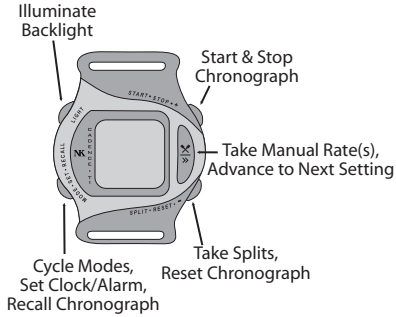


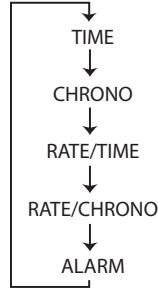
# NK CADENCE™ T1

**Thank you for purchasing a Cadence T1 Watch from NK.** The Cadence is the complete rower's timepiece; it is a full-functioning digital watch, as well as a wireless rate meter. The patented tilt-switch technology calculates stroke rate based on the feathering interval. There are no wires to install, making the Cadence an ideal tool for rowers who use different boats. Coaches and spectators can press the large rate button to take stroke rates at any time. It's even possible to measure rates with one hand by simulating the feathering motion with the watch hand - great when driving a motorboat.

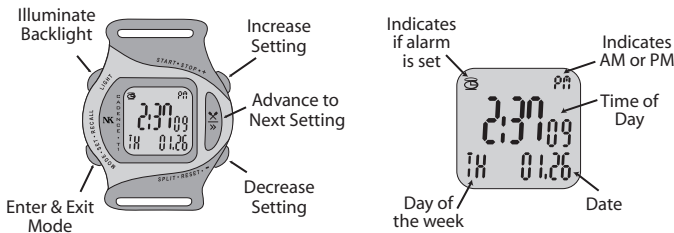
## Button Functions:



Press the **MODE** button to cycle through the modes:



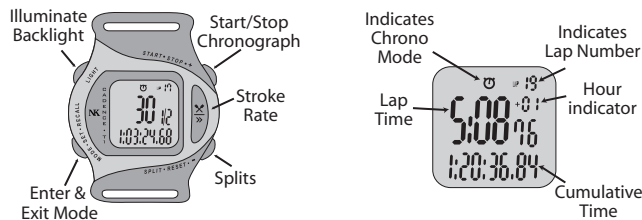
## TIME MODE



### To set the clock and calendar:

1. Hold the <b>Set</b> button for 3 seconds to set.	"HOLD TO SET" will be displayed, with a beep when entering the Time Setting Mode. The first setting (hours) will blink, indicating that the value may be changed.
2. Press the + button to increase or - to decrease.	Hold the + or - to increase or decrease the value quickly.
3. Press the >> button to advance to the next setting.	Settings: Hour, minutes, seconds, year, month, date, 12-hour or 24-hour format, date format (MM-DD or DD-MM), and hourly chime (on or off).
4. Repeat until all values are set. Watch will return to Date & Time mode when all values are set.	Press the Mode button at any time to exit Date/Time setting. If no buttons are pressed for 60 seconds, the watch will return to Date & Time mode.

## CHRONO MODE



### To run the chronograph:

1. Press the <b>Mode</b> button to enter Chrono Mode.	
2. Press the <b>Start</b> button to start the chronograph.	The chrono icon will blink when the timer is running. The lap time and cumulative time will begin counting from 00:00.0. The lap counter will show 00.
3. Press the <b>Split</b> button to store a lap.	The stored lap and cumulative time will freeze on the display for 8 seconds, then resume. The lap counter will increase by 1, up to 99 laps.
4. Press the <b>Stop</b> button to stop the chronograph.	The chrono icon will stop blinking and the lap and cumulative times will freeze on the display. If the Start button is pressed again, the chronograph will resume timing without creating a lap.

### To recall the data (the chronograph must be stopped):

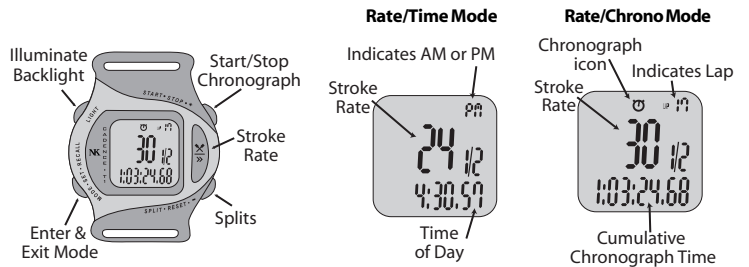
1. Hold the <b>Recall</b> button for 3 seconds.	"HOLD TO RECALL" will be displayed, with a beep when entering Recall Mode.
2. Press the + button to cycle through the lap times.	The date and time when the chronograph was started will be displayed. After reviewing all splits, the Best Lap screen and Average screen will display the shortest and average of all stored laps.
3. Press the - button to cycle through the times in reverse order.	
4. Press the <b>Mode</b> button to exit Recall.	
5. Hold the <b>Reset</b> button for 3 seconds to clear the data.	"HOLD TO CLEAR" and the chrono icon will be displayed. The watch will beep once and clear the data and return the chronograph to 00:00.0.
6. Press the <b>Mode</b> button to exit Chrono Mode.	If the Chrono mode is exited without clearing the data, the memory will remain intact. If the Chrono mode is re-entered, the display will show the chronograph stopped on the last stored time. If the Mode button is pressed while the chronograph is running, the timer will continue to run even though it will not be displayed.

