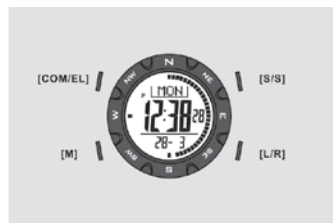


2.0 BASIC OPERATION: Button Function



Mode Button (M)

- Used to select and move thru Watch Modes: Current Time, Daily Alarm (AL), Chronograph (CHR), Timer (TMR) and Dual Time (T2)
- Used during setting to select between options

Compass/EL Backlight Button (COM/EL)

- Used to select between Timekeeping Mode and Compass Mode
- Press & Hold to turn on Backlight (display lit for about 3 seconds)

Start/Stop Button (S/S)

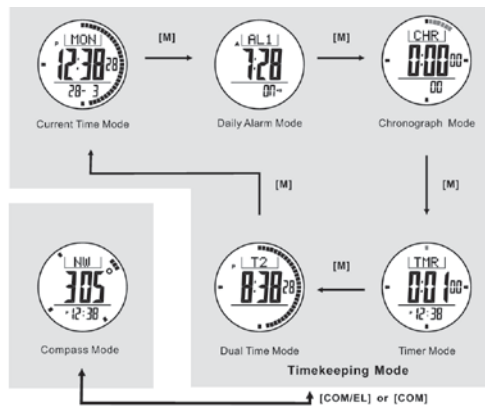
- Used to select between options while setting
- Used to activate the "start" and "stop" functions in Chronograph and Timer Mode
- Used to increase digits during setting functions

Lap Reset Button (L/R)

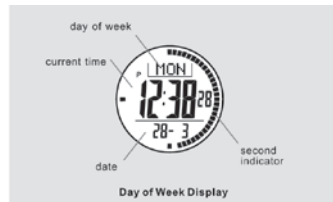
- Used to activate the "lap" or "reset" function in Chronograph Mode
- Used to Decrease digits during setting functions

See detailed instructions within this Manual for the sequence of button use in each mode.

3.0 MAJOR FUNCTION MODES: Timekeeping Mode & Compass Mode



4.0 TIME MODE: Current Time Display

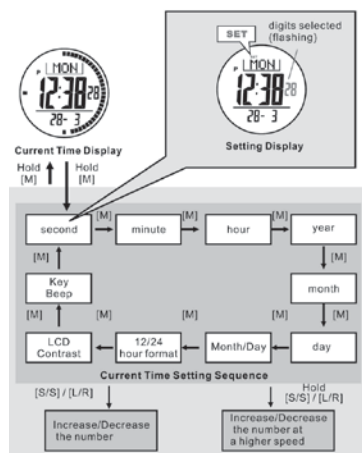


Current Time Display

When the Current Time Mode is selected, the watch display will show the following items:

- Top Row:** Day of the Week
- Middle Row:** Current Time
- Bottom Row:** Date (Day/Month or Month/Day formats)
- Rim:** Bar Indicator around the outside of the display counts elapsed seconds

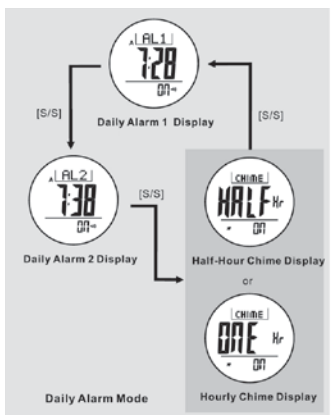
4.1 CURRENT TIME MODE: Setting the Current Time



How to set the Current Time Display

- From Time Mode, Press & Hold the [M] button for about 2 seconds until the flashing "SET" icon appears (Seconds display will begin to flash)
- Press the [M] Button to move thru the setting pattern: Seconds, Minutes, Hour, Year, Month, Day, Month-Day or Day-Month display option, 12/24 hour display option, LCD Display Contrast (1: lowest to 10: highest), Key Beep (beep sound when button is pressed: on or off)
- To change the settings, use the [S/S] button or [L/R] button to increase / decrease the number or change display formats (Press & Hold to change the number at a faster speed)
- When the setting is complete, Press & Hold the [M] button to exit the setting display. The watch will also exit the setting mode if no button has been pressed for 1 minute.

