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1. Introduction

- A word of thanks

Congratulations on having chosen a watch made by Tissot™, a Swiss company founded in Le Locle in 1853 and still based there today. Your watch has been made with the greatest of care, using fine-quality materials and components, and is protected against shocks, temperature fluctuations, water and dust.

- Compatibility

The T-Touch Connect Solar is equipped with Bluetooth® and requires the use of a smartphone running on at least Android 6.0 or above, or iOS 12.0 or above.

Android requirements	Operating system 6.0 or above Version 6.0 of Android (Android Marshmallow) was released in October 2015. Most devices manufactured after this date will meet this requirement.
Apple iOS requirements	iOS 12 or above Compatible with iPhone

Tissot ensures its products are compatible with Android mobile devices, the best known and most widely-used worldwide. Some devices, however, are not compatible with the T-Touch Connect Solar:

- Xiaomi Mi 8 lite international version
- Blackberry Key2 LE
- Samsung A21S
- Sony XZ3
- Caterpillar S60

The T-Touch Connect application is supported only in the following countries and languages:

Supported countries	Supported character sets (notifications)	Application languages
Albania	Afrikaans	English
Austria	Albanian	French
Belarus	Basque	German
Belgium	Breton	Italian
Bulgaria	Catalan*	Spanish
Canada	Corsican	
Croatia	Danish*	
Cyprus	Dutch*	
Czech republic	English	

Denmark	Estonian*	
Estonia	Faroese	
Finland	Finnish*	
France	French	
Germany	Galician	
Greece	German	
Hungary	Hungarian*	
Ireland	Icelandic	
Island	Indonesian	
Italia	Irish	
Lettonia	Irish* (traditional orthography)	
Lithuania	Italian	
Luxembourg	Kurdish	
Malta	Leonese	
Moldavia	Luxembourgish	
Netherlands	Malay	
North Macedonia	Manx	
Norway	Norwegian[d]	
Poland	Occitan	
Portugal	Portuguese	
Romania	Rhaeto-Romanic	
Slovakia	Scots	
Slovenia	Scottish Gaelic	
Spain	Southern Sami	
Sweden	Spanish	
Switzerland	Swahili	
Turkey	Swedish	
Ukraine	Tagalog	
United Kingdom	Walloon	
USA	Welsh*	

*Please note that some characters may be missing.

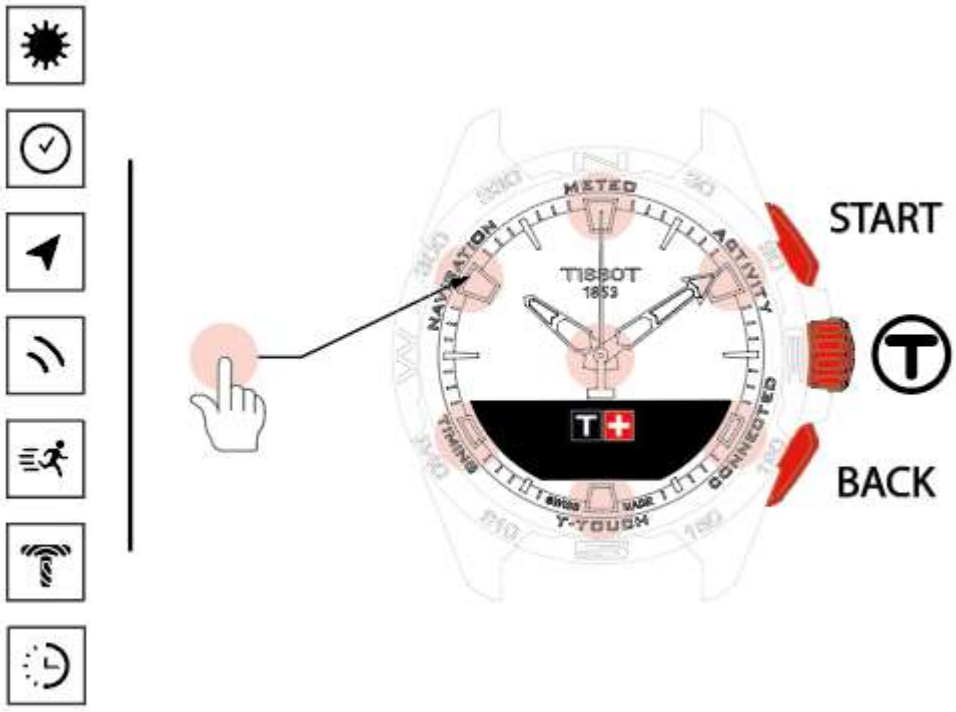
2. Versions and new features

Version	Availability	Modifications
1.1	Sept. 2020	Product basic version
2.0	Dec. 2020	TIMER: manage a list of countdowns in the app, and start directly from the app FIND MY PHONE: a new phone location function, running on the watch FIND MY WATCH: a new watch location function, running on the phone ENERGY: a detailed display of battery level and solar charge level in the watch's "QUICK SETTINGS" NOTIFICATIONS: A new function enabling you to clear all notifications ONBOARDING: Simplified pairing procedure: the mobile app detects the closest watch to establish the link.

		SOUND & VIBRATION: Separate sound and vibration setting added for notifications CONNECTION: improved reconnection after the phone has been out of range for several hours.
3.1	Mar. 2021	MULTI-LANGUAGE: The watch is available in English, French, German, Italian, Spanish or Chinese. MULTI-REGION: For Chinese residents, the user data are stored in China. NOTIFICATIONS: The user can scroll through their lines of notifications by turning the crown. WATCH: There is a bigger connection range between the watch and phone. BAROMETER: In addition to the hands, the weather trend is displayed by an appropriate icon.

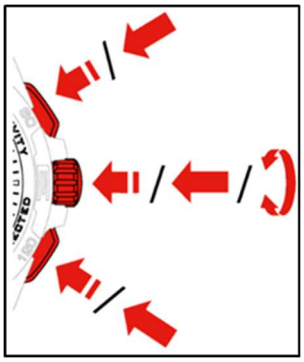
3. Familiarisation

- Basic operations



: Touch zones

: MIP screen



: Short press (less than ½ a second)

: Long press (more than ½ a second)

: Rotation (applies only to the crown)

START push-piece:

- Short press: to start or stop timer/countdown
- Long press: to lock/unlock the watch

BACK push-piece:

- Short press: to cancel a setting, reject an incoming call, stop an alarm, return to previous screen or exit a mode
- Short press: to reset timer/countdown to zero
- Long press: to return to the main menu

Crown:

- Short press: to confirm, access a sub-menu, snooze an alarm, or stop the alarm sounding during an incoming call
- Long press: to activate screen backlighting
- Rotation: to navigate/scroll through functions and menus or change a value

Please note:

All touch actions can be performed by using the push-pieces and crown instead.

