

How to Run a Stopwatch

Stopwatches come in many styles but the most common one used at events looks something like this:



1. Check that your watch is in “Chronograph” mode. It will look like a steady 00:00:00 and may have a tiny “Chron” somewhere in a corner. Leave it in this mode.
 2. Press Start/Stop to Start
 3. Press Start/Stop to Stop
 4. Press Start/Stop again to Restart for the same competitor, if needed
 5. Press Start/Stop to Stop at the end of the round
 6. Write time taken (min:sec:100ths) on your backup sheet
 7. Press Split/Reset to Reset to 00:00:00 (For Yellow BVDCs Press and HOLD)
 8. Check you are in the correct mode doing Start/Stop/Reset, again
- If you accidentally get into the wrong mode, quickly cycle thru the Modes until you get back to Chronograph
 - Wet watches don’t work. Keep your watch DRY!
 - Your cell phone has a stopwatch mode. Learn how to use it in a pinch!