5.0 DAILY ALARM MODE: Daily Alarm 1, Daily Alarm 2 and Chime Display



- From Current Time Mode, Press the [M] button to enter Alarm Mode.
- Press the [S/S] button to move from Daily Alarm 1 "AL 1", Daily Alarm 2 "AL 2" and Chime Setting "Chime" (Mode will show only one chime display in the rotation).

Daily Alarm 1 & Daily Alarm 2

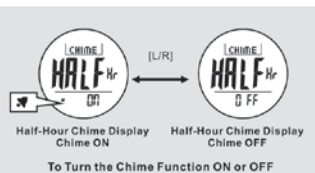
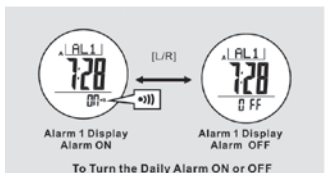
- The watch includes two independent daily alarms: Daily Alarm 1 and Daily Alarm 2
- If the Alarm is turned on, it will sound at the pre-set alarm time each day
- When the Alarm sounds, press the [M], [S/S] or [L/R] button to stop the beep

Hourly & Half-Hour Chime

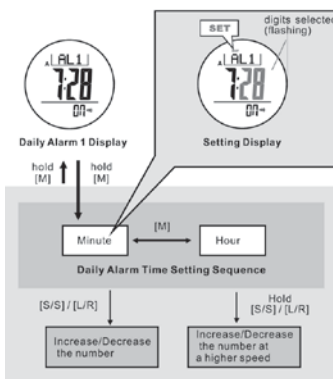
- The watch includes two chime functions: Hourly Chime and Half-Hour Chime
- If the Hourly Chime is turned on, the watch will beep once every hour ON the hour (example: 1:00, 2:00...)
- If the Half-Hour Chime is turned on, the watch will beep every 30 minutes ON the hour and Half Hour (example: 1:00, 1:30, 2:00...)

5.1 DAILY ALARM MODE: Setting the Daily Alarm & Chime ON/OFF

- In each Setting Display (AL 1, AL 2 or CHIME), to turn ON or OFF the 2 Daily Alarms and Chime, Press the [L/R] button
- When the Daily Alarm 1 or 2 is ON, the Alarm Indicator (AL) will appear on the display
- When the Chime is ON, the Chime Indicator (CH) will appear on the display

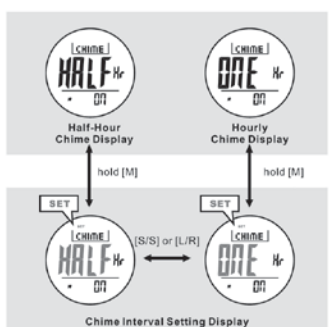


5.2 DAILY ALARM MODE: Setting the Daily Alarm Time



- In each Setting Display (AL 1, AL 2), Press & Hold the [M] button for about 2 seconds until the flashing "SET" icon appears (seconds display will flash)
- Use the [M] button to select Minute or Hour setting
- When the digits are flashing, use the [S/S] or [L/R] button to change the Hour and Minute Setting
- Press the [M] button to move to the next setting option
- When the setting is complete, Press & Hold the [M] button to exit the setting display. The watch will also exit the setting mode if no button has been pressed for 1 minute.

5.3 DAILY ALARM MODE: Setting the Chime interval

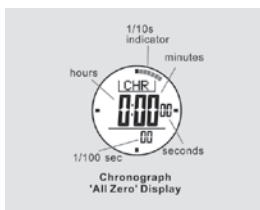


- In each Chime Display, Press & Hold the [M] button for about 2 seconds until the flashing "SET" icon appears ("ONE" will flash)
- When the display is flashing, use the [S/S] or [L/R] button to change between Hourly Chime "ONE" and Half Hourly Chime "HALF"
- When the setting is complete, Press & Hold the [M] button to exit the setting display. The watch will also exit the setting mode if no button has been pressed for 1 minute.

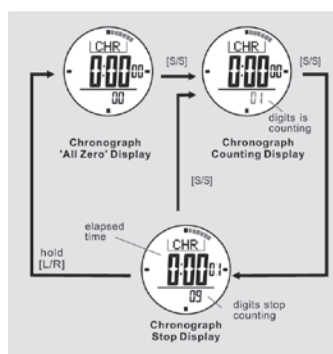
6.0 CHRONOGRAPH MODE: Chronograph Display

The watch includes a Chronograph Mode with measures elapsed time, accumulated elapsed time and lap times.

