



# SALVMAR

## FREEDIVE

## USER'S MANUAL

(MULTI FUNCTION SPORT LCD DIVING WATCH)



**Diving Depth**



**Five intermediate depths setting**



**Stopwatch**



**Temperature**



**World Time**



**Countdown Timer**



**Chime**



**EL Backlight**



**100 Years Calendar**



**Alarm**



**100M Water Resistant**



**New generation of depth sensor**



**Battery(CR2032)**

## BUTTONS

- The operation of buttons are indicated by using the letters shown in the illustration.



A -- Reset / Stop

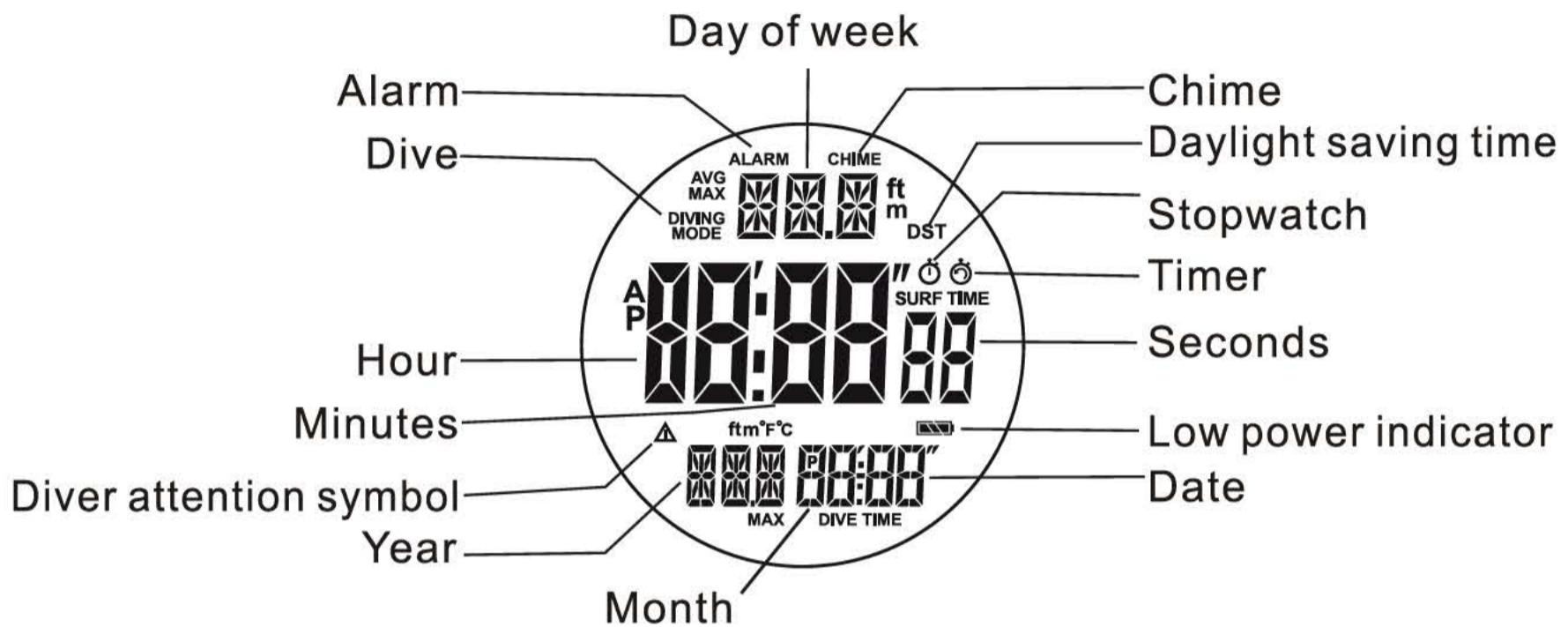
B -- Mode

C -- EL backlight / -

D -- Start / Split / +

## DISPLAY

- The screen shown in below:



## LOW POWER

- If the battery voltage level is insufficient, the icon "□" will be on unless it is replaced by a new battery.

