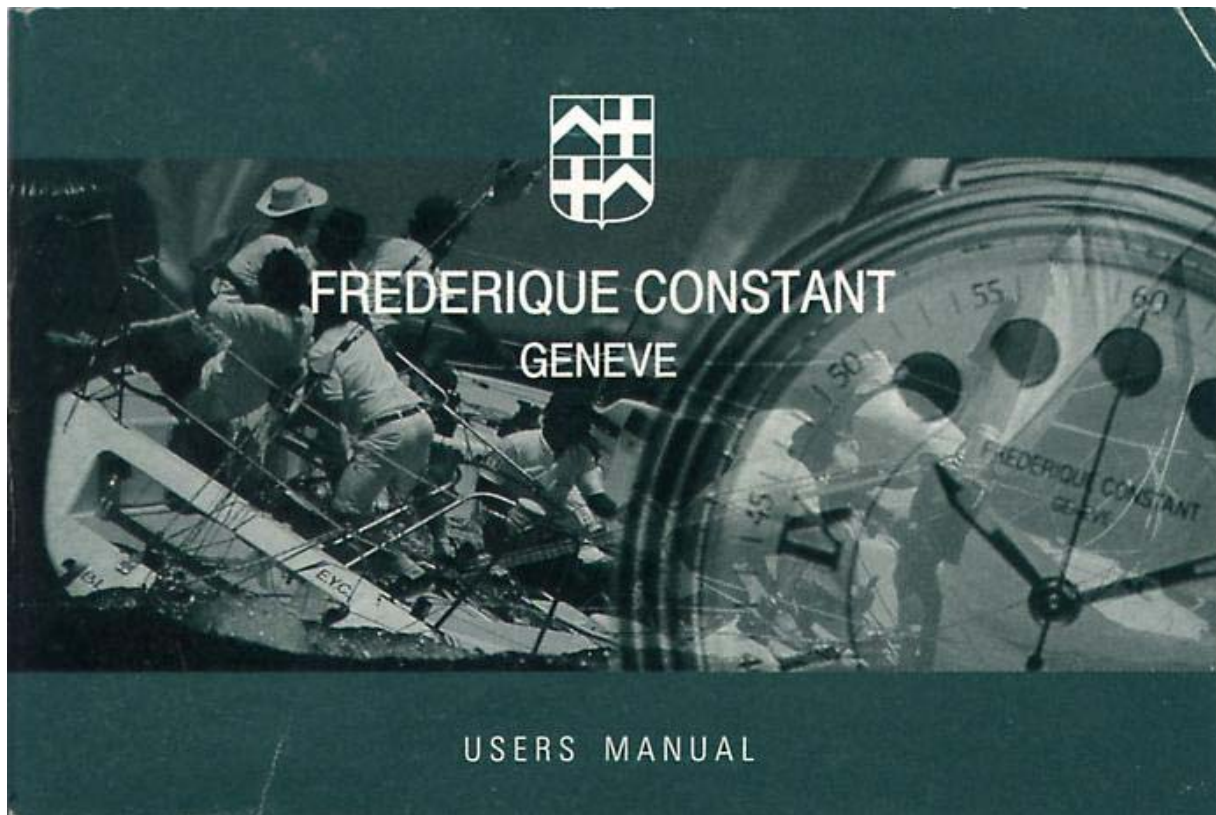




FREDERIQUE CONSTANT
GENEVE

Live your passion

USER MANUAL FOR FC-298 YACHT TIMER WATCH MODELS





FREDERIQUE CONSTANT GENEVE

INTRODUCTION

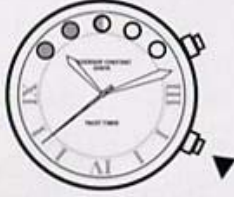
Buying this Frederique Constant watch was an excellent choice. The designers are sailors who have an extensive sailing experience, acquired in national, international and Olympic regatta's. We are therefore convinced that this sophisticated watch, made in Switzerland, will be of good service to you for years and will be eminently suited to support you in achieving excellent results.

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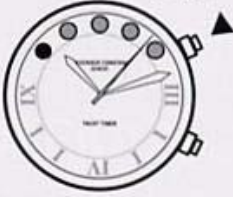


1 CHOOSE



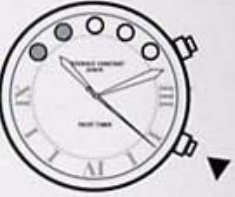
1x=10 Min 3x=5 Min 5x=Time
2x=6 Min 4x=3 Min