- From TIME Mode, Press the [M] button two times to enter Chronograph Mode "CHR".
- The display shows all Zeros when the watch enters Chrono Mode or the Chronograph has been reset.
- In Chronograph Mode the display shows:
 - Top Row:** Mode (CHR)
 - Middle Row:** Hours, Minutes and Seconds
 - Bottom Row:** 1/100 Second
 - Rim:** Bar Indicator around the outside of the display counts 1/10 second



6.1 CHRONOGRAPH MODE: Using the Chronograph

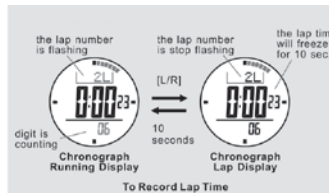


- Press the [S/S] Button to Start the Chronograph (start counting)
- Press the [S/S] Button to Stop the Chronograph (stop counting)
- The elapsed time will appear on the display
- Repeat the above steps to resume counting and get the accumulated elapsed time (the time the Chronograph is stopped will not be counted when the chronograph resumes counting. To count total time from when Chrono starts and record laps or split times, use Lap Mode instruction in next section)

6.2 CHRONOGRAPH MODE: Recording & Recalling Lap Time

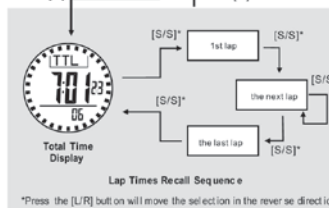
How to Record Lap Time

- In Chronograph Mode, Press [S/S] to Start the Chronograph
- Press the [L/R] button once to record Lap time. "1L" appears on the top row of the display. Pressing the button does not stop the chronograph
- The Lap Number (1L, 2L, etc) and lap time will appear on the display for 10 seconds and then the chronograph will return to the Lap Counting Display
- Press the [L/R] button to record each lap. The watch has a 100 lap memory.

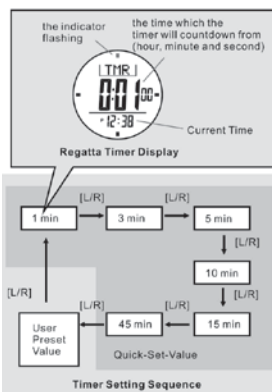


How to Recall & Reset Lap Time

- To Recall Lap Time: in the Chronograph Display, Press & Hold the [M] button. Total Time is displayed "TTL" (Pressing the button to recall lap times does not stop the chronograph)
- Press the [S/S] or [L/R] button to recall lap times
- Press & Hold the [M] button to exit the recall sequence
- To record a new set of laps. Press the [S/S] button to stop the Chronograph. Press and hold the [L/R] button to zero out (00:00) the display and begin a new set of recordings



7.0 REGATTA TIME MODE: Countdown Time & Quick Set Values



- In Regatta Timer Mode, the watch counts down from a fixed period of time (target time).
- From TIME Mode, Press the [M] button three times to enter Timer Mode "TMR".
- The timer will countdown from the target time to zero
- The Target Time can be set by using Quick Set Values or User Preset Values
- In Regatta Timer Mode the display shows:
 - Top Row:** Mode (TMR)
 - Middle Row:** Target Time
 - Bottom Row:** Current Time
 - Rim:** Bar Indicator around the outside of the display counts elapsed seconds
- Quick Set Values cannot be changed by the user. The watch has 6 Quick Set Values: 1, 3, 5, 10, 15 and 45 minutes
- The User Preset Value can be set and stored in the watch. It can be set for a time up to 99 hours, 59 minutes and 99 seconds
- In Regatta Timer Mode, Press the [L/R] Button to move between the Target Times as per the illustration



REGATTA TIMER WATCH

Instruction Manual

Regatta Timer Watch #13411301: FUNCTIONS and PRODUCT SPECIFICATION

Time Mode

- Displays Hour, Minute, Seconds, AM/PM, Month, Date & Day of the Week
- 12 Hour or 24 Hour Display
- Auto-Calendar pre-programmed from 2004 to 2099

Daily Alarm Mode

- 2 Daily Alarms - Alarm sounds for 30 seconds daily at a specific time
- Hourly & Half-hourly Chime

