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For a Repair Form and the latest address for the Momentum® Service Centre nearest you, (including service in Europe and the United Kingdom), please check our website (under "Service").

Pour une formule s.a.v. et l'adresse du Centre de Service Momentum® le plus proche de chez vous, (y compris pour le s.a.v. en Europe et en Royaume Unie), veuillez regarder sur notre site web; (sous la rubrique « Service »):

Ein Service-Formular und die Adresse des nächsten Momentum® Service-Centre (auch für Europa und Großbritannien), finden Sie auf unserer Webseite; (unter "Service").

[www.momentumwatch.com](http://www.momentumwatch.com)

Questions? 1-800-663-1881 (Weekdays, 9am-5pm Pacific time)

**MOMENTUM®**  
**TITANIUM ANALOG-DIGITAL CHRONOGRAPH**  
**WORLD TIME-5 ALARMS, COUNTDOWN TIMER & SPLIT SECOND STOPWATCH**

**FORMAT 4**  
**USER MANUAL**  
**& WARRANTY**

### 1.0 Caution: correct use of screw down crown!

## Thank you for choosing the MOMENTUM Format 4 Chronograph!

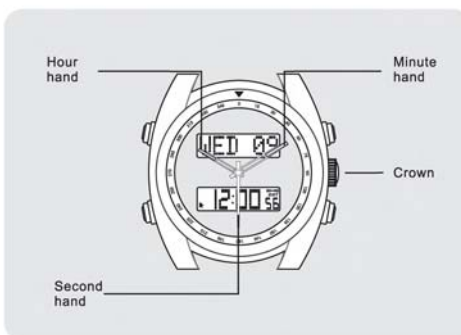


**ATTENTION:** Your watch is equipped with a screw-down crown system for maximum water-resistance. Please refer to your warranty / manual for important information about this feature.

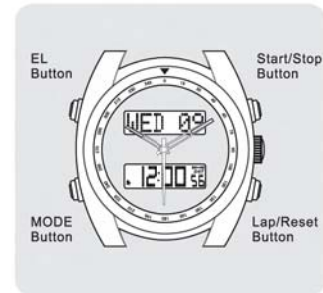
**A NOTER:** Pour assurer une étanchéité optimale, votre montre est équipée d'une couronne spéciale vissée. On vous prie de bien vouloir lire attentivement les modes d'emploi, pour bien comprendre la mise à l'heure, et l'emploi de la couronne.

**ACHTUNG:** Ihre Uhr ist mit einer verschraubten Krone versetzt um eine optimale Wasserdichtigkeit zu gewährleisten. Bitte lesen Sie vorsichtig die Gebrauchsanweisung, um sicher zu sein, dass Sie die Einstellung der Zeit und Benutzung der verschraubten Krone genau verstehen

### 2.0 Unit Overview



### 3.0 Button Overview



#### MODE Button [M]

- To select the display among Local Time, World Time, Alarm, Chronograph and Timer Modes.
- In Local Time / World Time / Alarm / Timer Mode: Hold down the button to enter the Setting Display.
- In Setting display: To select among different settings.

#### Start/Stop Button [S/S]

- To start or stop Chronograph / Timer running.
- To select the next city in the World Time Mode.
- In Setting Display: To increase the setting value.

#### Lap/Reset Button [L/R]

- To take a Lap time when the Chronograph running.
- To select the previous city in the World Time Mode.
- In Setting display: To decrease the setting value.

#### EL Button [EL]

- To turn on the EL backlight for 3 seconds.

**NOTE:** Check the coming chapters for the detailed operations.

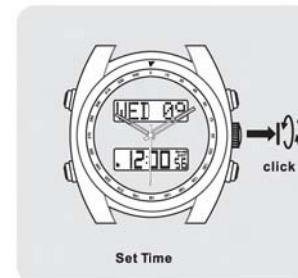
### 4.0 Setting Analog Watch Correct use of Screw down crown!



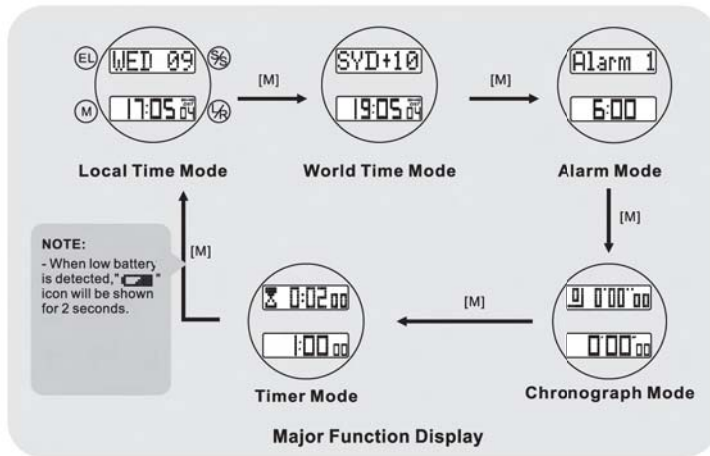
#### How to Set the Analog Watch

- To set time: grasp crown and unscrew by turning it towards you several turns. Then pull out gently one 'click'.
- Then turn the crown either clockwise or counter clockwise until the time is set correctly.
- When the time is set, push the crown back in and, while pressing it firmly against the case, screw it back into the case by turning it away from you to resume normal operation.

