TRIPLETT

USER MANUAL

STW30

Big Digit Stopwatch



Copyright © 2026 Triplett. All rights reserved.

INTRODUCTION

Thank you for purchasing the Triplett STW30 Big Digit Stopwatch. Designed for accuracy, convenience, and ease of use, the STW30 combines an oversized, easy-to-read display with a versatile set of timing and timekeeping features to meet the needs of athletes, coaches, educators, laboratory professionals, and everyday users. With precise 1/100th-second timing, a stopwatch capacity of up to 23 hours, 59 minutes, and 59.99 seconds, plus clock, calendar, alarm, lap timing, countdown timer, and backlight functions, the STW30 delivers dependable performance in a wide range of applications.

Please read this manual carefully to become familiar with all of its features and ensure years of reliable operation.

What's in the box:	**Stay updated:**
• STW30 Stopwatch • Lanyard • 1 × CR2032 battery (installed) • User Manual	For the most recent version of this user manual, visit www.triplett.com and search for "STW30". You can also find the latest specifications, FAQs, and product datasheets on our website.

⚠ SAFETY

To ensure reliable operation and extend the life of your STW30 Big Digit Stopwatch, please observe the following precautions:

- The stopwatch is splash-resistant but must not be submerged in water.
- Avoid using or storing the stopwatch in extremely hot or cold environments, or near strong electric fields, sources of static electricity, or high-frequency equipment.
- It is designed to withstand normal handling but should be protected from drops, hard impacts, or excessive force, which may damage the internal components.
- Do not expose it to gasoline, paint thinners, spray chemicals, oils, solvents, or similar substances, as these may damage the housing and sealing materials.
- When not in use for an extended period, store the stopwatch in a clean, dry environment away from direct sunlight and excessive humidity.
- Periodically wipe the housing with a dry cloth. Do not use abrasives or solvents.
- Servicing not covered in this manual should be performed only by qualified personnel. Visit www.triplett.com/support for support.

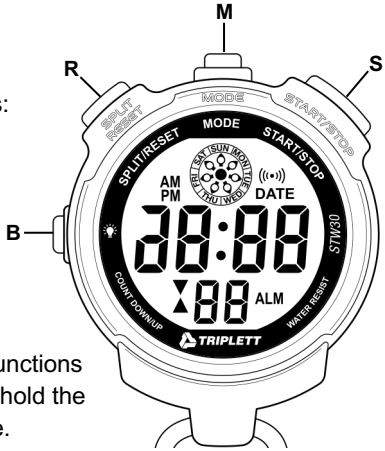
⚠ WARNING

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



BUTTON FUNCTIONS

The STW30 has four control buttons. Refer to the labeled buttons to navigate through settings and functions.



- **M = MODE** – Switches between operating modes and exits settings. Press the MODE button to cycle through the operating modes: **Time → Stopwatch → Countdown Timer.** In Time Mode, the display shows: Hour, Minute, Second, Day of the week
- **R = SPLIT/RESET** – Records split times, resets timing functions, and enters settings. Press and hold the button to display the currently programmed alarm time
- **S = START/STOP** – Starts or stops timing functions and adjusts values during setup. Press and hold the button to display the current month and date.
- **B = Backlight** – Press to turn on the backlight (automatically turns off in 3 seconds).

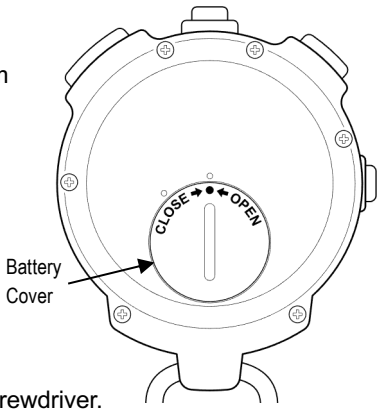
POWER ON/OFF

For first time use, remove the plastic strip insulation in between the battery contact and battery. See Battery Replacement section below on opening the battery cover and removing the battery.

To turn the stopwatch ON or OFF, press and hold the R and S buttons simultaneously for a few seconds. The display will turn ON or OFF.

BATTERY REPLACEMENT & DISPOSAL

Replace the battery when the display becomes dim or the stopwatch no longer powers on.



1. Turn the stopwatch over and locate the battery compartment on the back of the unit.
2. Open the battery cover using a flathead screwdriver or coin.
3. For first-time use, pull out the plastic insulation strip. The display should turn on. If not, remove the battery to check the plastic insulation strip is completely removed.
4. Remove the battery carefully with a flathead screwdriver.
5. Install the included battery or a new CR2032 3V lithium button battery, ensuring the polarity is correct with the battery side facing up (+).
6. Securely close the battery cover before using the stopwatch.

Battery Disposal

- Never dispose of used batteries in household wastebin.
- Users are legally required to take used batteries to an appropriate collection site or a store that sell batteries.
- Never dispose of batteries in a fire. Batteries may explode or leak.

TIME MODE

Setting the Time (12/24-Hour Format) and Calendar

1. In Time Mode, press the M button repeatedly until the seconds digits at the bottom of the display begin flashing. The settings appear in this order: Seconds, Minutes, Hours, Date, Month, Weekday.
2. Press S to reset the seconds to 00.
3. Press R to save and move to the next prompt. For each flashing value, press S repeatedly to increase the value or hold down the button to rapidly advance the count.
4. While setting the hour, cycling through 12-hour format displays AM or PM. After 12-hour format, the display switches to 24-hour format, indicated by the H symbol. Cycling past 23 hours will return to the 12-hour format display.
5. Press the M button to save the settings and return to the Time Mode.
6. Press the S button to view the Month and Date.