Chronograph Mode

- 1/100 second resolution - counts up to 99:59:59
- 100 Lap memory and recall

Compass Mode

- 1° display (digital). Measures 0° to 360°
- Compass Lock and Backwards compass bearing

Regatta Time Mode

- 1 second resolution - counts down or up to 99:59:59
- 6 Quick set values: 1, 3, 5, 10, 15 & 45 minutes & 1 User Pre-set value
- 4 Timer Sounds
 - Last 10 minutes: Beeps once every minute
 - Last 1 minute: Beeps once every 10 seconds
 - Last 10 seconds: Beeps once every second
 - At Zero: Beeps for 30 seconds

Dual Time Mode

- Display second time zone: Hours, Minutes, Seconds, AM/PM

Backlight

- Electro-Luminescent (EL) backlight

Battery

- Single 3V Lithium Battery (CR2032)



Regatta Timer Watch: #13411301

P.O. Box 50070, Watsonville, CA 95077-0070

1-800-262-8464 • wmCustomerService@westmarine.com



1.0 INTRODUCTION and WATCH CARE

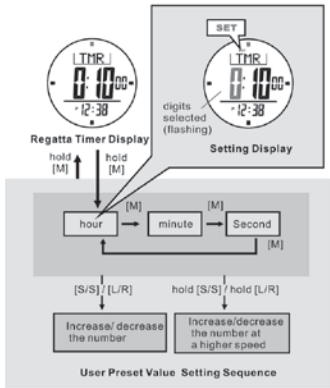
Congratulations on the purchase of your West Marine Regatta Timer Watch.

This multi-function digital watch is an accurate and reliable electronic instrument which is designed for outdoor activities. Please carefully read and follow the watch instructions and care information to ensure that you are able to enjoy your timepiece for years to come.

- Watch can be wiped clean with a cloth, lightly moistened with fresh water. Apply mild soap if there are stubborn stains or marks. Never expose the watch to strong chemicals such as gasoline, cleaning solvents, acetone, alcohol, or insect repellents as they may damage the seals, case and finish.
- Never allow the watch to come into direct contact with personal care items such as cologne, perfume, hair products, sun block creams or other toiletries as these can cause deterioration of the plastic parts of the watch. If the watch comes into contact with these or any other chemicals, wipe them off immediately with a soft, dry cloth.
- This watch contains precise electronic sensors and components. Never disassemble or attempt to repair or service your watch yourself. All repairs and battery replacements should be done by a trained & certified Watch Repair technician. Replace dead batteries promptly as dead batteries can leak and damage the watch components.
- This watch contains a magnetic sensor which measures compass directions. Keep your watch away from magnets or items that contain magnets such as cell phones as this can affect the watch functions.
- Do not expose the watch to extreme temperature variances, extreme heat or cold, or extended exposure to direct sunlight.
- Avoid severe impacts or drops onto hard surfaces, rough use and shocks.
- Store the watch in a safe, dry place when it is not being worn.
- Do not fasten the watch strap/band too tightly. You should be able to insert your finger between the strap and your wrist.
- Your watch is designed to withstand certain pressures of water resistance and is rated for a particular depth and water activity. 50 Meters is splash resistant but not rated for water sports or immersion in water. Do not press the buttons underwater.

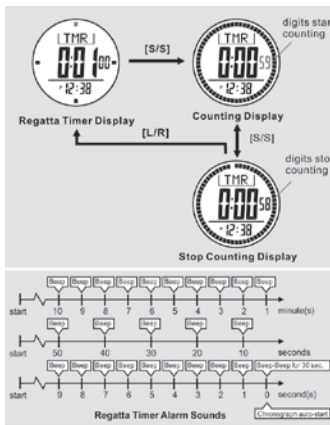
CONTINUED ON REVERSE

7.1 REGATTA TIME MODE: Setting the User Preset Value



- In Regatta Timer Mode, press the [L/R] button to move through the sequence of Quick-Set values and reach the last User Preset display (the setting after "00:45")
- Press & Hold the [M] button for about 2 seconds until the flashing "SET" icon appears (Hours display will flash).
- When the digits are flashing, use the [S/S] or [L/R] button to change the Hours, Minutes & Seconds Setting
- Press the [M] button to move to the next setting option
- When the setting is complete, Press & Hold the [M] button to exit the setting display. The watch will also exit the setting mode if no button has been pressed for 1 minute