Just a light press on the push-pieces and a light touch on the glass will suffice to activate the functions of your T-Touch Connect Solar. Excessive force can damage the watch.

One or more alarms active

Countdown in progress

Timer running

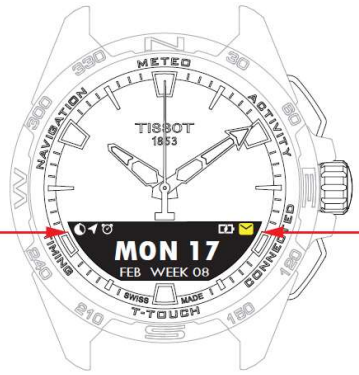
Navigation in progress

Watch locked

Watch locked in secure mode

(password)

Screen available on left



Bluetooth® activated

Watch disconnected

Battery low

Battery charging

Battery charged

Watch in Eco mode

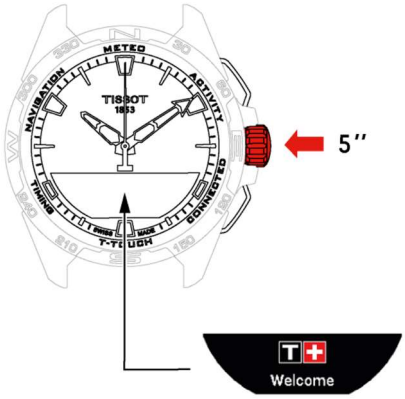
Unread notifications

Screen available on right

- Starting the watch

  - Turning the watch on

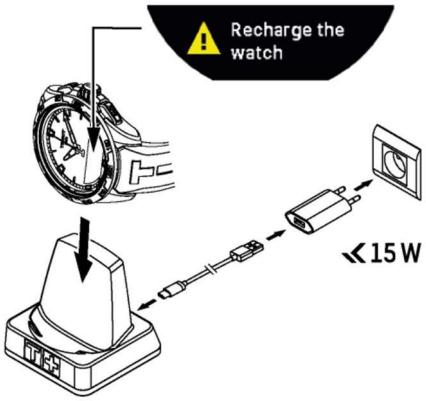
Press the crown for 5 seconds, until the MIP screen lights up.

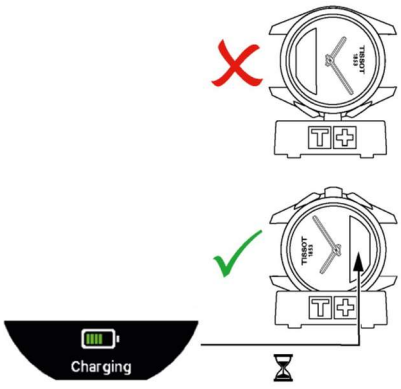


  - Charging the watch

The first time you use your T-Touch Connect Solar, we recommend charging it with the T229 charger supplied, being careful to position the T-Touch Connect Solar correctly on the charger and checking that the "Charging" indicator is visible on the MIP screen.

Do not use a USB adaptor (not supplied) that provides power in excess of 15 watts.





Once the T-Touch Connect Solar battery is charged, briefly press the crown to select the watch language.

Confirm your choice by briefly pressing the crown. You will be offered two watch operating options: paired to a smartphone, or non-paired.

- Using the T-Touch Connect Solar paired with a smartphone

Only paired mode provides access to all the T-Touch Connect Solar's functions.

Download the T-Touch Connect app to the smartphone and follow the connection information.

You will see displayed on the T-Touch Connect Solar's MIP screen:

"PAIR WITH PHONE? ".

Using the crown, select "YES".

"Date ?"

To ensure maximum security for your data, you must enter today's date correctly on the T-Touch Connect Solar. This information is visible on the smartphone screen.

"Download and launch Tissot application"

Open the T-Touch Connect app on the smartphone.

"Pair with T-Touch Connect XXX"

The app is automatically paired with the closest watch, and displays the "PAIRING CODE". If the code cannot be seen on the watch, or if the code displayed on the watch is different to that displayed on the app, click on "cancel", and start over.

Please note: unlike the next step, you are not performing a check at this stage, but rather selecting the right watch if there is more than one nearby.

"PAIRING CODE"

Check the pairing code on the T-Touch Connect Solar's MIP screen and in the T-Touch Connect app.

Please note, you only have 30 seconds to do this before the pairing process times out.

"SET PASSWORD ?".

Using the crown, choose if you want to secure the watch with a password. Activating the password ensures that:

- The content of notifications received is not displayed on the watch, thus protecting your privacy
- The watch menus cannot be accessed.

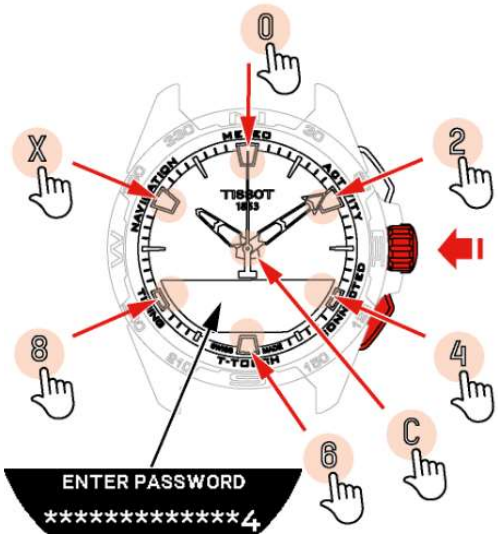
If yes, select "Yes".

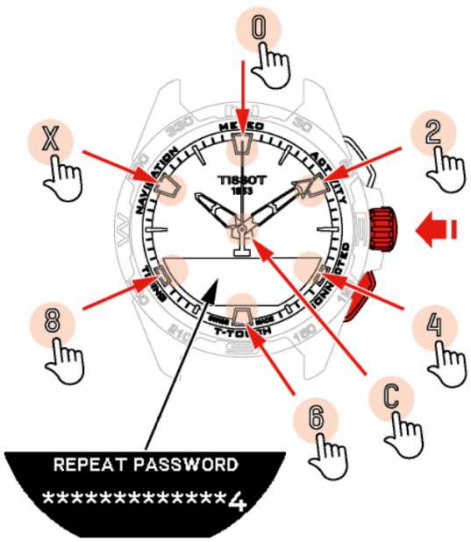
"ENTER PASSWORD"

Use the touch zones to create the password. Each zone corresponds to a character: 0, 2, 4, C, 6, 8 and X.