2 START



1X=START

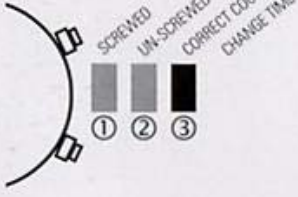
3 STOP



HOLD 1.5 SEC

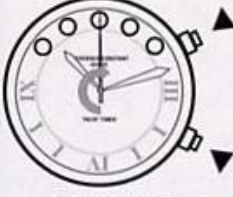
4 CORRECT COUNTDOWN TIMER

- STOP COUNTDOWN TIMER
- UNSCREW CROWN
- PULL CROWN TO POSITION 3



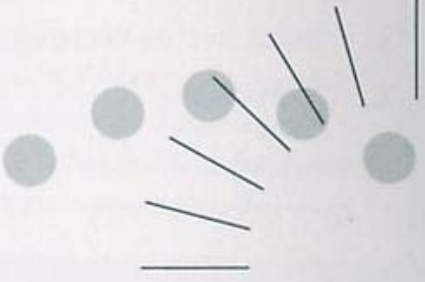
① SCREWED
 ② UNSCREWED
 ③ CORRECT COUNTDOWN
 CHANGE TIME

SET SECOND HAND TO 12



SET ALL BALLS TO WHITE

● SCREW-IN CROWN



2 SETTING THE COUNTDOWN-TIMER

By means of 'pusher 4 o'clock' you can set the countdown timer in 10, 6, 5 or 3 minute mode. Once you have set the countdown timer the minute discs and the second hand will indicate the mode of the timer. The hour and minute hands

will continue to give the current time. When you have set a certain mode, you can go to the next mode by pushing 'pusher 4 o'clock'. For example, go from the 10 minute mode to the 6 minute mode: push 'pusher 4 o'clock' once.

Action	Pusher	Discs	Second hand	Remark
Set timer at 10 minutes	4 o'clock, 1 short push	5x blue,	12:10	The timer is now in 10 minute mode.
Set timer at 6 minutes	4 o'clock, 2 short pushes	4x red, 1x blue	12:06	The timer is now in 6 minute mode.
Set timer at 5 minutes	4 o'clock, 3 short pushes	5x red	12:05	The timer is now in 5 minute mode.
Set timer at 3 minutes	4 o'clock, 4 short pushes	3x red	12:03	The timer is now in 3 minute mode.
Switch from countdown timer to time mode	4 o'clock, 1 push	5x white	Indicates the time	Switching from 3 minute mode to time mode

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3 STARTING AND STOPPING THE COUNTDOWN TIMER

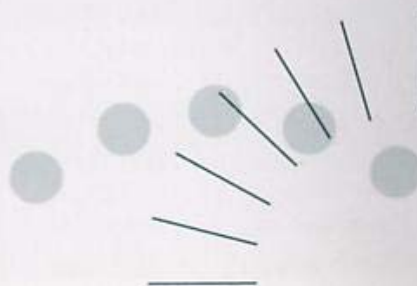
Note: For a clear understanding of chapter 3: read chapter 2 first.

You can start the countdown timer by pushing pusher 2 o'clock. Countdown is running now. The second hand is running counter-clockwise. The discs are changing colour, from blue to red and from red to white. You can stop any countdown cycle by pushing and holding pusher 2 o'clock or pusher 4 o'clock for 1.5 seconds. When you push and hold pusher 2 o'clock for 1.5 seconds, the second hand and the minute discs will stop. You can resume countdown by pushing pusher 2 o'clock once again. You can also stop countdown by pushing and holding pusher 4 o'clock for 1.5 seconds. If you do this, you will reset the countdown timer for a new countdown

cycle. If you do not stop the countdown timer, it will start again at the end of the current cycle (continuous countdown system of 10, 6, 5 or 3 minutes).

You have set the countdown timer in any of the three modes.

You are ready for the warning sign.



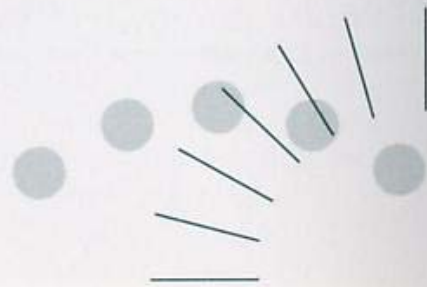
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Action	Pusher	Discs	Second hand	Remark
Start countdown	2 o'clock, one short push	Change	Rapidly to 12:00 and countdown is running.	The second hand comes from the 12:10, 12:06, 12:05 or 12:03 position. The watch will start to tick back the seconds counter-clockwise. The colours of the minute discs will change counter-clockwise, too.
Stop countdown	2 o'clock, push and hold for 1.5 seconds	Stop	Does not move	
Resume countdown	2 o'clock, one short push	Continue countdown	Continues countdown	Countdown is resumed.
Reset after countdown has stopped	4 o'clock, one short push	5x white	Time	Time mode, second hand runs CLOCKWISE.
Reset during countdown	4 o'clock, push and hold for 1.5 seconds	5x blue 4x red, 1x blue 5x red 3x red	12:10 12:06 12:05 12:03	Countdown timer in 10 minute mode Countdown timer in 6 minute mode Countdown timer in 5 minute mode Countdown timer in 3 minute mode

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4 INITIALISATION OF THE TIME MODE

The hour, minute and second hands show the current time. When the countdown-timer is running, only the hour and minute hands will show the time and the second hand will tick back the seconds. You can set or change the time by means of the screw crown. Turn the screw crown loose and pull it out to position 3 (see fig. 1). You can now change the position of the hands. After you have finished, push the screw crown back to position 1 and tighten it well.