7.2 REGATTA TIME MODE: Using the Regatta Timer

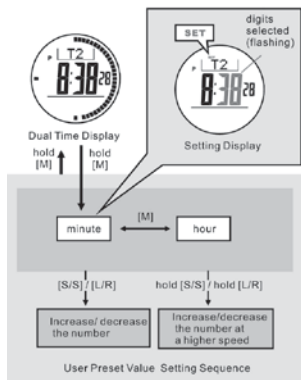


- In Regatta Timer Mode, press the [L/R] button to move through the sequence of Quick-Set & User Preset Values
- Press and Hold the [S/S] button to start the countdown timer
 - Once the timer is started, the countdown time will show continuously on the display. The watch will beep at pre-set intervals:
 - During the last 10 minutes: the watch will beep once every minute
 - During the last 1 minute: the watch will beep once every 10 seconds
 - During the last 10 seconds: the watch will beep once every second
 - At zero the watch will switch to Chronograph Mode (CHR) and begin to count-up tracking elapsed time. The watch will beep for 30 seconds
 - To re-start or re-load a new time while the timer is counting, Stop the timer by Pressing the [S/S] button. Use the [L/L] to select a new target time.

8.0 DUAL TIME MODE

The watch includes a Dual Time Mode which shows the current time in a second time zone.

- From TIME Mode, Press the [M] button four times to enter Dual Time Mode "T2"
- In Dual Time Mode the display shows:
 - Top Row:** Mode (T2)
 - Middle Row:** Current Time in Second Time Zone
 - Rim:** Bar Indicator around the outside of the display counts elapsed seconds
- Press & Hold the [M] Button for about 2 seconds until the flashing "SET" icon appears (Seconds display will begin to flash)
- Use the [M] Button to move thru the setting pattern: Minutes & Hour
- To change the settings, use the [S/S] button or [L/R] button to increase / decrease the number or change display formats (press and hold to change the number at a faster speed)
- When the setting is complete, Press & Hold the [M] button to exit the setting display. The watch will also exit the setting mode if no button has been pressed for 1 minute.

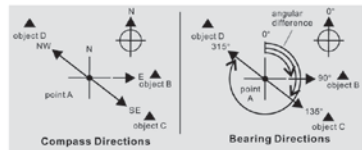


9.0 COMPASS MODE: Precautions

- Precautions when using the Compass:**
- Keep your watch away from Magnets or appliances which contain Magnetic objects like cell phones, speakers or motors, etc.
 - The watch points to the "Magnetic North" which is slightly different from True North. Refer to the section on "Magnetic Declination" for more information on the difference between magnetic and true north.
 - Perform the Compass Calibration regularly because calibration reinforces the precision of the compass.
 - To achieve accurate results, do not measure direction under the following circumstances:
 - The watch is placed close to a magnetic object
 - The watch is placed close to a metal object
 - The watch is placed close to an electrical appliance
 - The watch is placed inside a moving object or inside a ferroconcrete building

9.1 COMPASS MODE: Compass Directions & Bearing Directions

Marks	Compass Directions	Bearing Directions
N	North	349° - 11°
NNE	North Northeast	12° - 33°
NE	Northeast	34° - 56°
ENE	East Northeast	57° - 78°
E	East	79° - 101°
ESE	East Southeast	102° - 123°
SE	Southeast	124° - 146°
SSE	South Southeast	147° - 168°
S	South	169° - 191°
SSW	South Southwest	192° - 213°
SW	Southwest	214° - 236°
WSW	West Southwest	237° - 258°
W	West	259° - 281°
WNW	West Northwest	282° - 303°
NW	Northwest	304° - 326°
NNW	North Northwest	327° - 348°



The direction of an object from a point can be specified in either Compass direction or Bearing direction. The watch includes both compass and bearing direction.