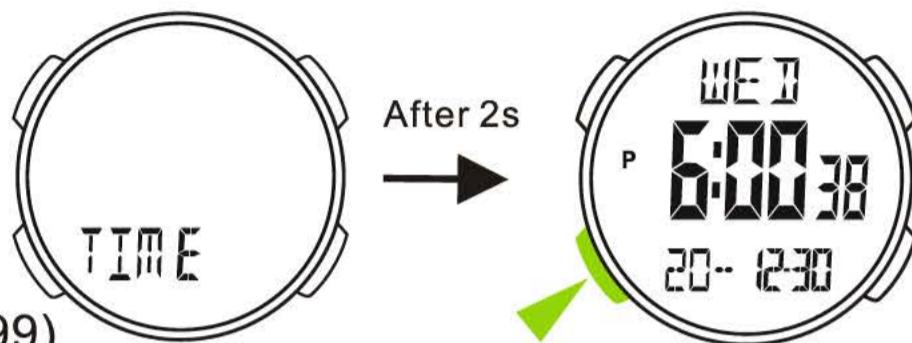


# MODE SELECTION

- Press "B" to change the mode in the following sequence:  
Timekeeping Mode → Diving Mode → Record Mode → Stopwatch Mode → Countdown Timer Mode → Alarm Mode → World Time Mode.

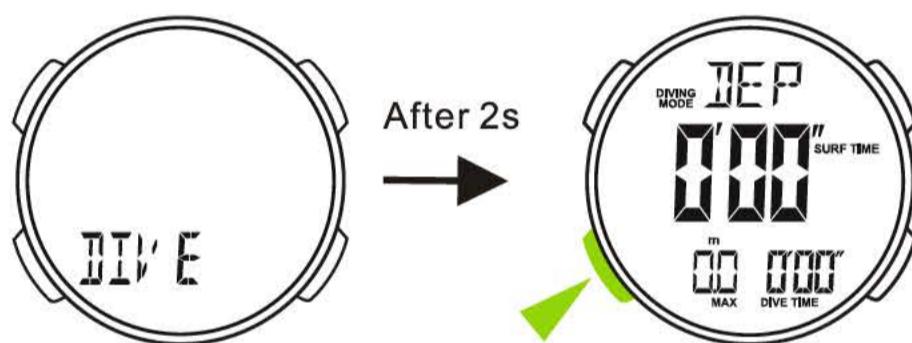
## a TIMEKEEPING

- Hour, Minutes, Seconds, Year, Month, Date, Day of week;
- 12/24H Format;
- 100 years Calendar(2000 ~ 2099).



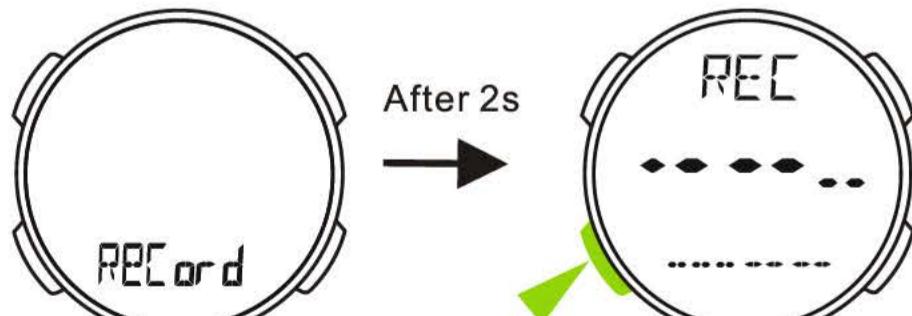
## b DIVING

- The maximum diving depth: 130m or 427Ft;
- The maximum time of single dive: 59'59";
- Temperature range: -9.9 ~ 60.0°C or 14.2 ~ 140°F.



