



SEAMASTER REGATTA

OPERATING INSTRUCTIONS

4	SPECIAL RECOMMENDATIONS
6	SAFETY AND ENVIRONMENTAL PROTECTION
8	OMEGA INTERNATIONAL WARRANTY
16	GETTING STARTED
16	OPERATION
17	DISPLAYS
18	FUNCTIONS
19	NAVIGATING WITHIN A GROUP
20	NAVIGATING BETWEEN GROUPS
21	NAVIGATION PATHWAY
22	FUNCTIONS
22	UTC UNIVERSAL TIME COORDINATED
24	T1 / T2 TIME ZONES
26	AL1 ALARM 1
28	AL2 / AL3 ALARMS 2 & 3
30	CHR CHRONOGRAPH
32	TAC TACHYMETER
35	TLM TELEMETER
37	PUL PULSOMETER
39	TMR TIMER
42	CTD REGATTA – COUNTDOWN
46	RAC RACE
48	LGB LOGBOOK
51	TMP TEMPERATURE
53	ACC ACCELEROMETER

## **55 SPECIAL FUNCTIONS**

55 HAND BACKLIGHTING AND PARKING

55 RESET

56 T 1 AND T2 QUICK SWITCHOVER

57 ANALOGUE MODE & ENERGY SAVING MODE

58 CUSTOMISED DISPLAY IN ENERGY SAVING MODE

## **59 CHIMES**

## **60 TROUBLESHOOTING**

## **61 PICTOGRAMS**



### MAGNETIC FIELDS

Avoid placing your watch on a magnet, speaker, refrigerator or electronic tablet case, since they can generate powerful magnetic fields that can disrupt your timepiece.



### BATHING IN THE SEA

Always rinse your watch in fresh water afterwards.



### IMPACTS

Avoid exposing your watch to mechanical or any other impacts, as well as thermal shocks.



### PUSHERS AND CROWN

Do not operate the pushers or the crown underwater, to prevent water from penetrating the mechanism.



### CLEANING

For metal bracelets, rubber straps and water-resistant cases, use a toothbrush and soapy water for cleaning, and a soft cloth for drying.



### CHEMICALS

Avoid direct contact with solvents, detergents, perfumes, cosmetics, mosquito repellents, etc., since they can damage the wristlet, case or gaskets.



### TEMPERATURES

Avoid exposing your watch to extreme temperatures (above 60°C or 140°F and below 0°C or 32°F), or to extreme variations.



### WATER RESISTANCE

The absolute water resistance of a watch cannot be guaranteed forever. In particular, it can be affected by ageing of the gaskets, or by an accidental impact on the crown. As stipulated in our service instructions, we recommend having your watch's water resistance tested once a year by an approved OMEGA service centre.



### DIFFERENT STRAP SIZES

All our leather, rubber and fabric straps are available in different sizes. Please consult an approved point of sale, or visit our website [omegawatches.com](http://omegawatches.com).



### BRACELET LENGTH ADJUSTMENT

You can visit an OMEGA point of sale or approved service centre to have the bracelet length adjusted to your wrist. The specialists will measure your wrist circumference, and provide guidance to optimise the wearing comfort of your watch.



### WHAT ARE THE INTERVALS BETWEEN SERVICES?

Like any precision instrument, a watch requires regular servicing to ensure that it operates perfectly. We cannot specify the frequency of this operation, since it is entirely dependent on the model, climate and care that each owner takes with their watch. As a general rule, a watch should be serviced every 5 to 8 years, according to the conditions under which it is used.

### WHO SHOULD I CONTACT FOR ANY BATTERY SERVICE OR REPLACEMENT OPERATION?



We recommend contacting an approved OMEGA service centre or an authorised OMEGA retailer. They will have the tools and equipment required to undertake this work, and perform the necessary checks in a professional manner. In addition, these specialists can guarantee that their work will comply with the strict quality standards applied and stipulated by OMEGA.

A drained battery must be replaced as quickly as possible, to prevent the risk of leakages, which can damage the movement. The battery type is stated on the warranty card accompanying your watch.

## SAFETY AND ENVIRONMENTAL PROTECTION

**⚠ WARNING**

- **INGESTION HAZARD** : This product contains a button cell or coin battery.
- **DEATH** or serious injury can occur if ingested.
- A swallowed button cell or coin battery can cause **Internal Chemical Burns** in as little as **2 hours**.
- **KEEP** new and used batteries **OUT OF REACH OF CHILDREN**.
- **SEEK immediate medical attention** if a battery is suspected to be swallowed or inserted inside any part of the body.



- This product contains a battery that is not intended to be replaceable by the user.
- Immediately dispose of used batteries and keep away from children. Do NOT dispose of batteries in household trash.
- Even used batteries may cause severe injury or death.
- Call a local poison control center for treatment information.
- Do not mix old and new batteries, different brands or types of batteries, such as alkaline, carbon-zinc, or rechargeable batteries.
- Ensure the batteries are installed correctly according to polarity (+ and -).
- Remove and immediately discard batteries from equipment not used for an extended period of time.
- Non-rechargeable batteries are not to be recharged.

- Do not force discharge, recharge, disassemble, heat above (manufacturer's specified temperature rating) or incinerate. Doing so may result in injury due to venting, leakage or explosion resulting in chemical burns.

Type of battery used in OMEGA quartz movement 5701: lithium battery; references: CR2320; nominal voltage: 3 V.

## SAFETY AND ENVIRONMENTAL PROTECTION



### **Collection and processing of quartz watches at their end of life\***

This symbol indicates that this product must not be disposed of in household waste. It must be taken to an approved collection point. By applying this procedure, you will contribute to protecting the environment and human health. Recycling of materials will help conserve natural resources.

\* applicable in European Community Member States, and in countries with comparable legislation.

### **(Valid for U.S.A. only)**

OMEGA SA\* GUARANTEES YOUR WATCH FOR SIXTY (60) MONTHS UNDER THE TERMS AND CONDITIONS OF THIS WARRANTY, STARTING FROM THE DATE OF PURCHASE, FOR ALL OMEGA\* WATCHES PURCHASED AS OF 1 JULY 2018.

The international OMEGA warranty covers material and manufacturing defects existing at the time of the purchase of the OMEGA watch ("defects"). The warranty only comes into force if the warranty certificate is dated, fully and correctly completed and stamped by an official OMEGA retailer ("valid warranty certificate").

During the warranty period and by presenting the valid warranty certificate, you will have the right to have any defect repaired free of charge. In the event that repairs are improper to restore the normal conditions of use of your OMEGA watch, OMEGA SA guarantees its replacement by an OMEGA watch of identical or similar characteristics. For all watches purchased as of 1 July 2018, the warranty for the replacement watch ends sixty (60) months after the date of purchase of the replaced watch.

### **This manufacturer's warranty does not cover:**

- The life of the battery.
- Normal wear and tear and ageing (for example scratched crystal; alteration of the colour and/or material of non metallic straps and chains, such as leather, textile, rubber).
- Any damage on any part of the watch resulting from abnormal/abusive use, lack of care, negligence, accidents (knocks, dents, crushing, broken crystal, etc.), incorrect use of the watch and nonobservance of the operating instructions provided by OMEGA SA.
- The OMEGA watch handled by non-authorized persons (for example for battery replacement, service or repair) or which has been altered in its original condition beyond OMEGA SA's control.




ALL APPLICABLE IMPLIED WARRANTIES, INCLUDING THE IMPLIED WARRANTY OF MERCHANTABILITY AND OF FITNESS FOR A PARTICULAR PURPOSE GIVEN TO YOU BY LAW ARE HEREBY LIMITED IN DURATION TO THE DURATION OF THIS WARRANTY. UNDER NO CIRCUMSTANCES WILL OMEGA SA BE LIABLE FOR ANY INDIRECT OR CONSEQUENTIAL DAMAGES OF ANY KIND.

Some states do not allow limitations on how long implied warranties last, or exclusions or limitations of incidental or consequential damages, so exclusions or limitations mentioned may not apply to you. This warranty gives you specific legal rights and you may also have other rights which may vary from state to state.

OMEGA SA's OBLIGATION IS STRICTLY LIMITED TO REPAIR OR REPLACEMENT AS EXPRESSLY STATED IN THIS LIMITED WARRANTY. YOUR AUTHORISED OMEGA RETAILER CARRIES SOLE RESPONSIBILITY FOR ANY OTHER GUARANTEES.

The OMEGA customer service ensures the perfect working order of your OMEGA watch. If your watch needs maintenance, rely on an authorised OMEGA retailer or an authorised OMEGA Service Center as set forth on the OMEGA website: they can guarantee service according to OMEGA SA's standards.

\* OMEGA SA  
Rue Jakob-Stämpfli 96  
CH-2502 Bienne

OMEGA® and  OMEGA® are registered trademarks.

OMEGA SA\* guarantees your watch for sixty (60) months under the terms and conditions of this warranty, starting from the date of purchase, for all OMEGA\* watches purchased as of 1 July 2018.

The international OMEGA warranty covers material and manufacturing defects existing at the time of the purchase of the OMEGA watch ("defects"). The warranty only comes into force if the warranty certificate is dated, fully and correctly completed and stamped by an official OMEGA retailer ("valid warranty certificate").

During the warranty period and by presenting the valid warranty certificate, you will have the right to have any defect repaired free of charge. In the event that repairs are improper to restore the normal conditions of use of your OMEGA watch, OMEGA SA guarantees its replacement by an OMEGA watch of identical or similar characteristics. For all watches purchased as of 1 July 2018, the warranty for the replacement watch ends sixty (60) months after the date of purchase of the replaced watch.

