

Setting your *VibraLITE 8* watch re Daylight Saving Time:

When the CALENDAR/CLOCK MODE shows on the display.

Push and Hold the LAP/RESET Button.

HOLD TO SET will show on display.

Hold for 3 seconds

T-ZONE 1 will show and 1 will be flashing on the T-ZONE 1 screen.

Push MODE Button.

Hour digit will flash.

Push START/STOP Button to rotate hour(s) until you have set the time ahead or back one hour to the correct time (Spring forward, Fall back).

(Remember when using the 12 HR CLOCK TIME to have the PM indicator flashing on the display).

Push the LAP/RESET Button and the new time is set.

If you need to change T-ZONE 2 or T-ZONE 3:

When the CALENDAR/CLOCK MODE shows on the display.

Push and Hold the LAP/RESET Button.

HOLD TO SET will show on display.

Hold for 3 seconds.

T-ZONE 1 will show on display and the 1 will be flashing.

Push START/STOP Button to rotate to T-ZONE 2 (or T-ZONE 3).

Push MODE button.

Hour digit will be flashing.

Push START/STOP Button to rotate hour(s) until you have set the time ahead or back one hour to the correct time (Spring forward, Fall back).

(Remember when using the 12 HR CLOCK TIME to have the PM indicator flashing on the display).

Push the LAP/RESET Button and the new time is set.

Note: Your Alarm settings will be activated by the time set in T-ZONE 1.

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