Please note: minimum 6 digits, maximum 14.

When you have entered the code, confirm with Ⓣ. You can return to the previous screen at any point by using the BACK push button.





Enter the password a second time, then confirm with Ⓣ.

If no, select "No" and move on to the next step.

The message "Setup completed" appears, which means the setup has been successfully completed. The hands position themselves to the correct time and the watch automatically self-locks.

If an error appears when you are trying to pair your watch to the Tissot T-Connect app, select the "Try Again" option to restart the process.

If the problem persists, follow the steps below:

- Uninstall the Tissot T-Connect app.
- Reset your watch (BACK button > "Abort" or T-Touch/Settings/System/Restore to factory settings menu).

- From the "Welcome" screen on your watch, press the crown and enter today's date starting with the year, then the month and finally the day.
- Activate Bluetooth on your smartphone.
- Delete your watch from the Bluetooth settings on your smartphone.
- Activate your smartphone's Internet connection.
- Install the latest version of the Tissot T-Connect app.
- Launch the app and connect to your account to restart the process.

- Reconnecting the watch to the phone

When the watch is connected to the phone, this is indicated by the icon

When the watch is temporarily out of the phone's range, it will try to reconnect for a period of 2 hrs. This is indicated by the icon. In this situation, you need only bring the watch to within a few metres of the phone in order to reconnect, provided that the phone's bluetooth is active.

After this period, in order to save its battery, the watch will cut the bluetooth signal; no connection icon will be displayed. From version 2.0, you need only press one of the (BACK / START / Ⓣ) buttons to reactivate the signal. The icon will be immediately displayed.

- Using the T-Touch Connect Solar unpaired with a smartphone

You will see displayed on the T-Touch Connect Solar's MIP screen:

"PAIR WITH PHONE ? ".

Using the crown, select "No".

"SET PASSWORD ? ".

Using the crown, choose if you want to secure the watch with a password. Activating the password ensures the watch menus cannot be accessed.

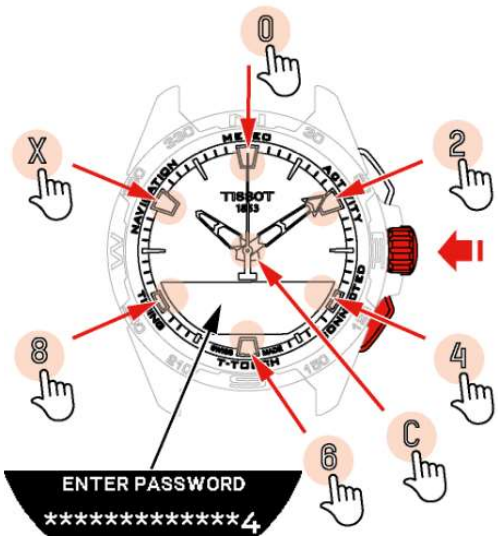
If yes, select "Yes".

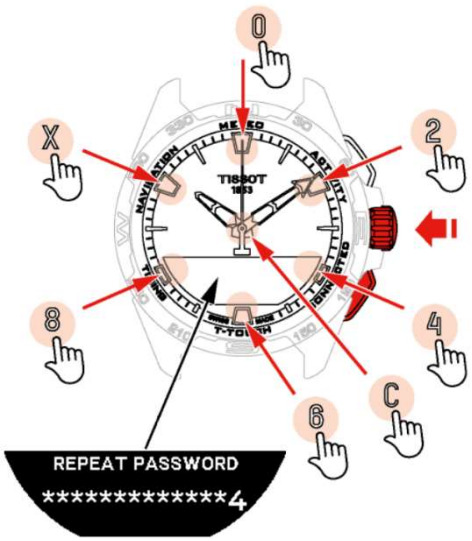
"ENTER PASSWORD"

Use the touch zones to create your password. Each zone corresponds to a character: 0, 2, 4, C, 6, 8 and X.

Please note: minimum 6 digits, maximum 14.

When you have entered the code, confirm with Ⓣ. You can return to the previous screen at any point by using the BACK push button.

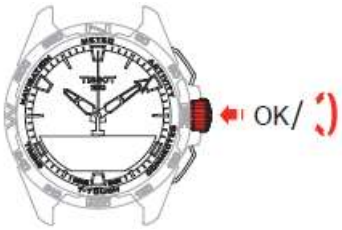




Enter the password a second time, then confirm with Ⓣ.

If no, select "No" and move on to the next step.

Use the crown to adjust the watch settings manually:



"GENDER?"

- Male or Female

"HEIGHT UNIT?"

- Centimetres or Feet
- Enter your height

"WEIGHT UNIT?"

- Kilograms or Pounds
- Enter your weight

"DATE FORMAT?"

- DD.MM.YY (day.month.year) or MM.DD.YY (month.day.year)

"BIRTH DATE?"

- Select the year, month and date

"DATE?"

- Enter today's date

"TIME FORMAT?"

- 24-hour or 12-hour (AM/PM)

"TIME 1?"

- Enter the time

The message "Setup completed" appears, which means the setup has been successfully completed. The hands position themselves to the time you entered and the watch automatically self-locks.

- Charging the watch

  - Solar power

As its name indicates, the T-Touch Connect Solar uses light, especially sunlight, to recharge its battery automatically and naturally. This has the advantage of prolonging the watch's operating time.

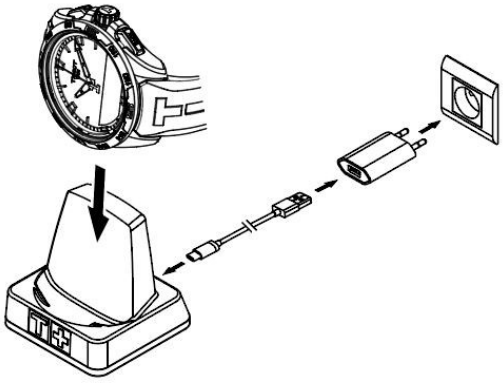
Please note: Avoid close exposure (≤ 20 cm) of the watch to any light source. In no circumstances should you do this in an attempt to make the battery charge faster.

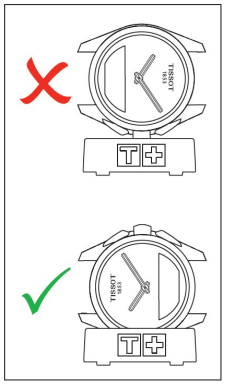
  - T229 cordless charger

Do not use a USB adaptor (not supplied) that provides power in excess of 15 watts.

Do not use a cable or connector that is kinked, twisted, damaged or broken.

When placed on the T229 cordless charger, the T-Touch Connect Solar charges fully in under 3 hours.