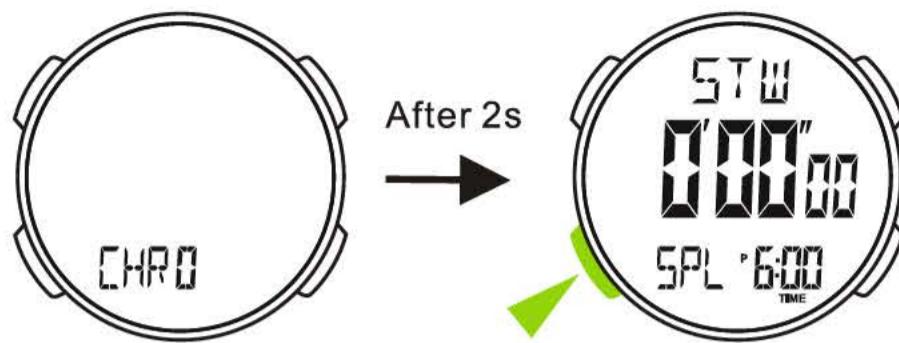
## c RECORD

- Depth, Temperature, Dive time, Surface time;
- 30 records(R01 ~ R30);
- R01 - Stores up to 99 daily progressive dives (F01-F99).
- R02 - R30 - Records the deepest dive of previous days.



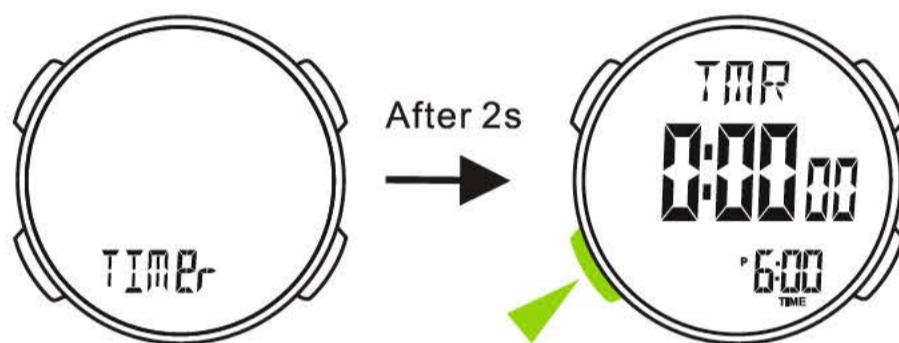
### e STOPWATCH

- 1/100 second unit;
- 8 Laps, Splits;
- Measuring range:  
0'00"00 ~ 99:59'59".



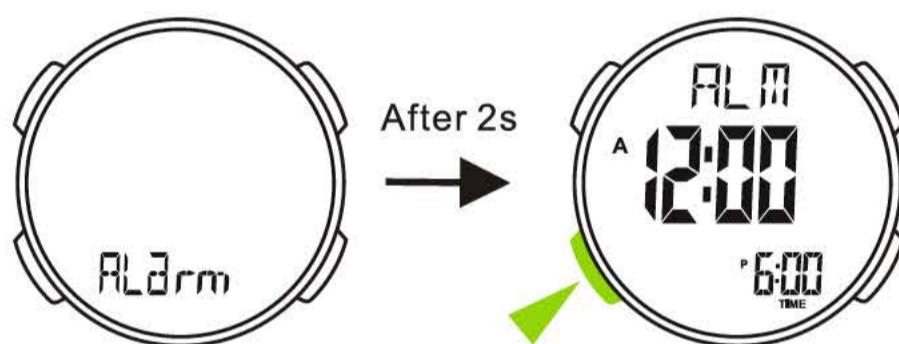
### d COUNTDOWN

- Countdown timer range:  
99:59'59" ~ 0'00"00.