### **This manufacturer's warranty does not cover:**

- The life of the battery.
- Normal wear and tear and ageing (for example scratched crystal; alteration of the colour and/or material of non-metallic straps and chains, such as leather, textile, rubber).
- Any damage on any part of the watch resulting from abnormal/abusive use, lack of care, negligence, accidents (knocks, dents, crushing, broken crystal, etc.), incorrect use of the watch and non-observance of the operating instructions provided by OMEGA SA.
- Any consequential or indirect damage resulting from the use, failure to operate, defects or lack of precision of the OMEGA watch.
- The OMEGA watch handled by non-authorized persons (for example for battery replacement, service or repair) or which has been altered in its original condition beyond OMEGA SA's control.


Any further claim against OMEGA SA, for example for damages additional to the above described warranty is expressly excluded, except mandatory statutory rights the purchaser may have against the manufacturer.

**The above manufacturer's warranty:**

- is independent of any warranty that may be provided by the seller, for which he carries sole responsibility;
- does not affect the purchaser's rights against the seller nor any other mandatory statutory rights the purchaser may have against the seller.

The OMEGA customer service ensures the perfect maintenance of your OMEGA watch. If your watch needs attention, rely on an authorised OMEGA retailer or an authorised OMEGA Service Centre as set forth in the enclosed list: they can guarantee service according to OMEGA SA's standards.

\* OMEGA SA  
Rue Jakob-Stämpfli 96  
CH-2502 Bienne

OMEGA® and  OMEGA® are registered trademarks.

**NOTE:** If you purchased your OMEGA® watch in Australia or New Zealand, the International OMEGA\* Warranty contained in the booklet provided with this watch and on the OMEGA website ([www.omegawatches.com](http://www.omegawatches.com)) does NOT apply to you, and is replaced by this Australian/New Zealand Warranty (referred to below as the “Warranty”).

### IMPORTANT NOTICE REGARDING YOUR CONSUMER RIGHTS

The benefits given to you under this Warranty are additional to, and do not detract from, other rights and remedies that you may have in relation to your OMEGA watch and its purchase under Australian or New Zealand laws, including consumer protection laws.

In Australia, OMEGA watches come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage. You are also entitled to have your OMEGA watch repaired or replaced if it fails to be of acceptable quality and the failure does not amount to a major failure.

In New Zealand, OMEGA watches also come with guarantees that cannot be excluded under the New Zealand Consumer Guarantees Act.

**This warranty:**

- Is not intended to change or exclude any statutory or consumer rights that cannot be lawfully changed or excluded;
- Is independent of any warranty that may be provided by the seller, for which he carries sole responsibility; and
- Does not affect your rights against the seller, including any mandatory statutory rights you may have against the seller under local consumer laws.

**OUR WARRANTY TO YOU**

This Warranty is provided by OMEGA SA of Rue Jakob-Stämpfli 96, CH-2502 Bienne, Switzerland. Telephone +41 32 343 9211.

All OMEGA watches purchased as of 1 July 2018 are guaranteed for 5 years from the date of purchase under the terms and conditions of this warranty.

This Warranty covers material and manufacturing defects existing at the time of delivery of the purchased OMEGA watch ("defects"). Where such defects become apparent during the warranty period and provided you present a valid warranty certificate, OMEGA SA will:

- Repair your watch free of charge; or
- In the event that repairs are unable to restore the normal conditions of use of your OMEGA watch, replace your watch with an OMEGA watch of identical or similar characteristics. Such replacement watch will have the benefit of this Warranty for the remainder of the Warranty Period applicable to the original (replaced) watch.

### **Please be aware that:**

- Goods presented for repair may be replaced by refurbished goods of the same type rather than being repaired. Refurbished parts may be used to repair the goods;
- Any data you store in your watch may be lost in the course of a repair. It is your responsibility to back up any data that may be stored in your watch before presenting it for warranty service; and
- The Warranty is only valid if the warranty certificate enclosed with your OMEGA watch upon purchase is dated, fully and correctly completed and stamped and signed by authorised OMEGA retailer.

### **EXCLUSIONS AND LIMITATIONS**

#### **This warranty does not cover:**

- The lifetime of the battery;
- Normal wear and tear and aging (e.g. scratched crystal; alteration of the colour and/or material of non-metallic straps and chains, such as leather, textile, rubber; peeling of the plating);
- Any damage on any part of the watch resulting from abnormal/abusive use, lack of care, negligence, accidents (knocks, dents, crushing, broken crystal, etc.), incorrect use of the watch and non-observance of the use directions provided by OMEGA SA;
- Indirect or consequential damages of any kind resulting from e.g. the use, the non-functioning, the defects or the inaccuracy of the OMEGA watch; or
- Defects caused by the OMEGA watch being handled by nonauthorised persons (e.g. for battery replacement, services or repairs) or altered in its original condition beyond OMEGA SA's control.

## HOW TO MAKE A CLAIM UNDER THIS WARRANTY

To make a claim under this Warranty, we recommend that you wrap your OMEGA watch carefully so as to avoid any damage and send it by registered mail or drop it off in person to your nearest authorised OMEGA retailer or an official OMEGA Service Centre. To find current contact information for your nearest authorised OMEGA retailer or official OMEGA Service Centre, please telephone +61 3 8844 3314, email [wecare.au@omegawatches.com](mailto:wecare.au@omegawatches.com) or go to [www.omegawatches.com](http://www.omegawatches.com).


You will be responsible for paying the expenses associated with making a claim under this Warranty, including postal or delivery expenses and any relevant taxes.

## OTHER CONDITIONS

No authorised OMEGA retailer or official OMEGA Service Centre is authorised to make any modification, extension or addition to this Warranty. OMEGA SA provides no warranty against defects beyond the rights and remedies given under this Warranty and which are available under the Australian Consumer Law and the New Zealand Consumer Guarantees Act 1993.

\* OMEGA SA

Rue Jakob-Stämpfli 96  
CH-2502 Bienne

OMEGA® and  OMEGA® are registered trademarks.

## OPERATION

Pusher **P4**

Favourite function:  
Regatta — countdown ➡

T1 and T2  
quick switchover ➡➡  
> page 56

Pusher **P3**

Next sub-function ➡

Hand backlighting  
and parking ■■➡  
> page 55

Specific action  
(see function)

Pusher **P1**

Specific action  
(see function)

Crown **|||**

Navigate between  
functions ↻

Activate the crown  
and next function ◀

Enter setting  
mode ◀◀

Energy saving  
mode ◀◀ (~5 s)  
> page 57

Pusher **P2**

Specific action  
(see function)



Single press



Double press



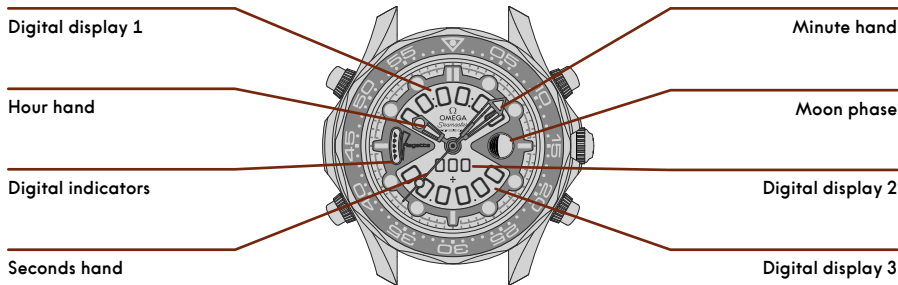
Press and hold (~2 s)



Rotate



## DISPLAYS

**Alarm indicator AL 1, AL 2 or AL 3**

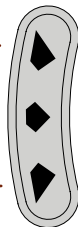
Indicator light lit: there are one or more active alarms.

**Measurement indicator: CHR, TAC, TLM or PUL**

Indicator light lit: a measurement is being taken, and the hands are indicating T 1; **indicator light flashing**: a measurement is being taken, and the hands are indicating this measurement.

**Timer indicator TMR**

Indicator light lit: a timer measurement is being taken, and the hands are indicating T 1; **indicator light flashing**: a timer measurement is being taken, and the hands are indicating this measurement.



## FUNCTIONS

---

Universal Time Coordinated

UTC

---

↗ pages 22 to 23

---

Time zones

T1

/ T2

---

↗ pages 24 to 25

---

Alarms

AL1

/ AL2

/ AL3

---

↗ pages 26 to 29

---

Chronograph

CHR

---

↗ pages 30 to 31

---

Tachymeter

TAC

---

↗ pages 32 to 34

---

Telemeter

TLM

---

↗ pages 35 to 36

---

Pulsometer

PUL

---

↗ pages 37 to 38

---

Timer

TMR

---

↗ pages 39 to 41

---

Regatta countdown

CTD

RAC

---

↗ pages 42 to 47

---

Logbook

LGB

---

↗ pages 48 to 50

---

Temperature

TMP

---

↗ pages 51 to 52

---

Accelerometer

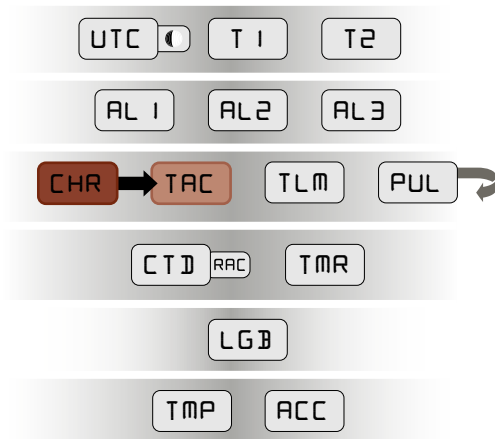
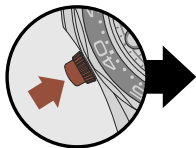
ACC

---

↗ pages 53 to 54

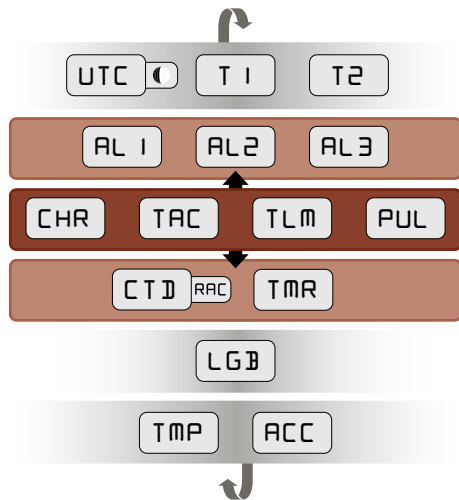
## NAVIGATING WITHIN A GROUP


The **Pa** pusher allows you to navigate between the functions within the same group.