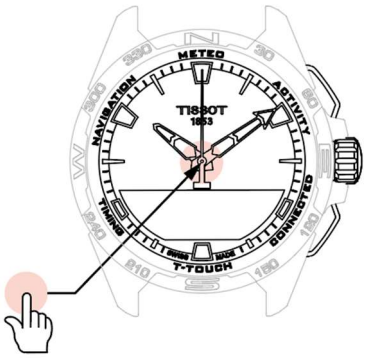
This cordless power supply is compliant with circuit PS1 as set out in EN 62368-1.

4. CLOCK

To access the "CLOCK" functions:

Unlock the watch with a long press on START.
Press the "CLOCK" touch zone.
Pressing and turning Ⓣ will give you access to the following functions:

Please note: You can go backwards at any time by using the BACK push-piece.



- DATE

The T-Touch Connect Solar is equipped with a calendar:

: in paired mode the date is synchronised automatically with the watch.

: in unpaired mode, settings are entered manually:

- Press Ⓣ

« Set Date ? »

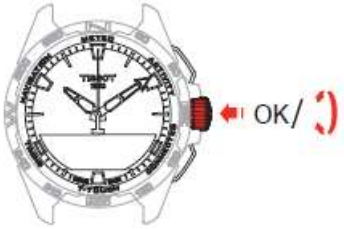
- Press Ⓣ
- Enter today's date

- TIME 1 and TIME 2

  - Set Time

: in unpaired mode

- Turn Ⓣ to display **TIME 1**, press Ⓣ, the watch displays "Set time 1 ".
- Confirm by pressing Ⓣ
- Using Ⓣ enter the time then confirm by pressing Ⓣ



- Swap with Time 2 (Changing to the second time)

The "Swap" function enables swapping between the times set in **TIME 1** and **TIME 2.**

Please note that this function is available only when **TIME 1** and **TIME 2** have been set**.**

- Timezone

: in paired mode

The watch has two times, **TIME 1** and **TIME 2**, for which you can choose the desired time zone from a list that can be modified on the Tissot smartphone app. The hands always display **TIME 1**.

The list of time zones contains:

- The "PHONE" time zone, which is the smartphone's time zone.
- The "CUSTOM" time zone, which enables you to set the time manually.
- The time zones of various cities and other places as listed on the T-Touch Connect smartphone app.

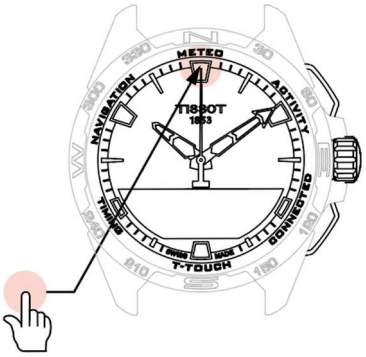
Please note: When changing between summer and winter time, the watch will inform you of the change 18 hours beforehand and will update itself automatically.

5. **METEO** (Weather)

To access the "METEO" (Weather) functions:

Unlock the watch with a long press on START.
Press the "METEO" touch zone.
Pressing and turning Ⓣ will give you access to the following functions:

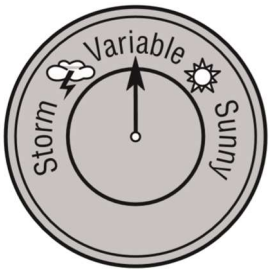
Please note: You can go backwards at any time by using the BACK push-piece.

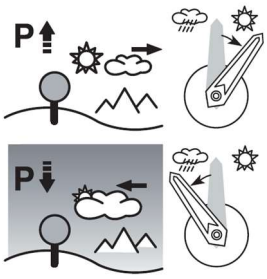


- BAROMETER

In Meteo mode, the hands are superimposed on each other to indicate the meteorological trend. The advantage of the barometer is that it enables the relative atmospheric pressure to be displayed. This relative pressure is displayed in hectopascals.

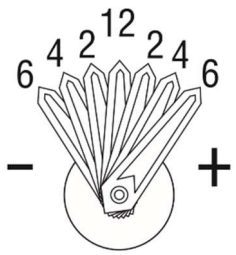
Changes in the weather are related to variations in atmospheric pressure. When the atmospheric pressure rises, the sky clears. The area is then referred to as one of "high pressure", or an "anticyclone". When the atmospheric pressure falls, the sky clouds over. The area is then referred to as one of "low pressure" or a "depression".





- The T-Touch Connect Solar watch measures these variations in pressure and indicates the meteorological trend using hands that can adopt the following 7 positions depending on how weather conditions are changing:

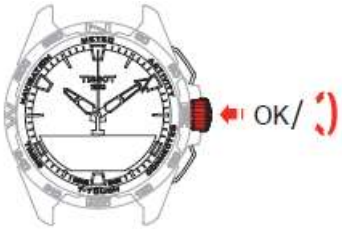
- -6': Sharp fall in pressure, rapid deterioration
- -4': Moderate fall in pressure, deterioration likely
- -2': Slight fall in pressure, slight deterioration likely
- 12h: No appreciable change in the weather
- +2': Slight rise in pressure, slight improvement likely
- +4': Moderate rise in pressure, improvement likely
- +6': Sharp rise in pressure, rapid improvement



The T-Touch Connect Solar programme takes account of the variation in atmospheric pressure over the last 6 hours in order to calculate the forecast to be displayed. In addition, the variation in pressure caused by a rapid change in altitude is detected by the watch and compensated for automatically. It therefore has only a minimal influence on the barometric trend. The T-Touch Connect Solar's digital display shows the absolute and relative value of atmospheric pressure in hectopascals [hPa]. Absolute atmospheric pressure is the actual pressure at the time and place the measurement is taken, and cannot be modified. Relative pressure is a value as at sea level, based on the local absolute atmospheric pressure. Barometers and weather maps show relative pressure values. The relative pressure value depends on the climatic zone set and can be reset within the watch. Calibration of relative pressure is related to altitude.

Measurement range:	absolute pressure: 250 hPa to 1200 hPa relative pressure: 950 hPa to 1100 hPa
Accuracy:	absolute pressure: ± 3 hPa
Relative pressure:	changes with the altimeter
Resolution:	1 hPa
Unit conversion:	1 hectopascal [hPa] = 1 millibar [mb]

Pressing and turning Ⓣ will give you access to the following functions:



- Calibrate relative pressure

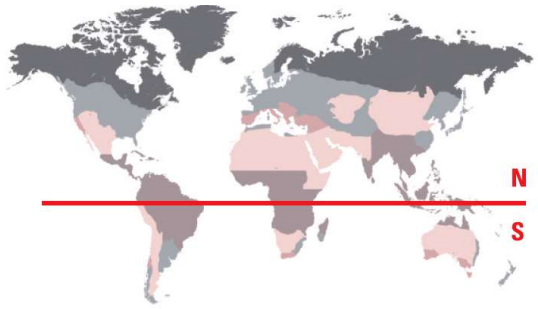
Adjusting the relative pressure causes the displayed altitude to change. The relative pressure is intentionally restricted to between 950 hPa and 1,100 hPa.