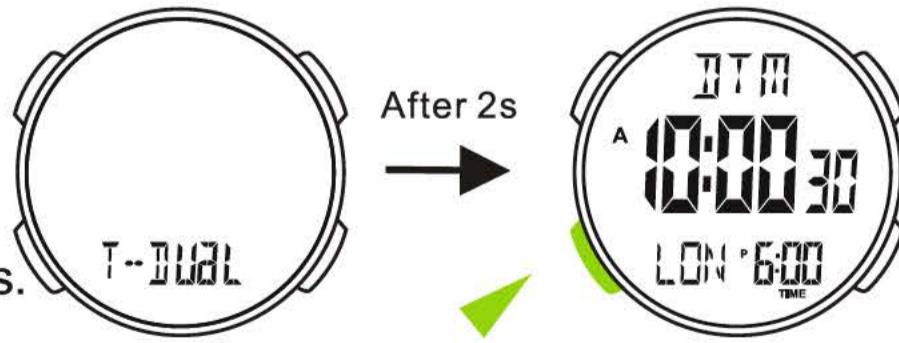
### f

- Chime;
- The alarm sounds at the preset time each day.



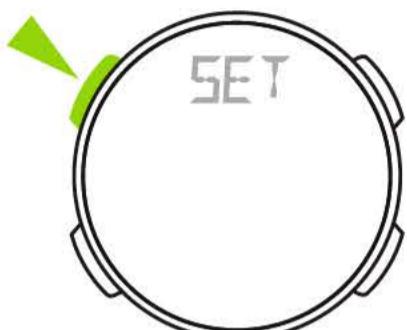
### g WORLD TIME

- The time for other time zones.



## Time Setting

1. In the timekeeping mode, press and hold "A" until the city code to flash(floating indicated in setting mode);



2. Press "C" or "D" to select the city code, press and hold to adjust at high speed;



3. Press "B" to select the Daylight Saving Time;



4. Press "C" or "D" to ON/OFF the Daylight Saving Time.



5. Repeat step 3 and 4, the selection in the following sequence:  
City code→ Daylight Saving Time  
→ Seconds → Hour → Minutes →  
12/24H Format → Year → Month →  
Date → M-D/D-M Format → Key  
Tone(ON/OFF);

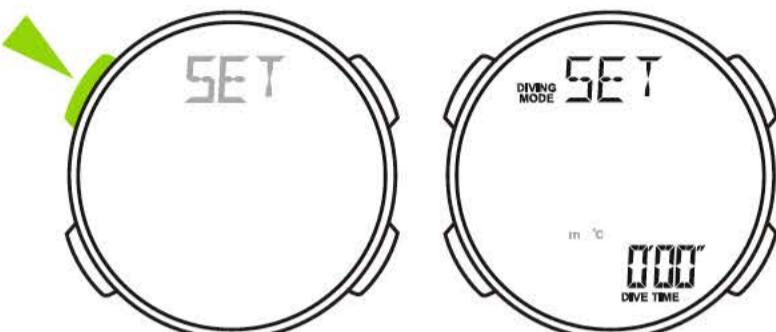
6. Press "A" to exit the set state, after you set(The day of week is automatically displayed in accordance with year, month and date setting).



- Press any key no alarm when the key tone(BEEP) is set "OFF".

## The Diving Parameter Setting

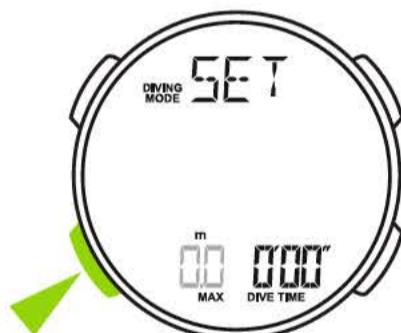
1. In the diving mode, press and hold "A" until the unit to flash (indicated in setting mode);