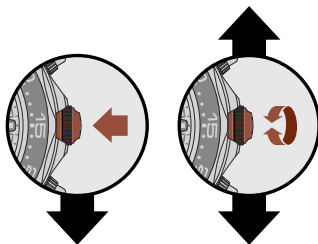





**i** Navigation within a function group follows a circuit.

## NAVIGATING BETWEEN GROUPS



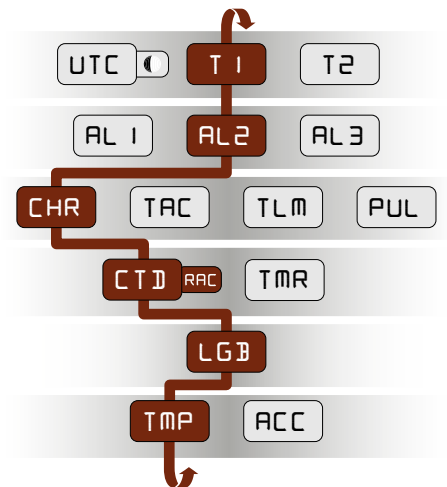
The crown  allows you to navigate from one function group to another.



-  Press the crown  once to activate it.
-  Navigation between function groups follows a circuit.

## NAVIGATION PATHWAY

The navigation pathway between function groups is memorised according to the last selected function in each group.

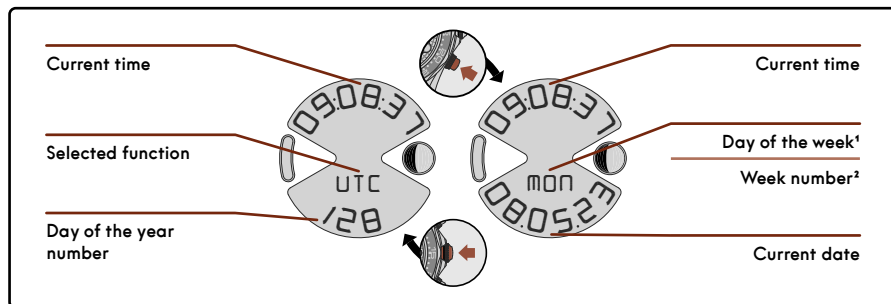


- ❗ The illustration opposite represents an example of a navigation pathway memorised by the watch.
- ❗ The navigation follows a circuit.

## UTC UNIVERSAL TIME COORDINATED

The **UTC** function (Universal Time Coordinated) displays the universal time coordinated.

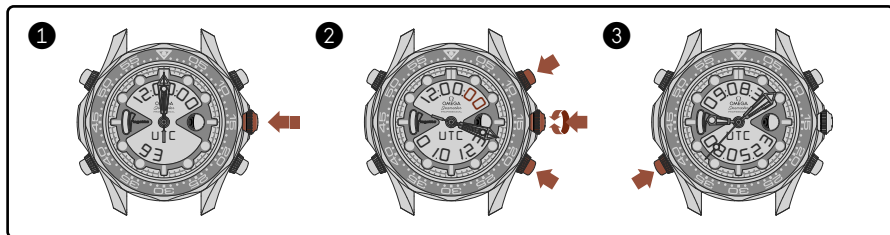
**i** Because **UTC** is the time base used for all the watch's other functions, it must be correctly programmed before using the other ones.















¹ MON ▶ Monday | TUE ▶ Tuesday | WED ▶ Wednesday | THU ▶ Thursday | FRI ▶ Friday | SAT ▶ Saturday | SUN ▶ Sunday;

² W 14 ▶ week number.

## UTC UNIVERSAL TIME COORDINATED: SETTINGS



- 1 Enter settings to configure UTC  
- 2 Configure **seconds** ▸ **minute** ▸ **hour** ▸ **day** ▸ **month** ▸ **year** ▸ **Hemisphere**<sup>1</sup> ▸ **date format**<sup>2</sup>  
Increase  /   or decrease  /   and confirm  
- 3 Exit settings 

 Make sure that the correct Hemisphere is entered for your location, so that the moon phase is correctly displayed.

<sup>1</sup> HEM N ▸ Northern Hemisphere | HEM S ▸ Southern Hemisphere;

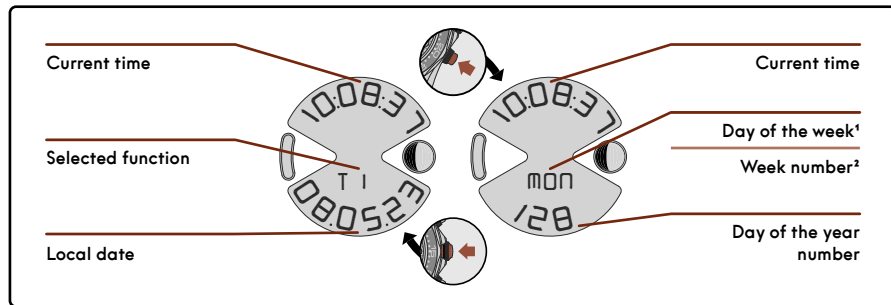
<sup>2</sup> DM ▸ day-month | MD ▸ month-day.

## T1 / T2 TIME ZONES

T1 is used for **local time**. The hands continuously display T1 time.

T2 is used for the **second time zone**. T2 is not displayed with the hands.

**i** To set T1 and T2, only the time difference from UTC needs to be programmed. So UTC must be set before programming T1 and T2.

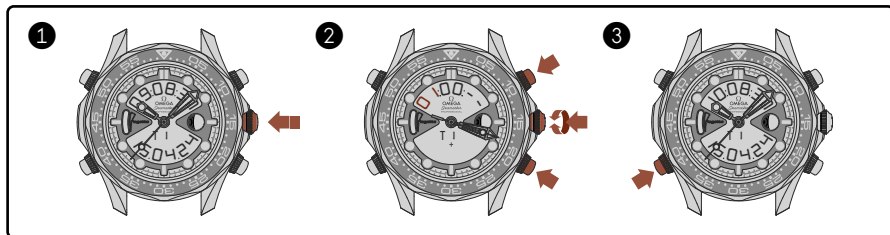














<sup>1</sup> MON ▶ Monday | TUE ▶ Tuesday | WED ▶ Wednesday | THU ▶ Thursday | FRI ▶ Friday | SAT ▶ Saturday | SUN ▶ Sunday;



<sup>2</sup> W 14: the "W" stands for "week".



## T1 / T2 TIME ZONES: SETTINGS



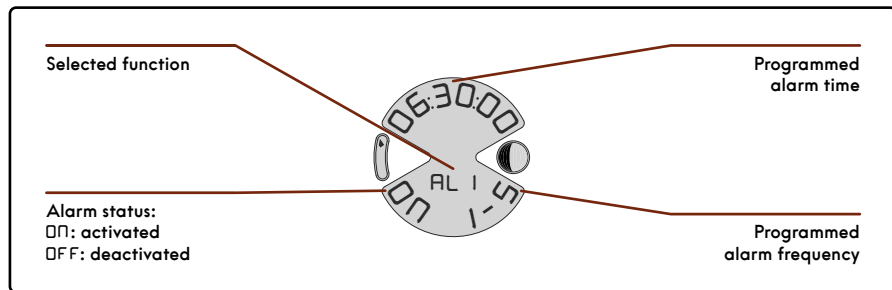
- 1 Enter settings to configure the time difference  
- 2 Configure **hour**  **minute**<sup>1</sup>  
Increase  /   or decrease  /   and confirm  
- 3 Exit settings 

- ❗ During programming, the plus sign “+” or minus sign “-” indicates that the direction of the time difference in relation to UTC.
- ❗ Quickly switch between time zones T1 and T2 by double-pressing  . See page 56 for more information.

<sup>1</sup> The minute will be increased and decreased in 15-minute steps.

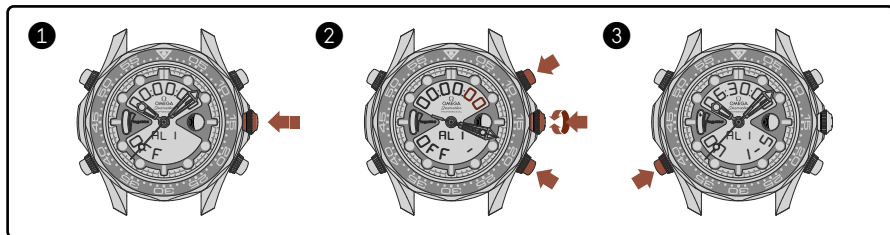
**AL I ALARM 1**

The simplified alarm AL I based on the reference time T I can be programmed to chime with different repetitions.



- ❗ To stop an alarm, simply press a pusher  or the crown .
- ❗ See page 59 for more information on the chimes.