\*\* If the lap time on the chronograph reaches 59:59.59 (HH:MM:SS), a "01" will appear just below the lap number, indicating the time is 1 hour. The Lap time will roll back to 00:00.00 and count up.

\*\*The Manual Rate button will remain active in Chrono Mode, meaning rates can be measured at any time while the chronograph is running. If the Manual Rate button is pressed twice within 10 seconds, the rate will be displayed instead of the lap. After 10 seconds of no Rate button presses, the watch will return to regular Chrono mode. The Split and Start/Stop buttons will work the same. The internal tilt switch will not measure a stroke rate in this mode.

## RATE MODES (Rate/Time and Rate/Chrono)

The Cadence T1 measures stroke rates with an internal tilt switch that calculates the rate from feathering and squaring the blade. The tilt switch can also be used on the wrist by tilting it in unison with the feathering and squaring of an oar. It also measures rates when the Rate/Next button is pressed in conjunction with a crew's catches. The watch updates the stroke rate once per stroke, and can measure 6-240 strokes per minute.



### To measure stroke rates:

1. Press the <b>Mode</b> button to enter either Stroke Rate mode.	
2. Measure the rate with either <b>Rate</b> button or tilt switch.	When the stroke rate is triggered for the first time, the display will show a 0 for the stroke rate. When triggered again within 10 seconds, the stroke rate will be calculated and displayed.

### To use the chronograph while measuring rates:

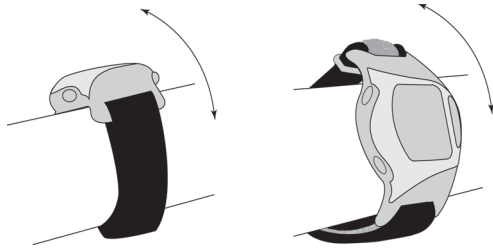
1. Press the <b>Mode</b> button to enter the Rate/Chrono mode.	
2. Press the <b>Start</b> button to start the chronograph, and Split to store laps.	The chrono icon will blink when the timer is running. When the lap button is pressed, the stored lap and cumulative time will freeze on the display for 8 seconds, then resume.
3. Press the <b>Stop</b> button to stop the chronograph.	The Cadence will continue to measure the stroke rate with either the tilt switch or the rate button with the chronograph stopped. The chronograph may be restarted at any time.

### To recall the stored laps:

1. With chronograph stopped, hold the <b>Recall</b> button for 3 seconds.	"HOLD TO RECALL" will be displayed, with a beep when entering Recall Mode.
2. (The Recall will function the same as in Chrono mode.)	Both lap and cumulative times will be displayed, even though only the cumulative times were shown when the Rate/Chrono mode was timing.
3. Press the <b>Mode</b> button to exit Recall.	
4. Hold the <b>Reset</b> button for 3 seconds to clear the data.	"HOLD TO CLEAR" will be displayed, with a beep when clearing the chronograph. The display will return to Rate/Chrono mode.

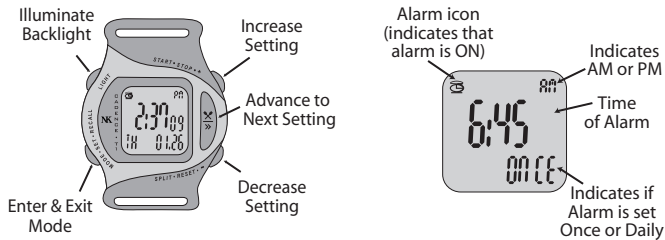
\*\*In order for the internal tilt-switch to register a stroke, the watch must rotate 90°. For consistent and accurate stroke rate readings, the Cadence should be pointing straight up (toward the sky) when the blade is 1/2 feathered. This allows the watch to rotate enough to activate the tilt switch with each square and feather.

You may need to adjust the placement of the watch slightly in order for the tilt switch to register and the watch to be positioned such that it is easily read. If you are getting rates that do not seem to be correct, or the watch is not registering any rates at all, try sliding the watch on the handle slightly to ensure that the tilt switch is engaging fully.