2. Press "C" or "D" to select the Metric / Imperial;



3. Press "B" to select the next selection;



4. Press "D" to increase the number, press "C" to decrease the number, press and hold to adjust at high speed;



5. Repeat step 3 and 4, the selection in the following sequence:  
Unit → Safety diving depth → Safety diving time (minute, second) → Diving depth alarm (5 alarms);

6. Press "A" to exit the set state, after you set.

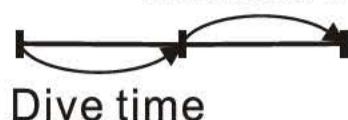


- Safety diving depth range: 0.0, 3.0~120m or 0, 10~394Ft, default is 0.0m or 0Ft.
- Safety diving time range: 0'00" ~ 59'59", default is 0'00".
- Diving depth alarm: When the watch reaches the diving depth standard set by user, alarm will be triggered.

No.	Default	Alarm
AL1	5m/16Ft	Bi
AL2	10m/33Ft	BiBi
AL3	15m/49Ft	BiBiBi
AL4	20m/66Ft	BiBiBiBi
AL5	25m/82Ft	BiBiBiBiBi

## Free Diving

Surface time



1. In the diving mode, the diving depth can be measured;



2. The diving time on, when the diving depth more than 1.2m or 4Ft ("DIVING MODE" flashing);



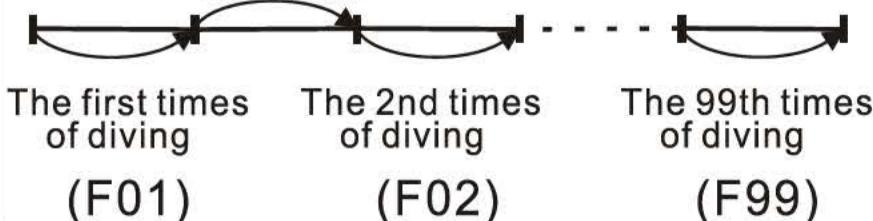
NOTE: All buttons/functions are deactivated below 1.2m.  
Only Dive function will be operative.

3. The surface time on, when the user out of water;



4. Repeat step 2 and 3, you can measure the time of multiple dives (Maximum 99 times of diving).

Surface time



- In the surface time on state, press "D" to browse the selection in the following sequence:

Max.depth - last diving time → Current temperature, last diving time → Current temperature, diving times → Max.depth current time.



- "Surface time" --- The interval is time that elapses between the stop of the last dive and the start of the next dive.
- The watch automatically return to timekeeping mode when the surface time run for more than one hour (surface time continue running, Max.24H).
- When dive time run, the maximum running time is 59'59" for the single diving time.
- Alert:  
When the diving depth exceed the safety diving depth, "⚠" flashing with alarm.  
When the diving time exceed the safety diving time, "⚠" flashing with alarm.
- The safety diving depth, safety diving time setting see page6.
- Press "B" switch to timekeeping mode for save power if you not use the dive (diving mode automatically off).

# C RECORD

## Select

- In the record mode, press "A" to browse the selection in the following sequence:  
total record → record1~record30.



## Recall

- In the total record state, press "C" or "D" to browse the selection in the following sequence:  
Max. diving depth, total diving time → temperature, total diving time.



- In the record1 state, press "D" to select the times of diving (F01~99).



- In the F01~99 state, press "C" to browse the selection in the following sequence:  
Dive start time, date → Max. diving depth, temperature, diving time, surface time → the average diving depth, diving time, surface time.

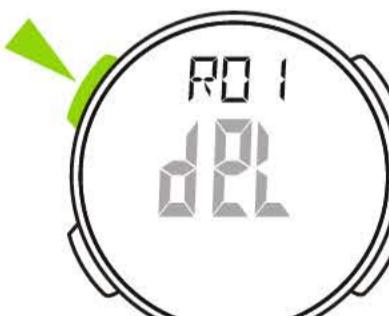


- In the record2 state, press "C" or "D" to browse the selection in the following sequence:  
Date, the Max. diving depth, diving time → date, temperature, diving time.