## AL I ALARM 1: SETTINGS



- 1 Enter settings to configure an alarm
- 2 Configure **seconds** ▷ **minute** ▷ **hour** ▷ **repetition**<sup>1</sup>  
Increase / or decrease / and confirm
- 3 Exit settings

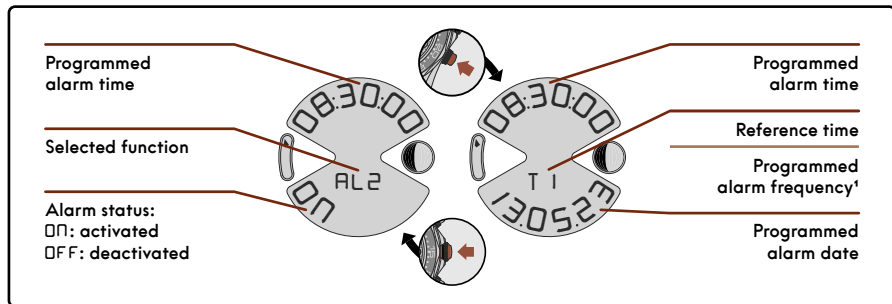
<sup>1</sup> 1 - 7 ▷ every day | 1 - 5 ▷ Monday to Friday | 6 - 7 ▷ Saturday and Sunday | - ▷ just once.

Activate or deactivate  
the alarm



## AL2 / AL3 ALARMS 2 & 3

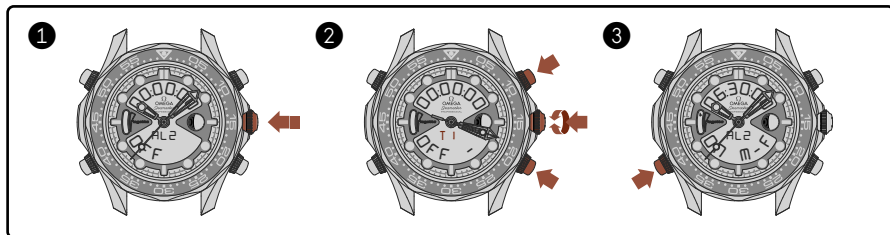
Alarms AL2 and AL3 are programmable on the reference times UTC, T1 or T2. The alarm frequency is programmable for a specific day of the week, or from Monday to Friday<sup>1</sup>.



- To stop an alarm, simply press a pusher or the crown .
- See page 59 for more information on the chimes.

<sup>1</sup> MON → Monday | TUE → Tuesday | WED → Wednesday | THU → Thursday | FRI → Friday | SAT → Saturday | SUN → Sunday;  
M-F → Monday to Friday.

## AL2 / AL3 ALARMS 2 &amp; 3: SETTINGS



- 1 Enter settings to configure an alarm
- 2 Configure **reference time**<sup>1</sup> ▸ **seconds** ▸ **minute** ▸ **hour** ▸ **day** ▸ **month** ▸ **year** ▸ **date or specific day of the week**<sup>2</sup>  
Increase / or decrease / and confirm
- 3 Exit settings

To reset the alarm, enter settings and select --- when configuring the **reference time**, and then press the crown to confirm.

<sup>1</sup> UTC, T1, T2 or --- (reset);

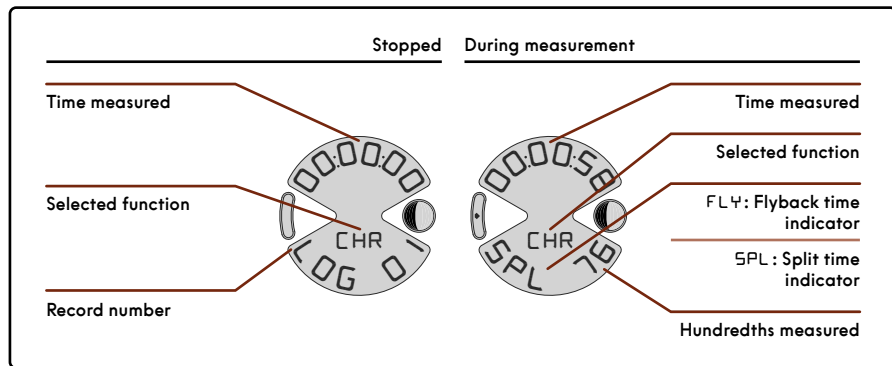
<sup>2</sup> MON ▸ Monday | TUE ▸ Tuesday | WED ▸ Wednesday | THU ▸ Thurs |  
FRI ▸ Friday | SAT ▸ Saturday | SUN ▸ Sunday | M-F ▸ Monday to Friday.


Activate or deactivate  
the alarm

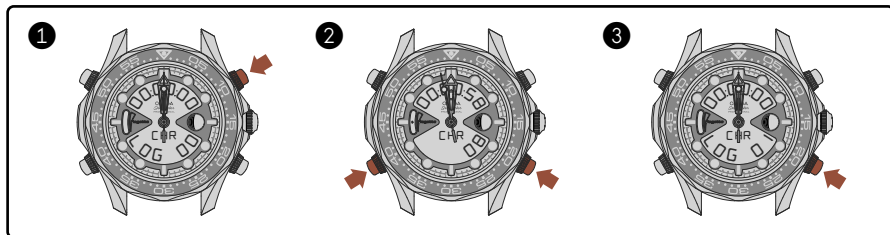


## CHR CHRONOGRAPH

The **CHR** function allows you to measure a time, display a split time and perform a flyback, while saving each action in the **LOG**.




- ❶ In this function, the hands indicate the **T I** time or the timing. At any time, you can switch between hand indicators by pressing and holding the crown .
- ❷ After 99 hours, 59 minutes, 59 seconds and 99 hundredths, timing is stopped and reset automatically.

**CHR CHRONOGRAPH: USE**


- 1 **Start or stop time measurement** **P1**  
Press again to continue the time measurement
- 2 **Perform a flyback (FLY)** **P2**  
**Display the split time (SPL)** **P3**  
Press again to continue the time measurement
- 3 **Perform a reset** **P2**  
Only when the chronograph has been stopped

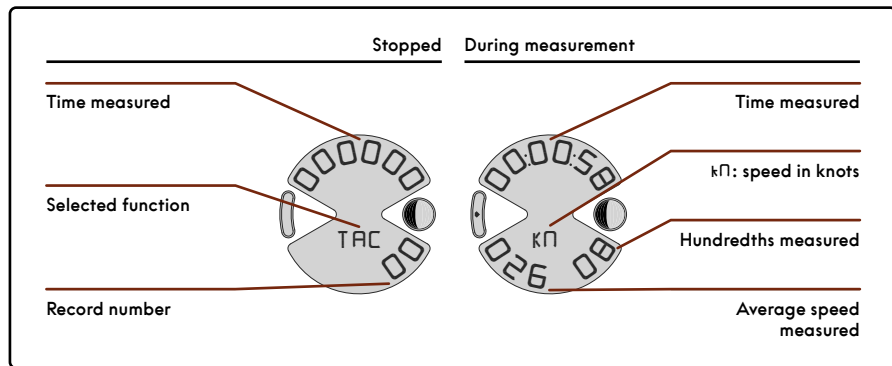
**Read the LOG records**

If the chronograph has been stopped, single-press **P2** to **read the LOG** records, and then navigate by single-pressing **P1** or **P2**. To exit reading the LOG records, single-press the crown **I**.

- i Up to 100 records can be stored. The data from the oldest record will be deleted when the records limit is reached.
- i To erase all the LOG records, press and hold **P2**  when the chronograph has been stopped.

## TAC TACHYMETER

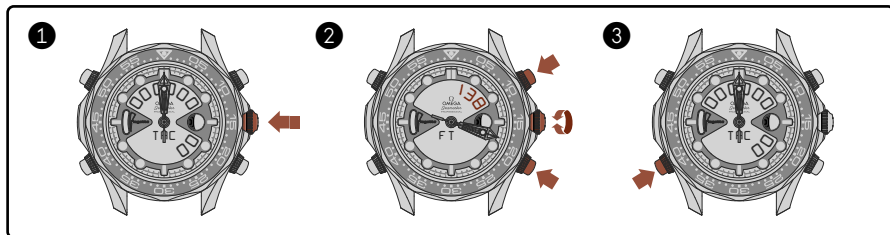
The TAC function is used to measure an average speed travelled between two points. In this specific case, between the bow and stern of the boat in relation to a fixed point. Unit in knots (k $\Pi$ ).



**i** After 99 hours, 59 minutes, 59 seconds and 99 hundredths, timing is stopped and reset automatically.



## TAC TACHYMETER: SETTINGS

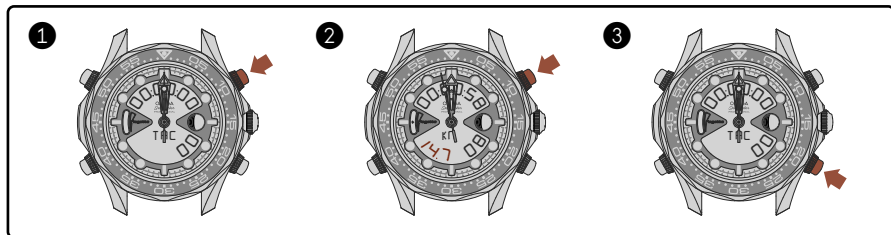


- 1 Enter settings to configure the tachymeter Accessible only if the tachymeter has been reset
- 2 Configure **hands display<sup>1</sup>** and **boat length in feet (F T)**  
Increase / or decrease / and confirm
- 3 Exit settings

You need to configure the boat length.

<sup>1</sup> T | H Π Π ▶ the hands display T | | CHR H Π Π ▶ the hands display the TAC timing operation.