- ABSOLUTE PRESSURE

Absolute atmospheric pressure is the actual pressure at the time and place the measurement is taken, and cannot be modified.

To obtain the most accurate barometer readings, you have the option to adjust the hemisphere and climatic zone based on your geographical location. In the "T-Touch"/"SETTINGS"/"Calibration"/"ALTIMETER" functions, select your climatic zone either manually or automatically, using the simplified Koeppen climate classification (see illustration below). If the

watch is not set ("Not Set"), the standard atmosphere model is used: steady temperature at sea level = 15°C, average pressure at sea level = 1013.25hPa.



Polar Temperate Arid Tropical Mediterranean

- TEMPERATURE

The temperature displayed is the temperature of the watch case. This is, in turn, affected by the body's temperature. This is why the temperature displayed may differ from the ambient temperature.

In order to display the actual ambient temperature, the watch must be removed from the wrist until no longer affected by the body's temperature (this takes around 15 to 30 minutes).

The temperature can be displayed in degrees Celsius [°C] or degrees Fahrenheit [°F].

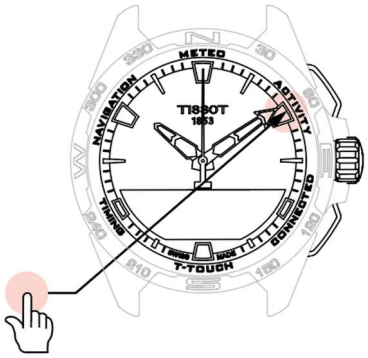
Measurement range:	-10°C à +60°C	14°F à 140°F
Accuracy:	± 1°C	± 1.8°F
Resolution:	1°C	1°F

6. ACTIVITY

To access the "ACTIVITY" functions:

Unlock the watch with a long press on START.
Press the "ACTIVITY" touch zone.
Pressing and turning Ⓣ will give you access to the following functions:

Please note: You can go backwards at any time by using the BACK push-piece.



- ACTIVITY TRACKER

In activity tracker mode, the T-Touch Connect Solar measures daily physical activity by counting the number of steps taken.

These daily data are always calculated by reference to **Time 1**, and changing **Time 1** automatically causes the daily data to be refreshed.

For more detailed activity tracking, more data are estimated, such as distance covered, number of calories burned and duration of activity.

Pressing and turning Ⓣ will give you access to the following data:

- STEPS GOAL

The default daily steps goal is 5,000. This figure can be altered by using Ⓣ.

When the day's goal has been reached, a "goal alert" notification is displayed, accompanied by a beep or a vibration.

: in paired mode

The "Steps goal" can also be set in the app. In addition, daily activity records can be consulted for up to 10 years in the app.

- CALORIES

Displays the number of calories burned during the day.

- DISTANCE

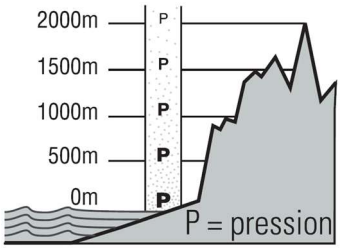
Displays the distance covered during the day, in kilometres (km) or miles (mi).

- ACTIVITY PERIOD

Displays the duration of the day's activity.

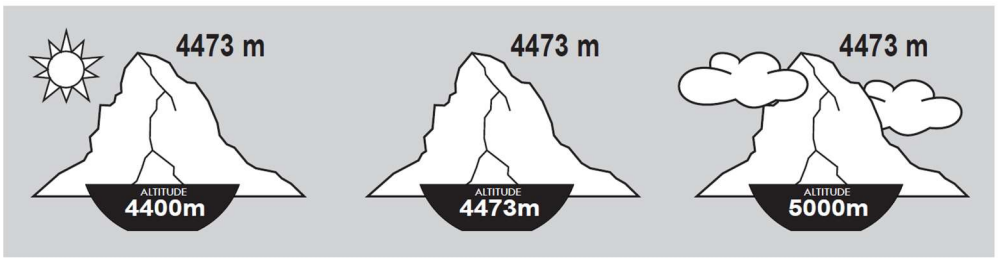
- ALTIMETER

In altimeter mode, the T-Touch Connect Solar becomes a barometric altimeter and displays the altitude in relation to the average sea level. The measurement unit used to display the altitude (m or ft) is the unit that was selected in the watch settings.



Please note: Because pressure is used to calculate altitude, the altimeter is sensitive to variations in atmospheric pressure as the weather changes. It is not unusual to observe differences in altitude of 100 m in a single night. The value displayed can thus vary even though the altitude has not actually changed.

Change in the weather = variation in pressure = change in the altitude displayed



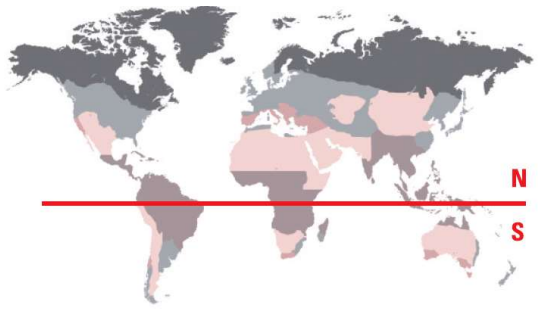
- ALTITUDE? (Altitude calibration)

"Calibrating" an altimeter means setting it to the known altitude at a particular point. You can reset the altitude by using Ⓣ. True altitude values are displayed in various places: on signposts, and on contour lines and spot elevations on maps. Altitude must be "calibrated" in relation to the ambient atmospheric pressure.

Measurement range:	- 400 m to +9000 m	- 1,312 ft to +29,527 ft
Resolution:	1 m	3 ft

Please note: The average pressure at sea level is 1,013.25 hPa.

To obtain the most accurate altimeter readings, you can adjust the hemisphere and climatic zone based on your geographical location. In the "T-Touch"/"SETTINGS"/"Calibration"/"ALTIMETER" functions, select your climatic zone either manually or automatically, using the simplified Koeppen climate classification (see illustration below). If the watch is not set ("Not Set"), the standard atmosphere model is used: steady temperature at sea level = 15°C, average pressure at sea level = 1013.25hPa.