- R01 is the diving data of the latest day.  
F01 is the first time diving data.
- R02 - R30 - Records the deepest dive of previous days.

## Delete

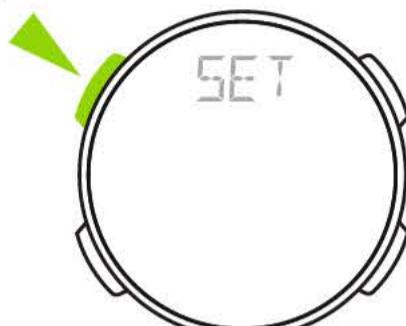


- In the total record state, press and hold "A" for 2s( "del" flashing), delete the all record.
- In the record1~record30 state, press and hold "A" for 2s( "del" flashing), delete the current record and return to total record (the total record no change).

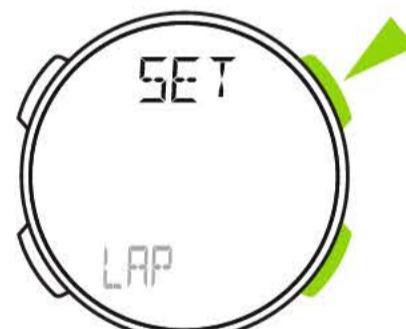
## d STOPWATCH

### Stopwatch Type Setting

1. In the stopwatch mode, press and hold "A" until the SPL or LAP to flash (flashing indicated in setting mode);



2. Press "C" or "D" to select the SPL or LAP;



3. Press "A" to exit the set state, after you set.



### A Lap Time



1. In the stopwatch mode, press "D" to start the stopwatch;



2. Press "A" to stop the stopwatch;



3. To reset the stopwatch by pressing "A" again.



## Split Time

1. In the stopwatch mode, press "D" to start the stopwatch;



2. To display the SPL1 time by pressing "D" again (Auto running after 2 seconds);



3. Repeat step 2 , you can measure the SPL1~SPL8 time;



4. Press "A" to stop the stopwatch.



## Recall

1. In the stopwatch mode, press "C" to display the time of first Split when the stopwatch have multi split time;



2. Press "D" to forward browse the SPL1~SPL8 time;



3. Press "C" to backward browse the SPL8~SPL1 time;



4. Press "A" or "B" to return to stopwatch mode.



## Lap Time



1. In the stopwatch mode, press "D" to start the stopwatch;



2. Display the LAP1 time by pressing "D" again (Auto running after 2 seconds);



3. Repeat step 2, you can measure the LAP1~LAP8 time;



4. Press "A" to stop the stopwatch.



## Recall

1. In the stopwatch mode, press "C" to display the time of first LAP when the stopwatch have multi lap time;



2. Press "D" to forward browse the LAP1~LAP8 time;



3. Press "C" to backward browse the LAP8~LAP1 time;



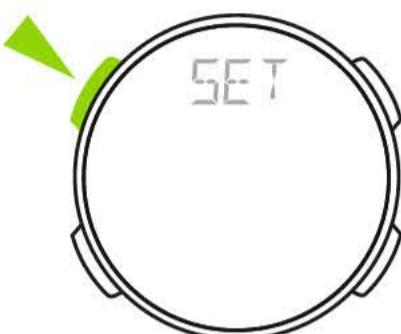
4. Press "A" or "B" to return to stopwatch mode.



## e COUNTDOWN

### Countdown Timer Setting

1. In the countdown mode, press and hold "A" until the hour to flash (flashing indicated in setting mode);



2. Press "D" to increase the hour, press "C" to decrease the hour, press and hold to adjust at high speed;



3. Press "B" to select the next selection;



4. Press "D" to increase the number, press "C" to decrease the number, press and hold to adjust at high speed;



5. Repeat step 3 and 4, the selection in the following sequence:  
Hour → Minutes → Seconds → Countdown Type;

6. Press "A" to exit the set state, after you set.



## Use Countdown Timer

1. Press "D" to start the countdown timer;



2. To pause by pressing "D" again.



- A beep sound when the timer countdown to 60, 50, 40, 30, 20, 10, 5, 4, 3, 2, 1seconds for the single countdown timer.
- When the single countdown timer reaches zero, the alarm sounds for about 10 seconds and press any button to stop it.
- When the repeat countdown timer reaches zero, the alarm a sound "BiBiBi" , countdown times will "+1", countdown timer continue running (Max. 999times).