## TAC TACHYMETER: USE

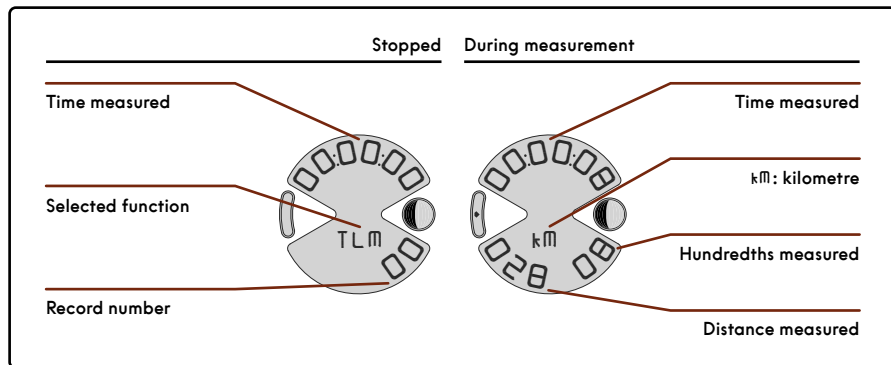


- 1 Start the tachymeter measurement when the bow of the boat passes the reference point **P1**
- 2 Stop the tachymeter measurement when the stern of the boat passes the reference point **P1**  
The average speed is displayed in knots (kN)
- 3 Perform a reset **P2**  
Only when the tachymeter has been stopped

**i** To convert from knots into kilometres per hour, multiply the value in knots by 1.852. To convert from kilometres per hour into knots, multiply the value in kilometres per hour by 0.539.

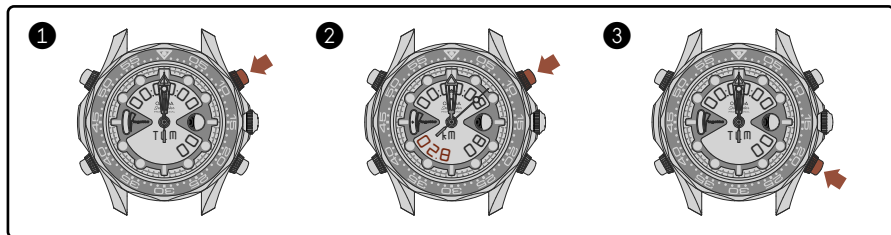
## TLM TELEMETER

The TLM function allows you to measuring a distance by means of the speed of sound. For example, measuring the distance between you and lightning by means of the sound emitted.



**i** After 99 hours, 59 minutes, 59 seconds and 99 hundredths, timing is stopped and reset automatically.

## TLM TELEMETER: USE



**1 Start the telemeter measurement when a visual event occurs **P1****

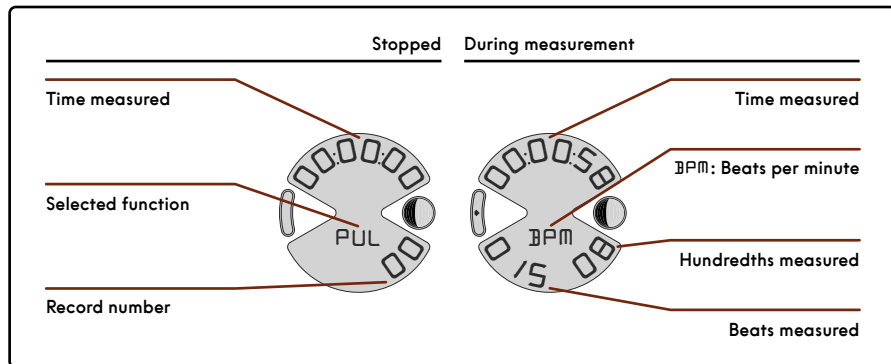
**2 Stop the telemeter measurement when you hear the sound **P1****  
The distance in kilometres between you and the event is displayed

**3 Perform a reset **P2****  
Only when the telemeter has been stopped

**i** To convert from kilometres into miles, multiply the value in kilometres by 0.621. To convert from miles into kilometres, multiply the value in miles by 1.609.

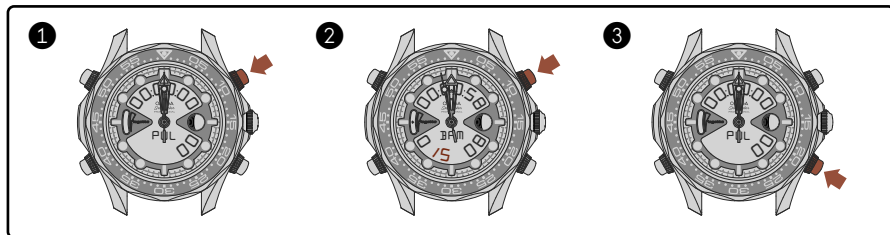
## PUL PULSOMETER

The PUL function allows you to measure beats per minute based on the time count for 15 beats.



**i** After 99 hours, 59 minutes, 59 seconds and 99 hundredths, timing is stopped and reset automatically.

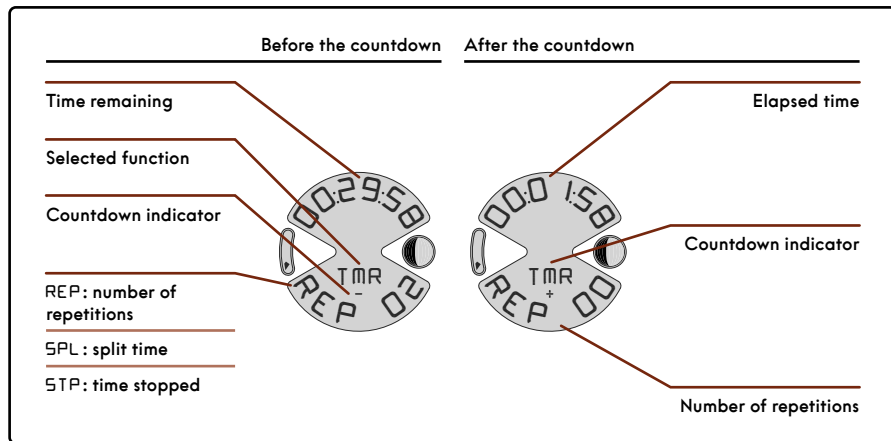
## PUL PULSOMETER: USE



- 1 Start the pulsometer measurement **P1**
- 2 Stop the pulsometer measurement after 15 beats **P1**  
The number of beats per minute is displayed
- 3 Perform a reset **P2**  
Only when the pulsometer has been stopped

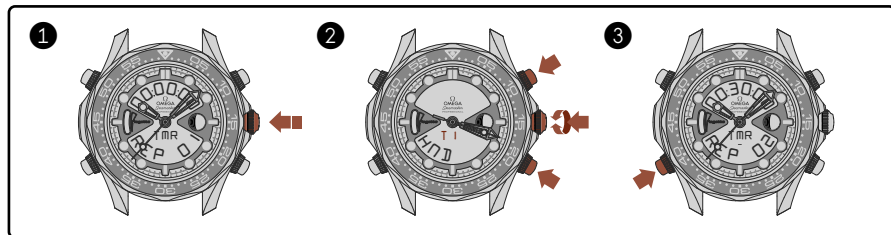
**TMR** **TIMER**
















The timer function **TMR** allows you to count down a programmed time, with repeat alarms, and then count the elapsed time after the end of the countdown.






**i** See page 59 for more information on the chimes.

## TMR TIMER: SETTINGS



- 1 Enter settings to configure a timer  
- 2 Configure **the hands display**<sup>1</sup>  **seconds**  **minute**  **hour**  **number of repetitions**<sup>2</sup>  
Increase  /   or decrease  /   and confirm  
- 3 Exit settings 

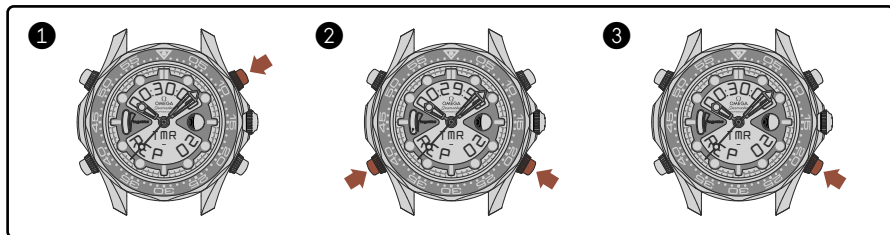
-  It is possible to configure the TMR to have several repetitions before the end of the TMR operation. For example, if we set "REP 03", there will be 3 countdowns before the end of the TMR operation.
-  To count a time using TMR, program the number of repetitions to 00.
-  The TMR count or countdown can be programmed up to 99 hours, 59 minutes and 59 seconds.

<sup>1</sup> T I H 0 0  the hands display T I | TMR H 0 0  the hands display the TMR countdown/count;



<sup>2</sup> Up to 20 repetitions possible.