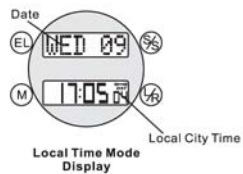
**\*\*Crown must be screwed firmly into the case to ensure a secure waterproof seal. Failure to screw in the crown correctly will void the warranty!**



## 5.0 Major Function Display



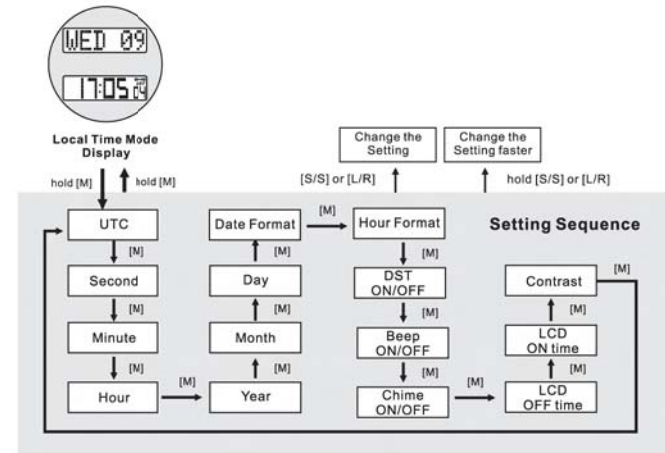
## 6.0 Local Time Mode - Basic functions



### Local Time Mode

- This mode will display the current time, date and day of week.
- To set the time, hold down the [M] button to go to the setting display.

## 6.1 Local Time Mode - Setting Local Time and Local City



## 6.2 Local Time Mode - Setting

### How to do the Setting

- Hold down the [M] button in the Local Time Mode to select the setting display:
  - In the setting display, press the [M] button to move flashing following the chapter 6.1 diagram.
  - When the setting is selected, press [S/S] or [L/R] to change the setting (hold down the button to change the setting faster).

When the setting is completed, hold down the [M] button to exit the setting display.

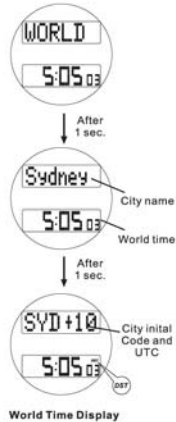
### Chime function

- User will hear a single 'BEEP' sound in each hour when chime function is ON.
- When chime function is ON, "▲" will be shown in the second row display.

### Note:

For more information about LCD ON/OFF, please refer to 11.0.

## 7.0 World Time Mode - Basic functions



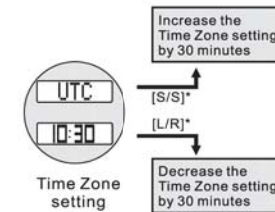
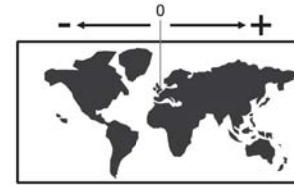
### View the World Time

- Press [M] button until enter world time mode.
- Press the [S/S] or [L/R] button to select the world time city. The city name will be shown firstly and then show the city initial code with UTC afterwards.

### Toggle the Daylight Saving Time (DST)

- Hold down the [L/R] button to toggle the daylight saving time.
- When Daylight Saving Time is on, one hour will be adjusted (added) for this setting.

## 7.2 World Time / Local Time Mode - Time Zone setting



Note: \* Hold down the [S/S] or [L/R] button can change the setting at a higher speed.

### About UTC ( Coordinated Universal Time )

- As the Earth rotates throughout a day, sunshine travels across the globe at different times for different people. UTC was created to standardize timing across the world via several time zones.

- All the time zone calculations are relative to coordinated Universal Time (UTC). For example, the time zone of London is 'UTC +0'. Hong Kong is 8 hours ahead the time of UTC. Therefore, Hong Kong's time zone is 'UTC +8'.