## ALARM MODE

The Cadence T1 has an alarm that can be set to go off daily or one-time only. When the alarm is set, the alarm icon will always be displayed on the screen, no matter what mode the watch is in.



To set the alarm:

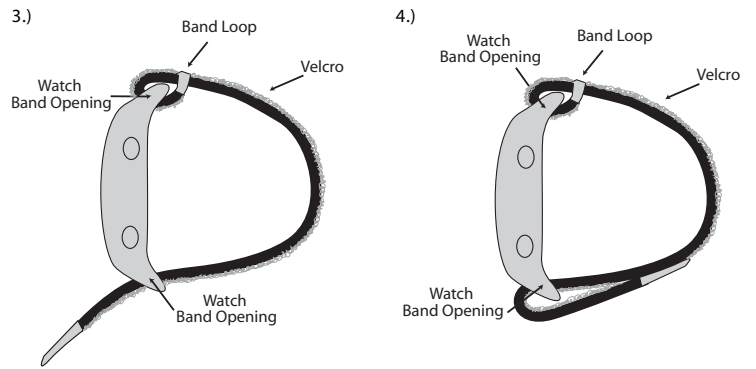
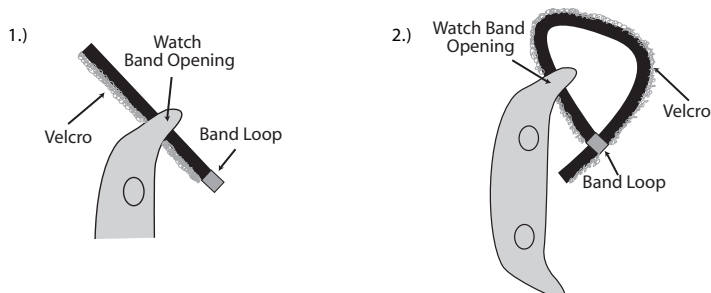
1. Press the <b>Mode</b> button to enter the Alarm mode.	The watch will display the time and type of alarm: once or daily.
2. Hold the <b>Set</b> button for 3 seconds.	"HOLD TO SET" will be displayed, with a beep.
3. Press the + and - buttons to adjust the value and the >> button to move to the next value.	The value that is to be adjusted will blink. Hold the + and - buttons to adjust the value quickly.
4. Press the + or - buttons to choose between Daily and Once. If Daily is selected, the alarm will go off every day at that time when the alarm is active. If Once is selected, the alarm will go off one time and then become inactive.	
5. Press the <b>Mode</b> button to return to Alarm mode.	
6. From Alarm mode, press the + or - button to turn the alarm on or off.	When the alarm sounds, the watch will beep for 30 seconds. Press any button while the alarm is beeping to turn it off.

## BACKLIGHT

Press the LIGHT button to illuminate the backlight for 5 seconds. If the LIGHT button is pressed again while the backlight is illuminated, the backlight will turn off. Additionally, if any other button is pressed while the backlight is on, the 5-second backlight timer will be restarted.

## INSTALLING THE WATCH BAND

The Cadence T1 comes with a black neoprene EZ-Wrap band. Accessory bands come in a variety of colors. The band is designed to fit most wrist sizes, as well as sweep and sculling oar handles. Install the band as illustrated below:



## SPECIFICATIONS & WARRANTY

- The Cadence T1 uses one lithium CR2032 battery. Battery life estimated 1.5 years (with 3 x per day backlight use, 1 x per day alarm). NK strongly suggests taking your Cadence to a jeweler or retailer (including NK) to replace the battery.
- The Cadence T1 is guaranteed against defects in materials and workmanship for 2 years from the date of purchase. This warranty does not cover: damage due to improper use or neglect (including corrosion), impact damage, modifications or attempted repairs by someone other than an authorized NK repair agent, normal wear and tear or failed batteries. Beyond the two warranty years, the Cadence T1 is covered by NK's Customer Care Lifetime warranty. See NK's complete warranty policy at: <http://www.nkhome.com/support/rowwarranty.html>.
- Electroluminescent green backlight, 5-second duration.
- Stainless steel bezel and case back, rugged rubberized housing, shatter-resistant plastic crystal.
- Black EZ-WRAP neoprene band with hook and loop closure - 10" (25 cm) length accommodates small to large wrists and sculling blades to large sweep oars.
- Customize with accessory EZ-Wrap straps: red, orange, yellow, dark green, lime green, baby blue, navy blue, purple, burgundy, pink, gray.
- Water resistant to 5 atm/50m (ISO-2281 standard).
- US Patent number 6,980,118.

Please call 610.447.1555 or email [support@nkhome.com](mailto:support@nkhome.com) with questions. Technical information can also be found online at: [www.nkhome.com](http://www.nkhome.com).

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