- The alarm sounds about 10 seconds at the preset time each day , press any button to stop it.

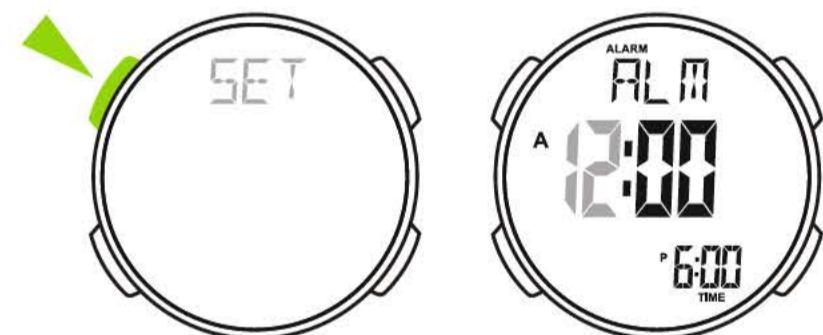
## Alarm And Chime

- In the alarm mode, press "D" to on/off the alarm and chime in the following sequences:  
Alarm & Chime off → Alarm on  
→ Chime on → Alarm & Chime on.



## Alarm Time Setting

1. In the alarm mode, press "A" until the hour to flash (flashing indicated in set mode);



2. Press "D" to increase the hour, press "C" to decrease the hour, press and hold to adjust at high speed;



## g WORLD TIME

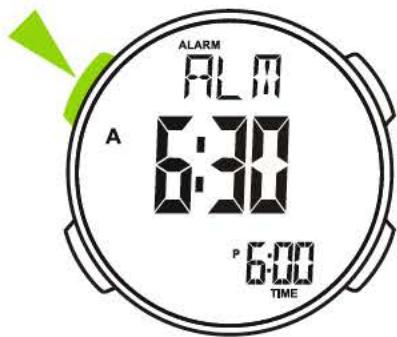
3. Press "B" to select the minutes;



4. Press "D" to increase the minutes, Press "C" to decrease the minutes, press and hold to adjust at high speed;



5. Press "A" to exit the set state, after you set.



1. In the world time mode, press "D" to forward select the time zone, press "C" to backward select the time zone, press and hold to adjust at high speed;