## TMR TIMER: USE

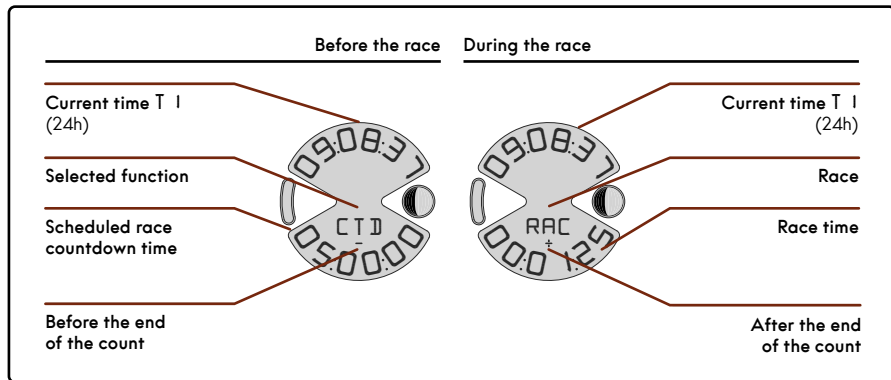


- 1 **Start or stop (STP) the time measurement** **P1**  
Press again to continue the time measurement
- 2 **Display the split time (SPL)** **P3**  
Press again to continue the time measurement  
**Perform a flyback (FLY)** **P2**
- 3 **Perform a reset** **P2**  
Only when the timer has been stopped (STP)

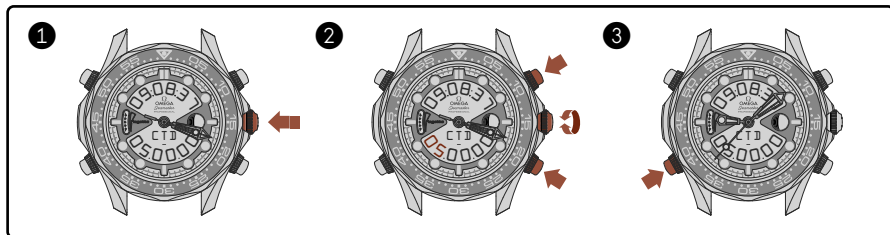
- ⓘ A flyback is performed on the current repetition.
- ⓘ An alarm will sound 5 seconds before the countdown.
- ⓘ To stop an alarm, simply press a pusher  or the crown .
- ⓘ See page 59 for more information on the chimes.

**CTD REGATTA – COUNTDOWN**

This function is intended for regattas. It is useful during regatta start procedures, for timing the race and memorising the buoy passes.



**i** If the race start time has passed, the "-" sign turns to "+", and the time count continues from the race start time.

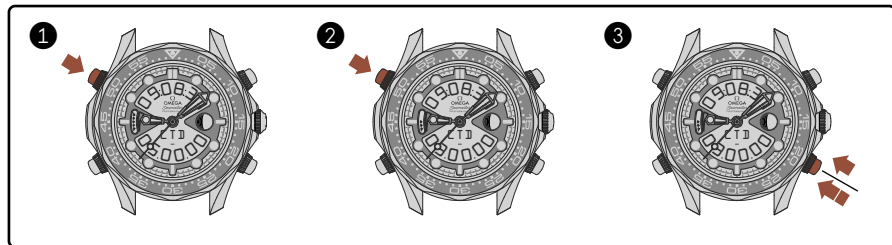
**[CTD] REGATTA – COUNTDOWN: SETTINGS**



- 1 Enter settings to configure the regatta countdown
- 2 Configure the countdown time  
Increase the minutes / or decrease the minutes /
- 3 Exit settings

- Programming is only accessible if the countdown has been stopped.
- The [CTD] function can be programmed up to 99 minutes before the start of the race.
- The function automatically records the last programming operation (it cannot be reset).

# CTD REGATTA – COUNTDOWN: USE

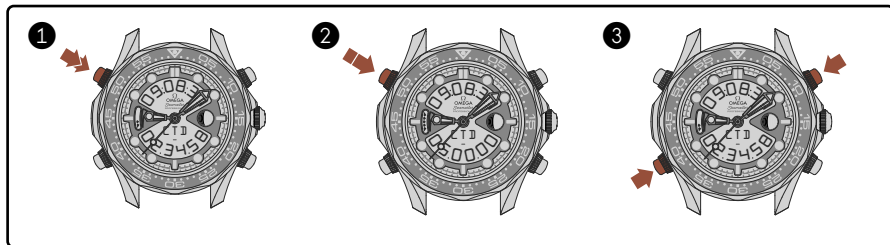
Start and adjustments.



- 1 Start the regatta countdown **P4**
- 2 Option of synchronising the countdown with the official time to the nearest minute **P4**  
If more than 30 seconds have elapsed, the time is synchronised to the next minute, otherwise the countdown stays on the current minute. In both cases the seconds are reset
- 3 Press and hold **P2**  to add a minute to the countdown. Press and release **P2** to remove a minute

# [CTD] REGATTA – COUNTDOWN: USE

Stop and reset.



- 1 **Stop the regatta countdown** **[P4]**

Single-press the same button to continue the countdown at the stopped value
- 2 **Reset the countdown when it has been stopped** **[P4]**
- 3 **Exit the [CTD] function and access the logbook (LG D) if the countdown has been activated** **[P1] + [P3]**

2 buttons to press so that the user does not inadvertently exit the function

**i** If the countdown is activated during the reset (**[P4]** pressed and held), it is reset and restarts instantly.

**RAC RACE: USE**

The watch is switched to this function automatically at the end of the regatta countdown (CTD). It is used to time the regatta and memorise the buoy passes.



**i** When you switch to race mode (RAC), the logbook (LG B) is automatically erased.

**1 Save the T I time and race time when passing a buoy P4**

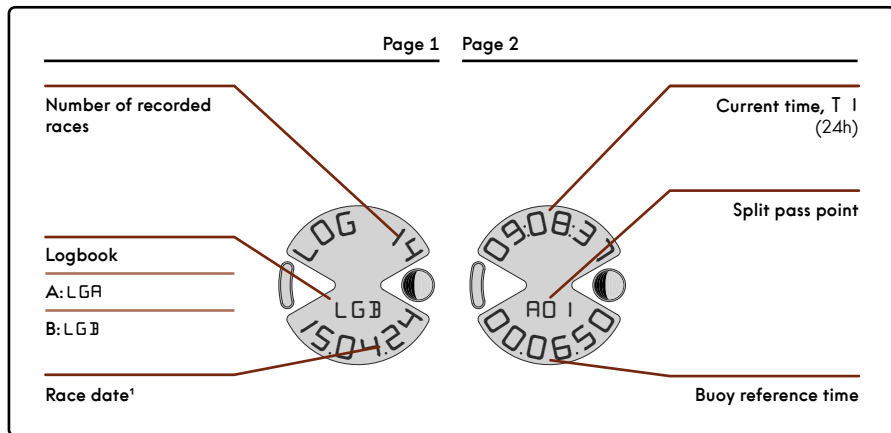
The buoy pass measurement is recorded in a position in logbook A (A01 to A12). If the memory is full, the last measurement taken is recorded in position A12, and all the other measurements are shifted by one position. The A01 value is lost

**RAC RACE: USE**

- 2 **Stop the chronometer RAC**    
Single-press the same button to resume race timing
- 3 **Reset the chronometer RAC**   and switch back to the **[ T ]** function.

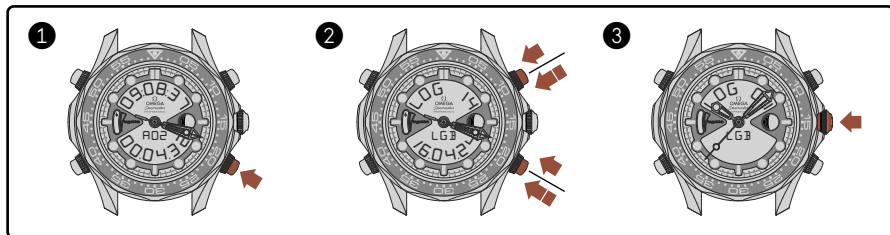
## LOGBOOK

The logbooks have two available recording areas (LGA and LGB). The values written during RAC mode are saved to LGA. During the switch between CTJ and RAC modes, the data in logbook A (LGA) are transferred to logbook B (LGB).



<sup>1</sup> The ----- symbol appears if the logbook (LGB) is empty.



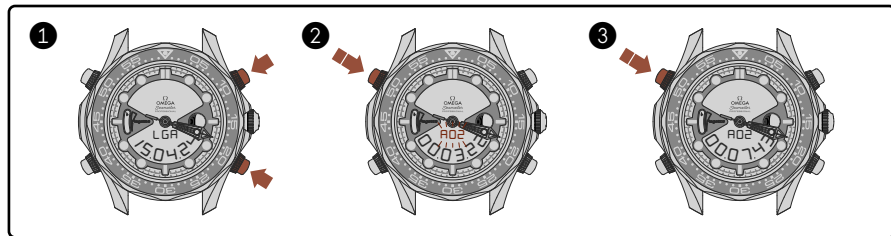
**LG B LOGBOOK: READING**


- 1 Read the records **P2****  
Only if there is no measurement in progress
- 2 Switch between the race data records**  
Single press: previous data **P1** ← or next data **P2** ←  
Press and hold: previous race **P2** ←■ or next race **P1** ←■
- 3 Exit reading mode **||****

- i** Access logbook B (LGB) **P4** by pressing and holding ←■. Follow the same procedure to return to logbook A (LGA).
- i** Navigating in logbook A (LGA) is the same as for logbook B (LGB).

## LOGBOOK: USE

Erase the data on a buoy.



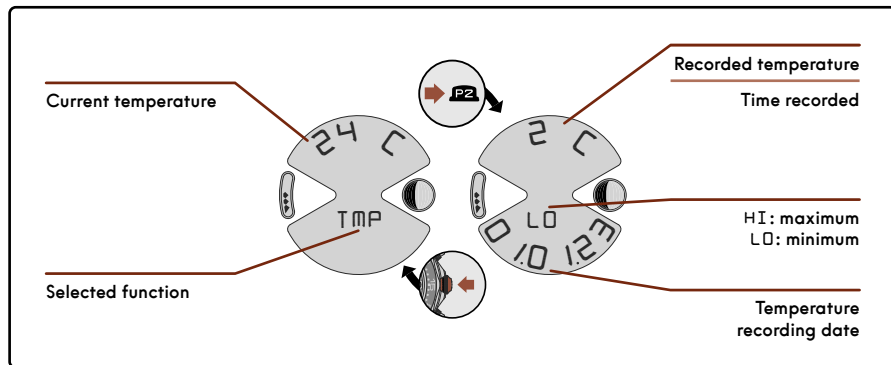
- 1 Display the information on the buoy to be erased using pushers **P1** or **P2**
- 2 Select the buoy **P4** by pressing and holding **←**
- 3 Confirm deletion<sup>1</sup> **P4** by pressing and holding **←**

<sup>1</sup> In reading mode in **logbook B (LGB)**, press and hold the crown **↻** to erase all the recorded races. Select using the crown **↻**, **↺** to cancel or **↻** to continue, confirm with **P3**. **Logbook A (LGA)** is retained. Irreversible operation.