### Setting of the User-defined city

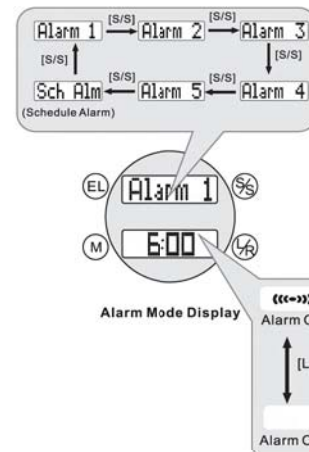
- Hold the [M] button in the World time mode, the letter in the first row will flash.
- Press the [S/S] button to select the letter and make your own name for the city. Then, press the [L/R] button to move the cursor to the right.
- Repeat this process until you have set the name for the user-defined city.
- Press [M] to move the setting to the UTC setting display. Press the [S/S] / [L/R] button to set the correct UTC.
- When setting is completed, hold down the [M] button to finish.

## 7.1 World Time/Local Time Mode - City Initial Code Table

1. AKL Auckland	11. BUE Buenos Aires	21. DUB Dublin	31. LAX Los Angeles	41. NYC New York	51. STO Stockholm
2. AMS Amsterdam	12. CAI Cairo	22. DXB Dubai	32. LIM Lima	42. OSL Oslo	52. SYD Sydney
3. ANC Anchorage	13. CAS Casablanca	23. FRA Frankfurt	33. LIS Lisbon	43. PAR Paris	53. TPE Taipei
4. ATH Athens	14. CCS Caracas	24. HEL Helsinki	34. LON London	44. RIO Rio De Janeiro	54. TYO Tokyo
5. BCN Barcelona	15. CHI Chicago	25. HKG Hong Kong	35. LUX Luxembourg	45. ROM ROME	55. VIE Vienna
6. BER Berlin	16. CPH Copenhagen	26. HNL Honolulu	36. MEL Melbourne	46. SCL Santiago	56. YTO Toronto
7. BJS Beijing	17. CPT Cape Town	27. IST Istanbul	37. MEX Mexico	47. SEL Seoul	57. YVR Vancouver
8. BKK Bangkok	18. DAC Dhaka	28. JER Jerusalem	38. MNL Manila	48. SFO San Francisco	58. ZRH Zurich
9. BOM Bombay	19. DEL New Delhi	29. JKT Jakarta	39. MOW Moscow	49. SHA Shanghai	59. MY My City
10. BRU Brussels	20. DEN Denver	30. KHI Karachi	40. NOU Noumea	50. SIN Singapore	

City Code Table

## 8.0 Alarm Mode



### Alarm Mode

- There are 5 daily alarms and 1 schedule alarm.

- Each daily alarm can be used as a reminder for: meetings, breaks, meals, medications, etc.

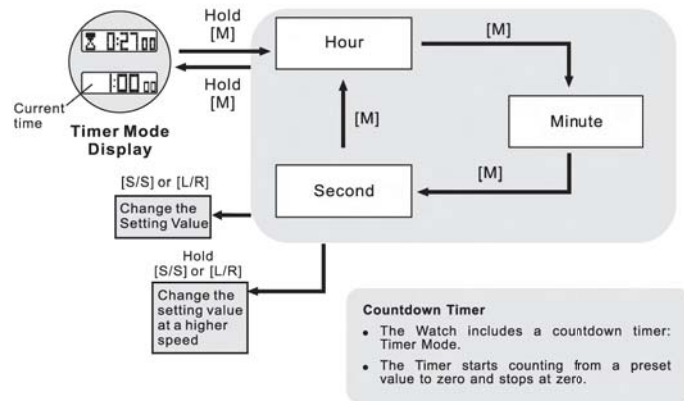
- The Schedule alarm can be set to sound on a particular date.

### Using the Alarm

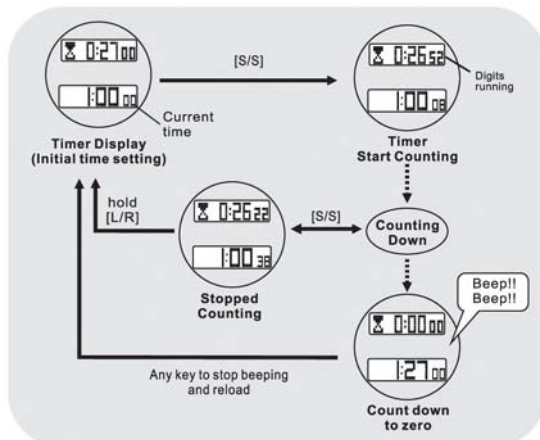
- Press the [S/S] button to select different alarms.
- To turn ON/OFF an alarm, select the target alarm and press the [L/R] button to turn it ON or OFF.
- To set an alarm, select the target alarm and hold down the [M] button to enter the setting display for setting.
- When the alarm is beeping, press any key to stop the sound.