2. In the world time mode, press and hold "A" to ON/OFF the Daylight Saving Time.



## World Time Form

City code	City	GMT Differential	Other major cities in same time zone
CXI	Kiritimati	+14	Kiritimati
TBU	Nukualofa	+13	Nukualofa
CHT	Chatham Islands	+12.75	Chatham Islands
WLG	Wellington	+12	Suva, Christchurch, Nauru Island, Nadi
NOU	Noumea	+11	Port vila
SYD	Sydney	+10	Guam, Vladivostok
ADL	Adelaide	+9.5	Darwin
TYO	Tokyo	+09	Seoul, Pyongyang
HKG	Hong Kong	+08	Singapore, Kuala Lumpur, Beijing, Taipei, Manila
BKK	Bangkok	+07	Jakarta, Phnom Penh, Hanoi, Vientiane
RGN	Yangon	+6.5	Yangon
DAC	Dhaka	+06	Novosibirsk, Colombo
KTM	Kathmandu	+5.75	Kathmandu
DEL	Delhi	+5.5	Mumbai, Kolkata, Colombo
KHI	Karachi	+05	Male
KBL	Kabul	+4.5	Kabul
DXB	Dubai	+04	Abu Dhabi, Muscat
THR	Tehran	+3.5	Shiraz
JED	Jeddah	+03	Moscow, Addis Ababa, Aden
CAI	Cairo	+02	Cape Town , Sofia, Athens, Helsinki, Istanbul
PAR	Paris	+01	Milan, Rome, Amsterdam, Madrid, Algiers
LON	London	+00	(UTC), Lisbon, Casablanca, Reykjavik
RAI	Praia	-01	Praia
FEN	Fernando de Noronha	-02	Fernando de Noronha
RIO	Rio de Janeiro	-03	Buenos Aires, Montevideo
YYT	St John's	-3.5	St John's
SCL	Santiago	-04	La Paz, Port Of Spain
CCS	Caracas	-4.5	Caracas
NYC	New York	-05	Montreal, Detroit, Miami, Boston, Panama City
CHI	Chicago	-06	Houston, Dallas/Fort Worth, New Orleans
DEN	Denver	-07	Phoenix, Edmonton, Chihuahua
LAX	Los Angeles	-08	San Francisco, Las Vegas, Vancouver, Seattle
ANC	Anchorage	-09	Nome
HNL	Honolulu	-10	Papeete
PPG	Pago Pago	-11	Pago Pago

## BACKLIGHT

- The backlight that uses an EL(electro-iluminescent) cause the display to glow for easy reading in the dark.

### Use EL Backlight

- In the timekeeping mode, press "C" to illuminate the display about 3 seconds.



## NEW GENERATION OF DEPTH SENSOR

### Depth Sensor

- The FREEDIVE Diving Watch is made with the latest generation depth sensor. This new component allows an accurate and even faster depth reading. The sensor, once descended beyond 1.5 mm depth, provides the correct indication with reading/updating intervals every 0.5ms. Unique performance and features to offer all the necessary information in real time.

Pressure Range	0~ 14 Bar
ADC	24Bit* SPI & 12C interface
Accuracy	+/- 20 mbar
Resolution	0.2mbar
Response time	0.5ms
Water Resistant	30Bar

\*24Bit higher accuracy and lower power consumption 1UA

# WARNING

- Exercise may include some risk, especially for those who have been sedentary.

## Minimising Possible Risks In Exercising

Before starting a regular exercise program you are recommended to answer to the following questions for health status checking. If the answer is **YES** to any of the questions, we recommend to consult a doctor before starting an exercise.

- Have you not exercised for the past 5 years?
- Do you have high blood pressure?
- Do you have high blood cholesterol?
- Do you have symptoms of any disease?
- Are you taking any blood pressure or heart medication?
- Do you have a history of breathing problems?
- Are you recovering from a serious illness or medical treatment?
- Do you use a pacemaker or another implanted electronic device?
- Do you smoke?
- Are you pregnant?

## NOTE:

- It is important to be sensitive to your body's reactions during exercise. If you feel unexpected pain or excessive fatigue when exercising, it is recommended to stop the exercise or continue at a lighter intensity.
- This watch belongs to the general diving depth measure level meter, does not apply to do a precision measurement work.
- This watch is a precision electronic diving depth measure aids, but is still possible because the operation of user error, external interference or failure factors and so on, and become unsafe, so use at your own risk.

## ⚠ ATTENTION

1. Never try to open the case or remove its back cover.
2. Do not operate buttons underwater.
3. Should moisture appear inside the watch, have it checked immediately by your dealer. Otherwise it can cause erosion of the metal parts of the watch.
4. Though the watch is designed to withstand normal use, you should avoid rough use or dropping the watch.
5. Avoid exposing the watch to temperature extremes.
6. Wipe the watch with dry, soft cloth only. Avoid allowing it to come into direct contact with chemical materials, which can cause deterioration of the plastic parts of the watch.
7. Avoid to wear the watch in electromagnetic, static conditions.

CE

**Made in China**