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5 INITIALISATION OF THE COUNTDOWN TIMER

Important: Always start the initialisation of the countdown timer from time mode. Do not turn the screw crown loose until the countdown has stopped and the second hand is running in clockwise direction (see Chapter 3).

After a replacement of the battery you will have to initialise the second hand and the minute discs. Turn the screw crown loose and pull it out to position 3 (see fig. 1). Push pusher 2 o'clock to place the second hand in the 12 o'clock position (the second hand has now been initialised).

Push pusher 4 o'clock until all five discs are white; release pusher 4 o'clock as soon as the far left disc has just become fully white. After that, give pusher 4 o'clock 15 short pushes. The watch has now been correctly initialised. Push the screw crown back to position 1 and tighten it well.

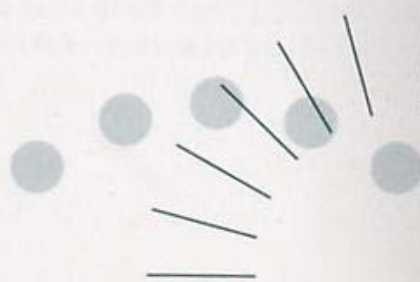


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6 SOUND SIGNALS

SOUND SIGNALS WHEN THE COUNTDOWN TIMER IS SET

Action	Sound signals	Remark
Push pusher 2 o'clock	1 short signal	
Push pusher 4 o'clock	1 short signal	
Push pusher 2 o'clock when it is locked	A signal for 1.5 seconds	After 1.5 seconds a signal of 1.5 seconds.
Push pusher 4 o'clock when it is locked	A signal for 1.5 seconds	After 1.5 seconds a signal of 1.5 seconds.



SOUND SIGNALS DURING COUNTDOWN

9 minutes to go	3 short	20 seconds to go	3 short
8 minutes to go	3 short	10 seconds to go	1 short
7 minutes to go	3 short	9 seconds to go	1 short
6 minutes to go	3 short	8 seconds to go	1 short
5 minutes to go	3 short	7 seconds to go	1 short
4 minutes to go	3 short	6 seconds to go	1 short
3 minutes to go	3 short	5 seconds to go	2 short
2 minutes to go	2 short	4 seconds to go	2 short
1 minute to go	1 short	3 seconds to go	2 short
50 seconds to go	3 short	2 seconds to go	2 short
40 seconds to go	3 short	1 second to go	2 short
30 seconds to go	3 short	0 seconds to go	1 long

7 TACTICAL USE OF THE ROTATING BEZEL (OPTIONAL)

By means of the rotating bezel you can read the tacking angles from the dial of your watch. And you can define the position of the next marker in an Olympic course and the position of the wing-mark in a trapezoid course.

Determine the direction of the wind in relation to the direction and the position of the windward marker. Turn the number on the rotating bezel which indicates the direction of the wind in degrees, opposite the triangle in the 12 o'clock position (for example, north-westerly wind at 45°).

You can now read the course that you will have to sail from the windward marker to the wing-mark (starboard reach), in degrees from the rotating bezel at the green triangle at the bottom

of the dial. You can also read the course for the wing-mark of the trapezoid course. This is indicated by the blue triangle in the 7 o'clock position.

When you are sailing from the windward marker to the downwind marker, the small blocks (green, red) at the bottom of the dial will be your points of reference to determine the course to the downwind marker.

The starting/finishing line is usually set at right angles to the direction of the wind. The direction of the wind will change, though, and therefore the angle will hardly ever be 90°. You can use the rotating bezel as follows to determine a good starting position.

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Turn the blue triangle, which is at the 12 o'clock position on the dial, into the direction from which the wind is blowing. Sail from one side of the starting/finishing line to the other and determine the sailing direction by means of the red line running across the dial between 9 o'clock and

3 o'clock. If the course you are sailing appears to be at the '+'-side of the red line, you are in a more favourable starting position. If the course you are sailing appears to be at the '-'-side of the red line, you are at the less favourable side of the starting/finishing line.

8 TROUBLESHOOTING

We advise you to have your Frederique Constant watch checked regularly by the supplier. You can solve the most common problems as follows.

The watch has stopped.

The battery has run out. You can have it replaced at any watch shop. We advise you to have the battery replaced as soon as it has run out. After replacement of the battery it is necessary to initialise the countdown time again (see Chapter 5).

The position and the colour of the discs and/or the position of the second hand do not agree with the mode of the countdown-timer. Initialise the countdown timer again (see Chapter 5).

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