## 10.0 Timer Mode - Setting the Timer



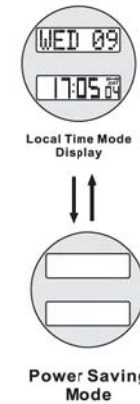
## 10.1 Timer Mode - Start / Stop the Timer



### Alert:

- It will beep one per 10 second at last minute.
- It will beep one per seconds at last 5 seconds.
- It will beep for 30 seconds when reach zero.

## 11.0 Power Saving Mode - Automatic

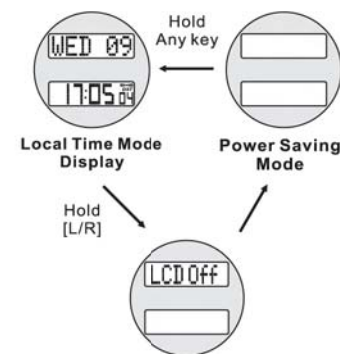


### Automatic Power Saving Mode

- This Watch includes an automatic Power Saving Function - you can turn ON/OFF the LCD display at a preset time to save the power.
- Follow the sequence in Chapter 6.1 to go to the "LCD Off" and "LCD On" displays. You can set the time which you want to turn off the watch in the "LCD Off" display. In the "LCD On" display, you can also set the time you want to exit the power saving mode.
- The preset time can only be set on the hour.
- To exit the Power Saving Mode, just press any key and the LCD display will be resumed.

**NOTE:** Even the LCD display is OFF, the timekeeping function is still running normally in Power Saving Mode.

## 11.1 Power Saving Mode - Manual



### Manual Power Saving Mode

- Manual Power Saving Function - you can turn ON/OFF the LCD display manually.
- In Local time mode, hold [L/R] button for 5 second.
- "LCD Off" will be shown for 2 seconds before enter power saving mode
- To exit the Power Saving Mode, just press any key and the LCD display will be resumed.

## 12.0 Specifications

### Timekeeping (Analog)

- Time System: Quartz movement .
- Hands: 3hands (Hour, Minute and Second).

### Timekeeping (Digital)

- Time Display: AM / PM, Hour, Minute, Second.
- Date Display: Day and Day of week display.
- Time Format: 12-hour or 24-hour format selectable.
- Date format: Month-day or Day-Month selectable.
- 56 Pre-defined city + 1 User-defined city
- Time Zone Setting Range (UTC): -12:00 to +12:00
- DST ON/OFF selection

### Alarm Mode

- 5 daily alarms
- 1 schedule alarm (Date alarm)
- Alarm Note

### Chronograph Mode

- Resolution: 1/100
- Measuring Range: 99 hours 59 minutes 59.99 seconds
- 10 Lap Records

### Timer Mode

- Resolution: 1 second
- Range: 23 hours 59 minutes 59 seconds

## TWO YEAR WARRANTY

Great care has been taken to ensure that your watch will give you many years of reliable service. It is guaranteed for two years against any defect caused by a fault in its manufacture\*. Please retain your purchase receipt as proof of warranty. The best possible materials and components have gone into your watch. To keep it in top condition, please treat it with care and have it professionally serviced at regular intervals.

## 2/4/6 YEAR EXTENDED WARRANTY

Please retain your purchase receipt for proof of warranty. After the initial 2-year warranty expires, we recommend that you extend your warranty by sending your watch to a St. Moritz / Momentum® Service Centre for a Full Service\*. This is a chargeable service which includes: battery replacement, cleaning, lubrication, and accuracy tuning of the movement as required, lubrication or replacement of all seals, pressure testing to original specification, return shipping and insurance, and a 2 year warranty extension. After 4 years, send it in for another Full Service and extend the warranty for a final two years (for a total of 6 years from original purchase date). Nobody knows your watch like we do! Expert technicians, original parts and the latest equipment will ensure that your watch is serviced right. To check current Full Service pricing please visit our website at: [www.momentumwatch.com](http://www.momentumwatch.com)

\* Full Service Packages include a extension of the original warranty, for as long as parts are available. Please note however that a Full Service for older, discontinued models may not include an extension of the warranty, if original parts are in limited supply or unavailable. Please check with our Customer Service Department for to confirm whether any non-current models qualify for the extended warranty. \* Loss or damage caused by accident, negligence, or opening, repair by unauthorized persons is excluded from this warranty, as is battery life, cosmetic deterioration of the case or bracelet caused by wear & tear or abuse and damage caused by cracked or broken crystals as well as by moisture damage.