<sup>1</sup> Irreversible operation.

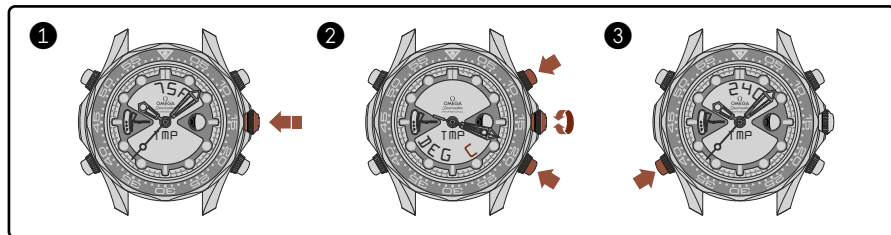
## TMP TEMPERATURE

The **TMP** function allows you to display the current temperature measured directly by the watch, and record the maximum and minimum temperatures measured, as well as the date when the temperature is recorded.



**i** To reset the records, press and hold **P2** when the main display is shown.

## TMP TEMPERATURE: SETTINGS



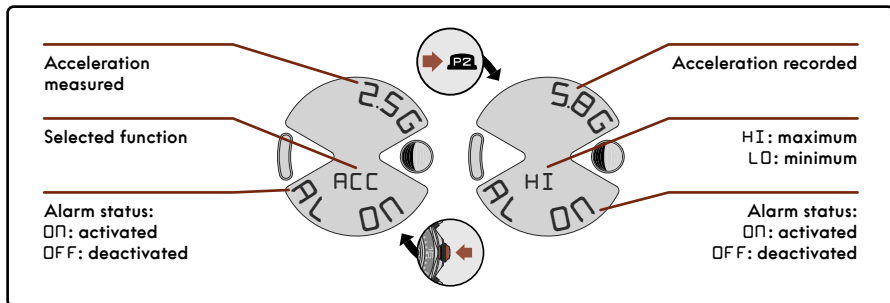
- 1 Enter settings to configure the TMP function
- 2 Configure **temperature unit**<sup>1</sup>  
Increase / or decrease /
- 3 Exit settings

<sup>1</sup> DEG C › degrees Celsius | DEG F › degrees Fahrenheit.

	> 40°C   104°F
	30°C to 39°C   86°F to 102°F
	20°C to 29°C   68°F to 84°F
	10°C to 19°C   50°F to 66°F
	0°C to 9°C   32°F to 48°F
	< 0°C   32°F

## ACC ACCELEROMETER

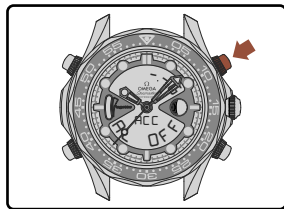
The **ACC** function allows you to measure an acceleration from 0 g to 9.9 g, and record the maximum and minimum accelerations measured.



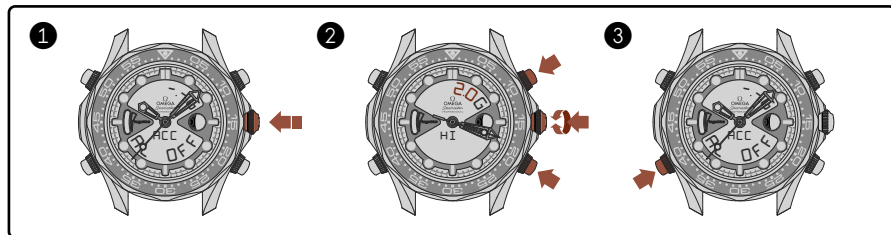
## ACC ACCELEROMETER: USE

Start or stop acceleration measurement **P1**

- i** An **ACC** measurement is stopped automatically after 10 minutes.
- i** To reset the records, press and hold **P2** when the accelerometer has been stopped.



## ACC ACCELEROMETER: SETTINGS



- 1 Enter settings to configure the ACC function
- 2 Configure **maximum limit (HI)**<sup>1</sup> **minimum limit (LO)**<sup>1</sup> **audible warnings**<sup>2</sup>  
Increase / or decrease / and confirm
- 3 Exit settings

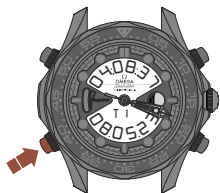
<sup>1</sup> If audible warnings are activated (ON), low-pitched tones will be emitted if the acceleration is below the minimum limit (configured between 0 g and 0.5 g), and high-pitched tones will be emitted if the acceleration is above the maximum limit (configured between 1.5 g and 8 g).


<sup>1</sup> From 0 g to 9.9 g;

<sup>2</sup> ON activated | OFF deactivated.

	> 5 G
	4 G to 4.9 G
	3 G to 3.9 G
	2 G to 2.9 G
	1 G to 1.9 G
	< 1 G


## HAND BACKLIGHTING AND PARKING




The digital display **backlighting** is activated by pressing and holding **P3** . After 2 seconds, the hands are parked for ease of information reading. After 5 seconds of inactivity, the backlighting will go out automatically.

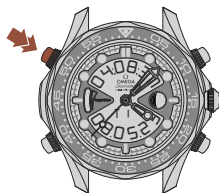
## RESET





Simultaneously press and hold **P2** + **P3** + **P4**  for at least 4 seconds to reset the watch.


 All the watch's settings will be lost. Irreversible operation.

## T 1 AND T2 QUICK SWITCHOVER



**T 1 and T2 quick switchover** allows you to reverse the time zone data for the two functions, by double-pressing **P4** . All the configured functions on the T 1 or T2 reference times remain synchronised on the same reference time configured during programming.

For example, if T2 indicates the New York time zone, for a recurring trip between London and New York, perform a T 1 and T2 quick switchover with **P4**  upon arrival in New York, and all the functions configured on T 1 will be synchronised to the New York time zone. On returning to London, perform another T 1 and T2 quick switchover in order to synchronise the functions concerned to the London time zone.

 Quick switchover is only possible if T 1 or T2 has been selected.





## ANALOGUE MODE & ENERGY SAVING MODE





**Analogue mode** is activated automatically in case of 5 days' inactivity.


- the digital display goes out; the hands and moon phase indications remain; all the measurements in progress continue; the chimes and alarms can still sound.

**i** To exit analogue mode, or stop a chime or alarm, single-press a pusher  or the crown . If a chime or alarm is not stopped, the watch is switched back to analogue mode after 20 seconds.



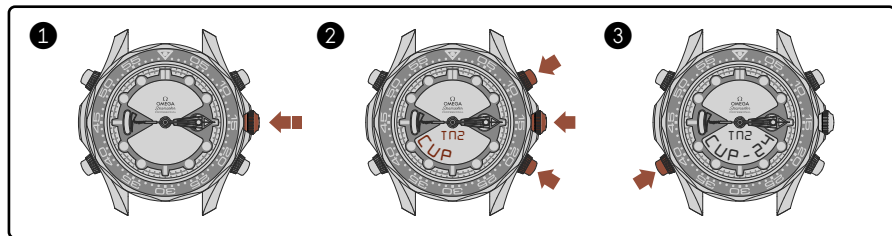
**Energy saving mode** is activated by pressing and holding the crown   (~5 seconds).

- the display goes out; the hands are parked; all the measurements in progress continue; the chimes and alarms are deactivated; the personalised display is shown (only if programmed, see page 58).

**i** To exit energy saving mode and switch to analogue mode, simply press the crown .

## CUSTOMISED DISPLAY IN ENERGY SAVING MODE

You can program a customised display (e.g.: your initials) in energy saving mode.



In energy saving mode only:

- 1 Enter settings to configure the displays
- 2 Configure **central display**<sup>1</sup> > **lower display**<sup>2</sup>  
Increase **P1** or decrease **P2** and confirm
- 3 Exit settings **P3**

<sup>1</sup> A to 2 | 0 to 9 | + | - | \_ ;

<sup>2</sup> first 3 characters: A to 2 | 0 to 9 | + | - | \_ ; last 3 characters: 0 to 9 | - | \_.

Several types of chime are used, according to the following functions and priorities:




**ACC :** Low-pitched tones emitted at the minimum limit, and high-pitched tones at the maximum limit.

## PRIORITIES

If multiple alarms are due to sound at the same time, the alarm with the highest priority sounds first.

**Alarm priority (from highest to lowest):**

CTJ/RAC, ACC, AL 1, AL 2, AL 3, TMR.

**i** To stop an alarm, simply press a pusher or the crown .

<sup>1</sup> Sounds at 300, 240, 120, 60, 45, 30, 20, 15 seconds, and also the last 10 seconds before the race start. The countdown chimes are different for each minute.

### **THE HANDS DO NOT INDICATE THE SAME TIME AS THE T I DISPLAY:**

A synchronisation is programmed to be performed automatically every Tuesday at 03:00:30. The functions are unusable during this time. Synchronisation is also performed when entering energy saving mode.

### **THE SECONDS HAND MAKES 5-SECOND JUMPS:**

This means that the watch battery is at its end of life. The watch will function for a few more days, but the battery will need to be removed and replaced as soon as possible by an OMEGA® retailer.