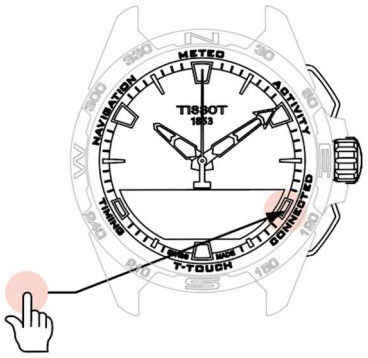
Polar Temperate Arid Tropical Mediterranean

7. CONNECTED

To access the "CONNECTED" functions:

Unlock the watch with a long press on START.
Press the "CONNECTED" touch zone.
Pressing and turning Ⓣ will give you access to the following functions:

Please note: You can go backwards at any time by using the BACK push-piece.



- NOTIFICATION (message, e-mail, reminder, social media)

When the watch is paired with and connected to a smartphone, it can display notifications sent by the smartphone (message, e-mail, call, social media). The choice of notifications to be sent from the smartphone to the watch is made in the smartphone settings and depends on the smartphone's operating system.

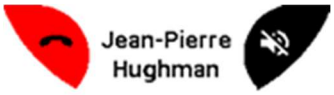
On receipt of a notification, you can:

- Open the notification by pressing and turning Ⓣ to scroll through the notification. At the end of the message, "CLEAR" is displayed, and pressing Ⓣ deletes the notification from the watch.
- To hide the notification, click on the BACK push-piece, and the notification will be stored in "Notification".
- If you do nothing, the notification remains visible on the MIP screen for 15 seconds, after which time it is automatically stored in "Notification".

To read or delete hidden and non-deleted notifications:

- When "NOTIFICATION" is displayed, confirm by pressing Ⓣ, and turn Ⓣ to browse through the various notifications received.
- Open a notification by pressing Ⓣ, and turn Ⓣ to scroll through the notification. At the end of the message "CLEAR" is displayed, and pressing Ⓣ deletes the notification from the watch.
    - CLEAR ALL? (from version 2.0)
-

- Incoming call



On receipt of an incoming call, you can:

- Put the watch in silent mode by pressing on the right of the MIP screen or pressing Ⓣ.
- Reject the call by pressing on the left of the MIP screen or pressing BACK.

- FIND MY PHONE (from V2.0)

If the watch is paired with and connected to a smartphone, it can make the phone ring in order to help find it if it is hidden.

The "Start" screen will be displayed; activate the ringtone by pressing Ⓣ. If this located the phone, stop the ringtone by pressing Ⓣ again

Note: if the phone uses an iOS system, the ringtone volume depends on the setting on the phone. You cannot make the phone ring if it is in silent mode.

- Find my watch (from V2.0)

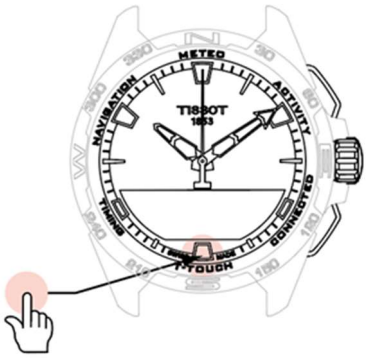
If the watch is paired with and connected to a smartphone, it is possible to make the watch chime from the T-Touch Connect app, in order to find it.

8. T-TOUCH

To access the "T-TOUCH" functions:

Unlock the watch with a long press on START.
Press the "T-TOUCH" touch zone.
Pressing and turning Ⓣ will give you access to the following functions:

Please note: You can go backwards at any time by using the BACK push-piece.



- QUICK SETTINGS

Using quick settings enables you to check some of the watch's settings more quickly.

Press the crown Ⓣ to activate or deactivate the following quick settings:

- "Sound" (Quick setting of sound)

The watch's sound alerts are activated or deactivated.

Please note: Alarm and timer sounds remain active regardless of this setting.

- "Vibration" (Quick setting of vibration)

The watch's vibration alerts are activated or deactivated.

Please note: Alarm and timer vibrations remain active regardless of this setting.

: in paired mode

When the watch is paired with a smartphone, you can control the watch's Bluetooth® technology using additional quick settings.

- "Bluetooth" (Quick setting of Bluetooth®)

Activation or deactivation of Bluetooth®.

Please note: The T-Touch Connect Solar is disconnected from the smartphone.

- "Airplane" (Flight mode)

Activation or deactivation of communication functions.

Please note: The T-Touch Connect Solar is disconnected from the smartphone.

- "BATTERY LEVEL" (from version 2.0)

indicates the current battery level.

Note: The battery level is represented by coloured bars. When the watch is fully charged, the battery level is represented by 8 green bars. When the battery is nearly drained, its level is represented by a red bar.

- "SOLAR ENERGY LEVEL" (from version 2.0)

indicates the current solar energy level received by the watch.

Note: The energy level is represented by coloured bars. The full scale corresponds to exposure to sunlight.

- SETTINGS

- "Pair with phone"

: available only in unpaired mode

When the watch is operating in unpaired mode, you have the option to pair it with your phone at any time.

Please note that data stored in the watch will be deleted if you confirm this option.

Please note: It is necessary for the latest version of the Tissot T-Connect app to be installed on your phone.

- "Connection" (Connection settings)

In this sub-menu, you can adjust the settings for connecting the watch to the phone.

  - "Alerts" (Connection alerts)

Activation or deactivation of communication alerts.

Please note: If this setting is active, the watch will notify you each time it connects to or disconnects from the phone.

  - "Notifications"

Activation or deactivation of receipt of notifications from the phone.

Please note: If this setting is active, the watch will not receive notifications from the phone.

- "Unpair from phone" (Disconnect the watch from the phone)

This action disconnects the watch from your phone and does not allow synchronisation of your data in the Tissot T-Connect app.

- System

In the "System" sub-menu, you can adjust the watch's system settings.

- Time (Date and time)

In the "Time" sub-menu, you can adjust all the watch's date and time settings, such as the date and time display format, and the first day of the week.

- Password

In the "Password" sub-menu, you can manage the watch's password. When the password is activated, the watch automatically locks itself when disconnected from the phone or if you press simultaneously on the "START" and "BACK" push-pieces.

- Sounds

In the "Sounds" sub-menu, you can set the acoustic and vibration signals for notifications and for browsing through the watch's menus.

Please note: Alarm and time sounds and vibrations are always active regardless of this parameter.

- Units

In the "Units" sub-menu, you can adjust all the watch's units.

- Energy saving

The "Energy savings" sub-menu enables you to manage your watch's consumption.

