to automatically activate at the press of any button.



To illuminate the display  
Press the **LIGHT** button.

The Electrolite display will illuminate for three seconds.

To activate the auto-Electrolite display  
In any mode press and hold the **LIGHT** button for three seconds.

The symbol appears. When the auto-Electrolite display is activated the display will illuminate for two seconds at the press of any functional button (except adjust mode).



To deactivate the auto-Electrolite display  
Press and hold the **LIGHT** button for three seconds.  
The symbol will disappear.

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



**SPECS**

**MODE LIMITS**

CRON	99:59'59"
TIMR	99'59"

**TEMPEST MATERIALS**

CRYSTAL	Mineral Glass
CASING	Plastic Resin
CASEBACK	Stainless Steel
STRAP	Urethane
BUCKLE	Stainless Steel

**BATTERY LIFE**

TYPE OF BATTERY:	CR1620
BATTERY LIFE:	Approximately 2 Years

**WARRANTY**

**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 limited warranty, and your dealer is solely responsible for any other warranties.

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