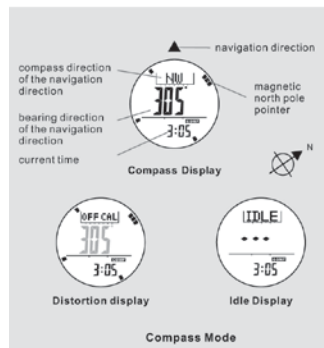
- Compass & Bearing Directions are shown in the adjacent chart.
 - The Bearing Direction of an object is defined as the Angular difference between North and the Object (0 degrees = North)
- Two Illustrations provide examples of Compass Direction vs. Bearing Direction:
 - Object B from Point A is East OR 90 degrees
 - Object C from point A is SOUTHEAST OR 135 degrees
 - Object D from Point A is NORTHWEST OR 315 degrees

9.2 COMPASS MODE

From TIME Mode, Press the [EL] button once to enter and/or to exit Compass Mode

The watch includes a Compass Mode with three different Displays

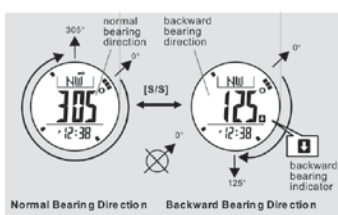
- Compass Display:** In Compass Display Mode the display shows:
 - Top Row:** Compass Direction
 - Middle Row:** Bearing Direction
 - Bottom Row:** Current Time
 - Rim:** Pointer (3 Bars) shows direction of Magnetic North
- Idle Display:** If no button has been pressed for about 1 minute the watch will enter Idle Mode to save Battery Life. Press any button to re-activate
- Distortion Display:** If distortion is detected, display will show:
 - Top Row:** "OFF CAL"
 - Middle Row:** Flashing digits



9.3 COMPASS MODE: Backward Bearing & Compass Lock

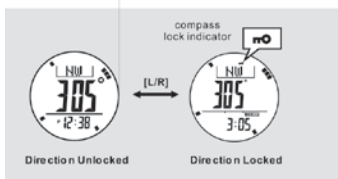
Backward Bearing Function

- The watch includes a Backwards Bearing Function which indicates the opposite direction from the normal bearing direction
- From the Compass Display, Press the [S/S] button to select between Normal or Backwards Bearing direction
- When Backwards Bearing is selected, the indicator will show on the display next to the Bearing direction in the middle row



Compass Lock

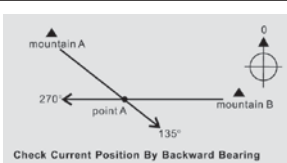
- The watch includes a Compass Lock Function to lock important direction readings
- From Compass Display, Press the [L/R] button to Lock or UnLock the direction readings
- When the Compass is Locked, the indicator will appear on the display above the top row. The Bearing direction and Magnetic North Pole pointer will be locked.
- The Compass Lock will be released automatically when the watch is switched to Idle Display Mode.



9.4 Compass Mode: Applications of the Compass Display & Backward Bearing

Check Position by using Backward Bearing

- (Refer to Illustration as an example)
- Spot two distant identifiable landmarks such as mountains or structures (example: Mountain A & B) which are also shown on your map.
 - Check the backwards bearing direction of the two Landmarks from the current position (example: 135 degrees for Mountain A and 270 degrees for Mountain B)
 - On your map, draw a line from Landmark A the same degree as the backward bearing (example: 135 degree line starting from Mountain A) and another line from Landmark B with its backward bearing (example: 270 degrees from Mountain B).
 - Your current position on the map will be at the intersection of the two lines (example: Point A)



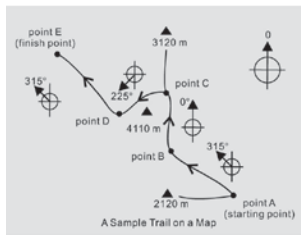
9.5 Compass Mode: Applications of the Compass Display & Backward Bearing

Check if Hiking Route is Correct

Important Note: If you are in doubt about the trail position and directions, consult the park administration before starting on the hike.

(Refer to Illustration of Sample Trail as an example)

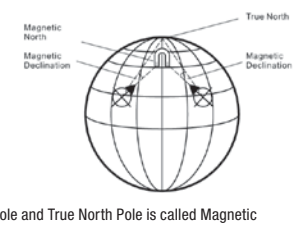
- On your map, mark the positions where the trail switches direction or branches (example: points A thru E on the illustration)
- Record the Bearing Direction of each position against the prior position. (example: Point B to Point A: 315 degrees, Point C to Point B: 0 degrees, Point D to Point C: 225 degrees, Point E to Point D: 315 degrees)
- As you hike, check your bearing against the record in each trail section to make sure you are heading in the right direction



9.6 COMPASS MODE: Magnetic Declination

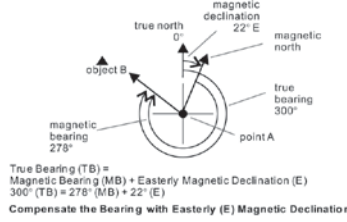
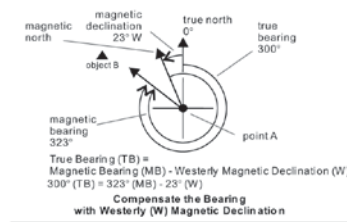
For the Serious Compass User AND for accurate navigation, the watch must be adjusted for Magnetic Declination.