Activation and deactivation of "Auto sleep" mode (Automatic sleep mode)

Please note: When this mode is activated, the watch automatically enters sleep mode when it has not been worn for at least 2 hours. When the watch is in sleep mode, the hands are stopped and the screen, backlighting and Bluetooth® are turned off to save energy.

You can enter this mode manually by selecting "Enter in sleep. »

Activation and deactivation of "Eco mode"

This mode increases battery life by reducing battery output. For example, the connection with your phone is slower and vibration and backlighting are deactivated.

- Restore to factory settings

You can restore the watch to its factory settings from this sub-menu.

Please note: If you opt to restore the factory settings, all data not yet synchronised with the Tissot T-Connect mobile app will be lost. The connection with your phone will be deleted and you will have to remove your watch from your phone's connection settings if you wish to initiate the connection procedure again.

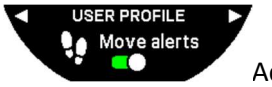
- User profile

In the "User profile" sub-menu, you can change all your user profile details as well as the alert reception settings.

- "Language" (from V3.1)

You can change the watch language to English, French, German, Italian, Spanish or Chinese.

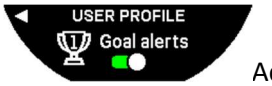
- "Move alerts"



Activation and deactivation of reception of alerts when you are not moving enough.

Please note: If you have not been moving enough for a period of time, the watch issues an alert prompting you to move.

- "Goal alerts"



Activation and deactivation of reception of alerts when you reach the goal you have set for a daily number of steps.

- Calibration

In the "Calibration" sub-menu, you can calibrate and adjust all the watch's sensors and motors.

- "Compass"

To maximise compass accuracy, you can adjust the correct magnetic declination value (for place and date), either automatically or manually. You can also calibrate the compass as explained in the "NAVIGATION/Compass" chapter.

- "Barometer"

To obtain the most accurate barometer readings, you have the option to adjust the hemisphere and climatic zone based on your geographical location.

- "Altimeter"

To obtain the most accurate altimeter readings, you can adjust the hemisphere and climatic zone based on your geographical location.

- "Motors"

When the watch hands are no longer showing the correct time, you can calibrate the motors automatically from this sub-menu. This synchronisation takes place automatically every night.

- About

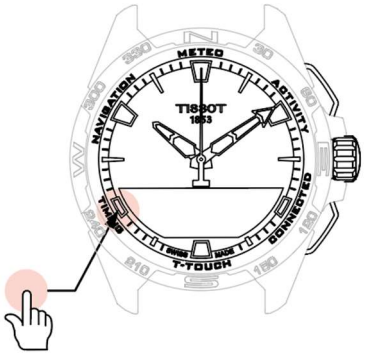
In the "About" sub-menu, you can obtain full details about the watch.

9. **TIMING** (Timing and Alarm)

To access the "TIMING" (Timing and Alarm) functions:

Unlock the watch with a long press on START.
Press the "TIMING" touch zone.
Pressing and turning Ⓣ will give you access to the following functions:

Please note: You can go back at any time by using the BACK push-piece.



- CHRONO (Timing)

In "CHRONO" mode, various types of timing are available in addition to basic timing, such as lap timing and intermediate timing.

Activation of timing functions:

- Give the "START" push-piece a short press to start the timer
- Give the "BACK" push-piece a short press to enter an intermediate time (e.g. lap time or arrival of first runner)
- Give the "START" push-piece a short press to stop the timer (e.g. end of last lap or arrival of last runner)
- Give the "START" push-piece a short press to reset the timer to zero

To choose between Lap Timing and Intermediate Timing:

Select "Set mode" by pressing and turning Ⓣ. You will now have access to "Set mode", enabling you to choose between timing types, and "LOGBOOK", for the most recent times recorded.

  - CHRONO LAP (Lap timing)

The Lap Timing function is a timer for measuring lap time for a single runner, vehicle, etc. Maximum measurement limit: 99 days 23 hours 59 mins 59 secs.

  - CHRONO SPLIT (Intermediate timing)

The Intermediate Timing function is a timer for measuring the total duration of a race for up to 99 runners or vehicles participating in the same timed event. For example: measuring the arrival time of several runners in a 100-metre race.

- LOGBOOK

Regardless of the type of pairing, the "LOGBOOK" function gives you access to the last timing taken, as well as some statistics specific to the type of timing. To access these details, press and turn Ⓣ.

Please note: The stored data is deleted when you start a new timing from zero.

- Reading stored lap time data:

: in unpaired mode, all times measured by the lap timing function are stored and can be displayed on the watch in the "LOGBOOK" function, together with statistics of the total race duration and the fastest, slowest and average lap times.

: in paired mode, you will also find the most recent times recorded on the T-Touch Connect app. Under the History heading, you will also have access to the most recent timings taken.

- Reading stored intermediate time data:

: in unpaired mode, all timings measured by the intermediate timing function are stored and can be displayed on the watch in "LOGBOOK" function.

: in paired mode and with the timer reset to zero, you can see the latest timings recorded on the T-Touch Connect app. Under the History heading, you will also have access to the most recent timings taken.

- TIMER (Countdown)

The "TIMER" function enables you to start a countdown of up to 23 hours 59 mins 59 secs.

- To adjust the countdown duration, press and turn Ⓣ
- Give the "START" push-piece a short press to confirm
- An acoustic signal will sound at the end of the countdown
- Stop the audible signal by pressing the "X" symbol on the left of the MIP screen, or press BACK
- Restart the timer by pressing the "reload" symbol on the right of the MIP screen, or press Ⓣ

: in paired mode, the countdown settings can be adjusted and countdown initiated from the T-Touch Connect app.

- ALARM

The T-Touch Connect Solar watch has an Alarm function. An alarm can recur at various intervals. You can programme 30 different alarms.

- Setting an alarm

: in unpaired mode, the setting is made from the watch only:

- Press Ⓣ

"ADD ALARM"

- Press Ⓣ
- Use Ⓣ to enter the alarm time, then confirm
- Use Ⓣ to specify the recurrence:

ONCE:	the alarm will sound once only
WEEKDAY:	the alarm will sound every weekday (Monday to Friday)
EVERY DAY:	the alarm will sound every day (Monday to Sunday)
PERZONALIZED:	the alarm will sound on the days of the week selected by the user, by pressing and turning Ⓣ to select the required day(s)

: in paired mode, alarms can also be set and adjusted directly from the T-Touch Connect app.

When the alarm sounds you can either turn it off or set it to snooze, in which case the alarm will be repeated 5 minutes later. Please note: a maximum of 3 snoozes is possible.