Calibre 5701



5-year international warranty



Quartz



Thermocompensated quartz movement



Chronograph



Split-seconds



Date



Day-date



Perpetual calendar



Time zone function



Second time zone



Moon phase



End of battery life indicator



Tachymeter



Pulsometer



Telemeter



Multi-function



Regatta function



Temperature



Logbook



Lithium-manganese dioxide button cell



Water-resistant up to a positive pressure of 5 bar (50 metres / 167 feet)



Titanium



Sapphire crystal



Double anti-reflective treatment



WEEE regulations

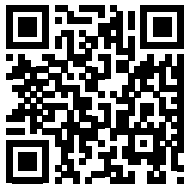
## OMEGA BOUTIQUES

Please visit [www.omegawatches.com/stores](http://www.omegawatches.com/stores) for a list of our OMEGA agents.

请前往 [www.omegawatches.cn/stores/zh](http://www.omegawatches.cn/stores/zh) 欧米茄销售点列表.



English



中文



## OMEGA AUTHORIZED SERVICE CENTRES

Please visit [www.omegawatches.com/service-centres](http://www.omegawatches.com/service-centres) for a list of OMEGA authorized service centres.

请前往 [www.omegawatches.cn/cn/customer-service](http://www.omegawatches.cn/cn/customer-service) 欧米茄特约维修中心列表.



English



中文



## OMEGA EU IMPORTERS

Importers of OMEGA products into the European Union, the United Kingdom and Norway.

Importateurs des produits OMEGA pour l'Union Européenne, le Royaume-Uni et la Norvège.

Importeure von OMEGA Produkten für die Europäische Union, das Vereinigte Königreich und Norwegen.

COUNTRY	IMPORTER ACCORDING TO THE CUSTOMS DOCUMENTATION	ADDRESS FOR INFORMATION IN CASE OF NEED
<b>Austria</b> <b>Österreich</b>	The Swatch Group (Österreich) GmbH Ares Tower Donau-City-Strasse 11 1220 Wien Austria	The Swatch Group (Österreich) GmbH Ares Tower Donau-City-Strasse 11 1220 Wien Austria
<b>Belgium</b> <b>België</b> <b>Belgien</b> <b>Belgique</b>	The Swatch Group (Belgium) SA/NV Chaussée de Mons 1424 1070 Bruxelles Belgium	The Swatch Group (Belgium) SA/NV Chaussée de Mons 1424 1070 Bruxelles Belgium
<b>Bulgaria</b> <b>Република</b> <b>България</b>	GIULIAN LTD. 11 Paris str., Office #2, floor #1 1000 Sofia Bulgaria	GIULIAN LTD. 11 Paris str., Office #2, floor #1 1000 Sofia Bulgaria



<b>Cyprus</b> Κύπρος Kibris	The Swatch Group Greece S.M.S.A Sygrou Ave. & 3, Mantzagriotaki Str. Kallithea 17672 Athens Greece	The Swatch Group Greece S.M.S.A Sygrou Ave. & 3, Mantzagriotaki Str. Kallithea 17672 Athens Greece
<b>Croatia</b> Hrvatska	SLOWATCH D.O.O. Produtiska Cesta 152 1000 Ljubljana Slovenia	SLOWATCH D.O.O. Produtiska Cesta 152 1000 Ljubljana Slovenia
<b>Czech Republic</b> Česká Republika	KVEDU Praha S.R.O. Na Prikope 17 110 00 Praha 1 Czech Republic	KVEDU Praha S.R.O. Na Prikope 17 110 00 Praha 1 Czech Republic
<b>Denmark</b> Danmark	The Swatch Group (Nordic) Helleruphus Strandvejen 102 B, 4th. floor 2900 Hellerup Denmark	The Swatch Group (Nordic) Helleruphus Strandvejen 102 B, 4th. floor 2900 Hellerup Denmark

<b>Finland</b> <b>Suomi</b>	The Swatch Group (Nordic) Äyritie 12 B 01510 Vantaa Finland	The Swatch Group (Nordic) Äyritie 12 B 01510 Vantaa Finland
<b>France</b>	The Swatch Group (France) S.A.S. 112-114, avenue Kléber 75116 Paris France	The Swatch Group (France) S.A.S. 112-114, avenue Kléber 75116 Paris France
<b>Germany</b> <b>Deutschland</b>	The Swatch Group (Deutschland) GmbH Frankfurter Straße 20 65760 Eschborn Germany	The Swatch Group (Deutschland) GmbH Frankfurter Straße 20 65760 Eschborn Germany
<b>Greece</b> <b>Ελλάδα</b>	The Swatch Group Greece S.M.S.A. Sygrou & 3 Mantzagriotaki Str. Kallithea 17672 Athens Greece	The Swatch Group Greece S.M.S.A. Sygrou & 3 Mantzagriotaki Str. Kallithea 17672 Athens Greece

<b>Hungary</b> <b>Magyarország</b>	KZM Király utca 52 l.em 8 1065 Budapest Hungary	KZM Király utca 52 l.em 8 1065 Budapest Hungary
<b>Ireland</b> <b>Ireland</b> <b>Éire</b>	The Swatch Group (UK) Limited Building 1000, 2nd Floor East Wing The Royals Business Park Dockside Road London E16 2QU United Kingdom	The Swatch Group (UK) Limited Building 1000, 2nd Floor East Wing The Royals Business Park Dockside Road London E16 2QU United Kingdom
<b>Italy</b> <b>Italia</b>	The Swatch Group (Italia) S.p.A. Via Washington 70 20146 Milano Italy	The Swatch Group (Italia) S.p.A. Via Washington 70 20146 Milano Italy
<b>Latvia</b> <b>Latvija</b>	DIMAX SIA 1 - 1 Valnu 1050 Riga Latvia	DIMAX SIA 1 - 1 Valnu 1050 Riga Latvia

<b>Lithuania</b> <b>Lietuva</b>	BEGALYBES VALDYMAS Antano Tumeno G. 4-10 01009 Vilnius Lithuania	BEGALYBES VALDYMAS Antano Tumeno G. 4-10 01009 Vilnius Lithuania
<b>Luxembourg</b> <b>Letzebuerg</b>	The Swatch Group (Belgium) SA/NV Chaussée de Mons 1424 1070 Bruxelles Belgium	The Swatch Group (Belgium) SA/NV Chaussée de Mons 1424 1070 Bruxelles Belgium
<b>Malta</b>	RJM Diffusion S.A. Avenue de la Gare 1 1003 Lausanne Switzerland	RJM Diffusion S.A. Avenue de la Gare 1 1003 Lausanne Switzerland
<b>Netherlands</b> <b>Nederland</b>	The Swatch Group (Netherlands) B.V. Kennedyplein 8 5611 ZS Eindhoven Netherlands	The Swatch Group (Netherlands) B.V. Kennedyplein 8 5611 ZS Eindhoven Netherlands

<b>Norway</b> <b>Noreg</b> <b>Norge</b>	The Swatch Group (Nordic) nuf Stalfjaera 26 Box 143, Kalbakken 0902 OSLO Norway	The Swatch Group (Nordic) nuf Stalfjaera 26 Box 143, Kalbakken 0902 OSLO Norway
<b>Poland</b> <b>Polska</b>	The Swatch Group (Polska) Sp. z o.o. Ul. Marynarska 15 New City, pietro 9 02-674 Warszawa Poland	The Swatch Group (Polska) Sp. z o.o. Ul. Marynarska 15 New City, pietro 9 02-674 Warszawa Poland
<b>Portugal</b>	Tempus Internacional S.A. Av. Infante D. Henrique Lote 1679, R/C Dto. CLJ. 1950 - 420 Lisboa Portugal	Tempus Internacional S.A. Av. Infante D. Henrique Lote 1679, R/C Dto. CLJ. 1950 - 420 Lisboa Portugal

<b>Romania</b> <b>România</b>	CHRONOSTYLE INTERNATIONAL SRL 5 Sofia street, Sector 1 011837 Bucharest Romania	CHRONOSTYLE INTERNATIONAL SRL 5 Sofia street, Sector 1 011837 Bucharest Romania
<b>Slovenia</b> <b>Slovenija</b>	SLOWATCH D.O.O. Produtiska Cesta 152 1000 Ljubljana Slovenia	SLOWATCH D.O.O. Produtiska Cesta 152 1000 Ljubljana Slovenia
<b>Slovakia</b>	KVEDU Praha S.R.O. Na Prikope 17 110 00 Praha 1 Czech Republic	KVEDU Praha S.R.O. Na Prikope 17 110 00 Praha 1 Czech Republic

<b>Spain España</b>	The Swatch Group (España) S.A. Edificio C Miniparc 1 Calle Yuca, 2 Urbanización el Soto de la Moraleja 28109 Alcobendas Madrid Spain	The Swatch Group (España) S.A. Edificio C Miniparc 1 Calle Yuca, 2 Urbanización el Soto de la Moraleja 28109 Alcobendas Madrid Spain
<b>Sweden Sverige</b>	The Swatch Group (Nordic) AB Sankt Eriksgatan 47 102 34 Stockholm Sweden	The Swatch Group (Nordic) AB Sankt Eriksgatan 47 102 34 Stockholm Sweden
<b>United Kingdom</b>	The Swatch Group (UK) Limited Building 1000, 2nd Floor East Wing The Royals Business Park Dockside Road London E16 2QU United Kingdom	The Swatch Group (UK) Limited Building 1000, 2nd Floor East Wing The Royals Business Park Dockside Road London E16 2QU United Kingdom

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

2nd edition

Printed in Switzerland © **OMEGA SA** 09/24 – 03090996M



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