- The Magnetic North Pole is slightly different than the True North Pole
- The watch, like most magnetic compasses, points to the Magnetic North Pole
- Maps, by contrast generally measure from the True North Pole
- The angular difference between the Magnetic North Pole and True North Pole is called Magnetic Declination
- The Magnetic Declination Value (degree & minutes) and Direction (Easterly or Westerly) is affected by your position
- Most Topographical Maps include a small arrow that shows the Magnetic North Pole and/or magnetic declination information. A chart is included in this booklet with the Magnetic declination for some major cities. Additional information can be found on-line.



The watch also includes a setting for Magnetic Declination Compensation.

9.7 COMPASS MODE: Magnetic Declination Compensation



Magnetic Declination Compensation
To compensate an object's magnetic bearing to true bearing: subtract easterly (W) magnetic declination or add easterly (E) magnetic declination with the magnetic bearing (MB).

Example 1

- Westerly magnetic declination 23° and the magnetic bearing 323°
- TB = MB - W. While MB = 323° ; W = 23°
- TB = 323° - 23°
- TB = 300°
- The true bearing will be 300°

Example 2

- Easterly magnetic declination 22° and the magnetic bearing 278°
- TB = MB + E. While MB = 278° ; E = 22°
- TB = 278° + 22°
- TB = 300°
- The true bearing will be 300°

9.8 COMPASS MODE: Magnetic Declination of Some Major Cities

No.	Country/Place	Major City	Declination	No.	Country/Place	Major City	Declination
1	Afghanistan	Kabul	-3E	33	Netherlands	Amsterdam	+0E
2	Australia	Canberra	+12E	34	New Zealand	Wellington	+22E
3	Austria	Vienna	+3E	35	Norway	Oslo	+2E
4	Bahrain	Manama	-2E	36	Pakistan	Islamabad	+2E
5	Bangladesh	Dhaka	+0E	37	Philippines	Manila	-1W
6	Belgium	Brussels	+0E	38	Portugal	Lisbon	-3W
7	Brazil	Brasilia	-21W	39	Russia	Moscow	+10E
8	Canada	Ottawa	-14W	40	Singapore	Singapore	+0E
9	Chile	Santiago	+3E	41	South Africa	Cape Town	-24W
10	China	Beijing	-6W	42	Spain	Madrid	-2W
11	China	Hong Kong	-2W	43	Sweden	Stockholm	+0E
12	Costa Rica	San Jose	-1W	44	Switzerland	Bern	+1E
13	Cuba	Havana	-4W	45	Taiwan	Taipei	-4W
14	Czech Republic	Prague	+3E	46	Thailand	Bangkok	-1W
15	Denmark	Copenhagen	+3E	47	UAE	Abu Dhabi	+2E
16	Egypt	Cairo	+4E	48	United Kingdom	London	-2W
17	Finland	Helsinki	+8E	49	United States	Washington, DC	-11W
18	France	Paris	-1W	50	United States	San Paul	+22E
19	Germany	Berlin	+3E	51	United States	Phoenix	+11E
20	Greece	Athens	+4E	52	United States	Little Rock	+1E
21	Hungary	Budapest	+4E	53	United States	Sacramento	+14E
22	India	New Delhi	+1E	54	United States	Danver	+9E
23	Indonesia	Jakarta	+1E	55	United States	Atlanta	-4W
24	Israel	Jerusalem	+4E	56	United States	Honolulu	+10E
25	Italy	Rome	-2W	57	United States	Boston	-15W
26	Japan	Tokyo	-7W	58	United States	Saint Paul	+1E
27	Jordan	Amman	+4E	59	United States	Jackson	+0E
28	Kenya	Nairobi	+0E	60	United States	Santa Fe	+9E
29	Korea	Seoul	-6W	61	United States	Oklahoma City	+5E
30	Malaysia	Kuala Lumpur	+0E	62	United States	Salem	+16E
31	Mexico	Mexico City	+6E	63	United States	Harrisburg	+11W
32	Nepal	Kathmandu	+0E	64	United States	Salt Lake City	+12E

9.9 COMPASS MODE: Calibrating the Compass

If the watch has not been calibrated, the compass readings will not be precise.