- To stop the alarm: press "X" or press BACK
- To snooze the alarm: press "ZZ" or press START

- Change, activate or deactivate an alarm

: in unpaired mode, the setting is made from the watch only:

- Press Ⓣ
- Use Ⓣ to select the alarm to be changed
- Using Ⓣ gives you three options:

"Enable"/"Disable"? : To activate or deactivate the alarm

"Modify?»: To change the alarm

"Delete?»: To delete one alarm or all of them

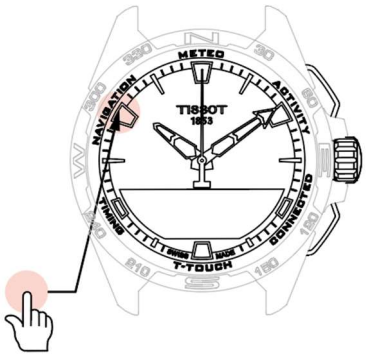
: in paired mode, alarms can also be changed directly from the T-Touch Connect app.

10. NAVIGATION

To access the "NAVIGATION" functions:

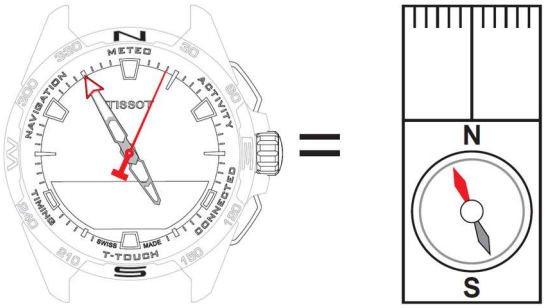
Unlock the watch with a long press on START.
Press the "NAVIGATION" touch zone.
Pressing and turning Ⓣ will give you access to the following functions:

Please note: You can go backwards at any time by using the BACK push-piece.



- COMPASS

In Compass mode the watch indicates magnetic north. Other display modes are available, such as indication of geographic north or azimuthal direction.



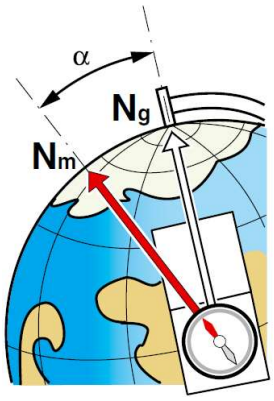
Explanations:

On a geographical map of the world, the vertical lines (meridians) converge towards the Geographic North Pole (gN), thus indicating its direction. The needle on a standard compass, which is often red, points towards the North Magnetic Pole (mN). The angle (α) between these two directions, gN and mN, is called the magnetic declination. The value of the magnetic declination thus depends on where you are on the globe.

In addition, the North Magnetic Pole is constantly shifting. The magnetic declination value thus also depends on the date. When the correct (for location and date) magnetic declination value is set, either automatically or manually (see setting procedure under the "T-Touch" heading), the T-Touch Connect Solar's minute hand points towards geographic north (gN). When magnetic declination is reset to zero, the watch points to magnetic north (mN).

Magnetic declination values and dates are shown on topographical maps or can be looked up in dedicated software packages available online.

For the whole world: www.ngdc.noaa.gov/geomag/calculators/magcalc.shtml



Accuracy: ± 8°

Resolution: 1°

Note 1:

For the most accurate indication of North, hold the watch as nearly horizontal as possible.

Note 2:
The compass function, like any other compass, should not be used near any metallic or magnetic body, and should preferably be used outdoors. If in doubt, you can recalibrate the compass.

Pressing and turning Ⓣ will give you access to the following compass settings:

"Set Mode"

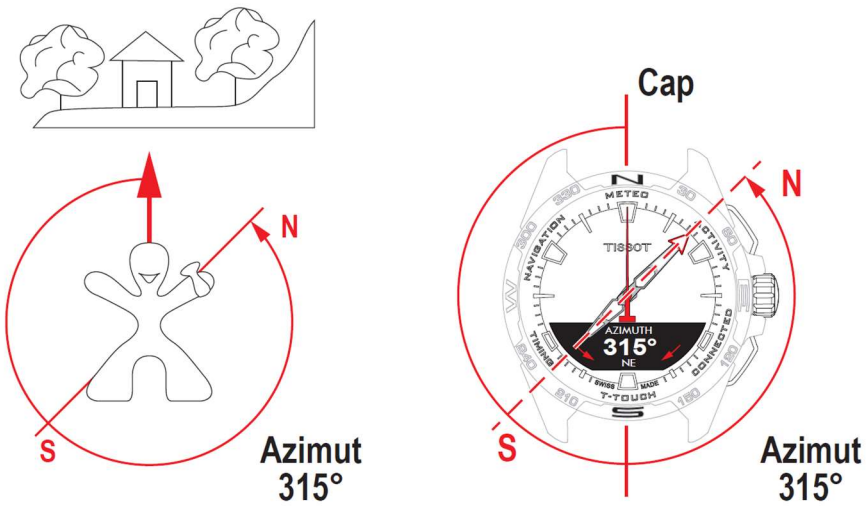
Three types of indication are available: « Magn. North" (magnetic north), "True north" (geographic north) and "Azimuth" (azimuthal direction). Select the desired indication by pressing and turning Ⓣ .

Please note: In "Azimuth" mode, the T-Touch Connect Solar indicates the azimuthal direction (course) you need to follow.

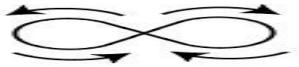
"Set azimuth"

The azimuth is the horizontal angle between the direction of an object (course) and geographic north. The azimuth is measured from the north in degrees, from 0° to 359°, and can be adjusted by pressing and turning Ⓣ. When using the compass in azimuth mode, red arrows on the MIP screen show you the direction in which to turn the watch so that the second hand points in the programmed azimuthal direction (course).

In azimuth mode, the T-Touch Connect Solar emits an acoustic signal and displays a visual signal ("Go") when the watch's 6 o'clock-12 o'clock axis is aligned with the azimuthal direction set. The direction of the minute hand represents the azimuth direction in relation to geographic north, while the direction of the hour hand represents geographic north.



"Calibrate"

Various factors affect compass function's precision, and therefore it may be necessary to recalibrate the compass. For accurate calibration, ensure you are outdoors and well away from any metallic or magnetic body. You now have 60 seconds in which to move your wrist fairly rapidly in a figure-of-eight  until you hear a little beep or see "Calibrated" displayed on the MIP screen, indicating that calibration is complete. If "Calibration is unsuccessful" appears on the MIP screen, the calibration operation has failed and you need to re-initiate it.

Please note: For accurate calibration, the watch should not be kept horizontal during the figure-of-eight movements, and it is not necessary to execute a perfect figure-of-eight, the most important thing being for the watch to move within its environment.