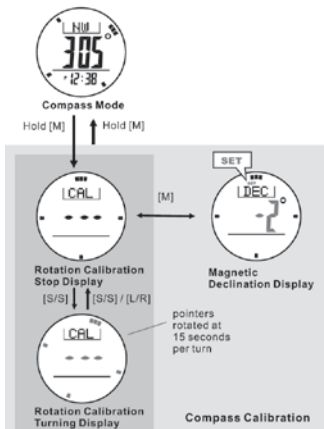
The watch will need to be calibrated at the following times:

- The watch is used for the First Time
- The Battery has been Replaced
- The "OFF CAL" Indicator appears and the digits are flashing
- The compass is being used in a new location
- The User wishes to regulate the precision of the digital compass. It is advisable to routinely calibrate the watch to achieve more accurate compass readings

The Calibration Procedures

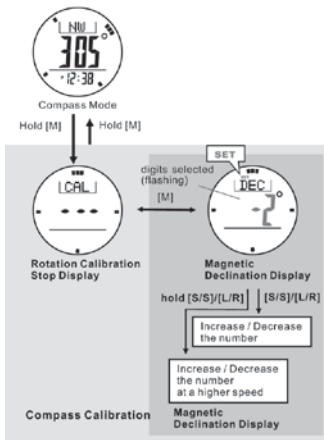
- Compass Calibration includes two (2) different procedures:
 - Rotation Calibration:** In the Rotation Calibration Display Setting, physically rotate the watch two turns to regulate the precision
 - Magnetic Declination Setting:** In the Magnetic Declination Display Setting, input the Magnetic Declination of the current position of the watch

9.10 COMPASS MODE: Calibrating the Compass – Rotation Calibration Display



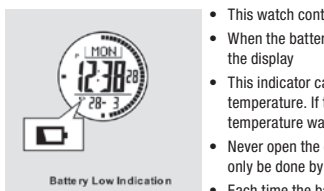
- From Compass Mode, Press & Hold the [M] button to select the Rotation Calibration Display
- Press the [S/S] button to start the display rotation. As the pointer is rotating around the rim of the watch, turn the watch in the same direction as the pointer is moving for more than two 360 degree turns. Keep the watch horizontal and flat
- After more than two rotations, Press the [S/S] button to complete the calibration and stop the pointer
- Once the pointer is stopped, Press & Hold the [M] button to return to Compass Display Mode OR Press the [M] button once to enter the Magnetic Declination setting display

9.11 COMPASS MODE: Calibrating the Compass – Magnetic Declination Display



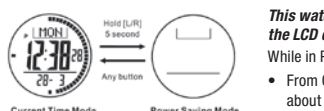
- Before Setting, you will need to gather the Magnetic Declination Angle information for your location. This information will be entered into the watch during calibration. Some major cities are shown in the chart in this booklet.*
- From the Rotation Calibration Display, Press the [M] button
 - When the number is flashing, use the [S/S] or [L/R] button to increase or decrease the number
 - When the setting is complete, Press & Hold the [M] button to exit the setting display. The watch will also exit the setting mode if no button has been pressed for 1 minute.

10.0 LOW BATTERY INDICATOR & BATTERY REPLACEMENT



- This watch contains a CR2032 button cell battery
- When the battery is low, the Low Battery Indicator will appear on the display
- This indicator can also appear when the watch is in a cold temperature. If this is the case, the indicator will disappear when the temperature warms
- Never open the caseback or attempt to replace the battery. This should only be done by a trained watch repair facility
- Each time the battery is replaced, the compass will need to be calibrated in order to give accurate readings

11.0 Power Saving Mode



This watch has a Power Saving Function which will turn off the LCD display to save battery life.

- While in Power Save Mode, the watch will still keep time.
- From Current Time Mode, Press & Hold the [L/R] button for about 5 seconds until the display turns off
- Press any key to exit Power Save Mode and the display will be restored