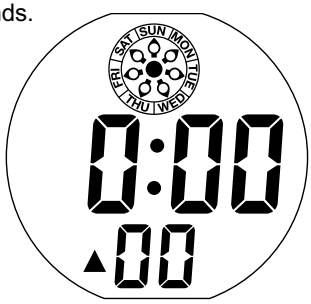
Hourly Chime

1. In Time Mode, press and hold the R button and then press M button. When the chime icon ((•)) appears, release both buttons. The hourly chime is now enabled.
2. The stopwatch will beep at the beginning of every hour. To turn the chime OFF, follow the same steps.

STOPWATCH MODE

Maximum timing is 23 hours, 59 minutes, 59.99 seconds. For the first 30 minutes, the display shows Minutes, Seconds, and 1/100th second resolution. After 30 minutes, the display automatically changes to Hours, Minutes, and Seconds.

1. Press the M button repeatedly to cycle through the modes until the up ▲ arrow appears.
2. Press the S button to start or stop timing.
3. Press the R button to reset the display to zero.



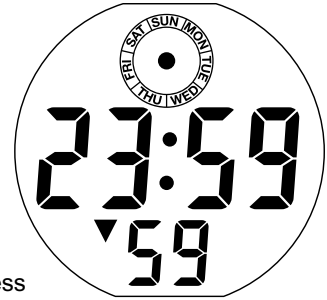
Split (Lap) Timing

The stopwatch stores two split/lap times.

1. Press S to start timing.
2. Press R once to record and display the first split/lap time.
3. Press R again to return to the running stopwatch display.
4. Press S again to stop timing.
5. The display shows the second (final) split/lap time.

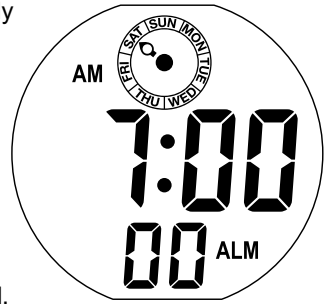
COUNTDOWN TIMER

If set to 30 minutes or less, maximum capacity is 30 minutes and 59.99 seconds. If set to more than 30 minutes, maximum capacity is 23 hours, 59 minutes, and 59 seconds.



1. Press the M button to cycle through the modes until the down ▼ arrow appears.
2. Press the R button repeatedly until the seconds digits at the bottom of the display flash, then press S repeatedly to increase the value or hold down the button to rapidly advance the count.
3. Press the R button to save the value and move between: Seconds, Minutes, Hours.
4. Press the M button to save the settings.
5. Press the S button to start the countdown and press again to stop.
6. When the countdown reaches zero, the stopwatch audible alarm beeps. Press the S or R button to stop the alarm. The previously programmed countdown time is automatically restored for the next use.
7. Press the R button to clear the countdown timer to zero.

ALARM FUNCTION



1. While in Time Mode, press the M button repeatedly until the hour digit flashes.
2. Press the S button to increase the value (hold down the button for rapid count). The **ALM** icon will appear indicating that the alarm is enabled.
3. Press the R button to move between the hour and minute settings.
4. Press the M button to save and return to the Time Mode.
5. The **ALM** icon indicates the daily alarm is enabled.
6. When the alarm sounds, press the R or S button to silence. Press R to activate one 5-minute snooze. Press S to activate repeated 5-minute snooze intervals until R is pressed.

7. To disable or enable the daily alarm, go to the Time display, then short press both the S and R buttons simultaneously. The alarm will beep once alerting a changed setting. If the ALM icon disappears, the alarm is OFF.

SPECIFICATIONS

Feature	
Material housing	ABS + PC
Display	Segment LCD, 2 Rows
Backlight Display (Auto Off)	Yes (Automatic shut off after 3 seconds)
Timing Capacity	23 hours, 59 minutes, 59.99 seconds
Resolution/Accuracy	1/100th second
Time Format	12/24 hours
Calendar/Weekday	Yes
Clock Alarm	1
Lap Memory	2
Countdown Time Capacity	23hrs, 59mins, 59.99s; If set ≤30 minutes, max capacity is 30 mins and 59.99 seconds. If set >30 minutes, max capacity is 23 hours, 59 minutes, and 59 seconds.
Countdown Memory	1
User-Disable Features	Alarm, Hourly Chime
Operating Temperature	14 to 113°F (-10 to 45°C)
Length of Lanyard	24" (600mm)
Power (battery included)	1 × CR2032 battery
Battery life	10 months
Dimensions	Stopwatch: 2.6 × 3.1 × 0.8" (66 × 79 × 20mm); Lanyard: 24" (600mm)
Weight	1.9oz (55g)

CERTIFICATIONS



This product complies with applicable CE requirements, is RoHS compliant, and has been tested to applicable IEC standards.

WARRANTY

Triplett offers warranty to the original purchaser of its products. We guarantee that our products will be free from defects in workmanship and materials for one (1) year from the purchase date.

This warranty does not cover:

- Products purchased from unauthorized distributors.
- Items that have been repaired or altered by unauthorized individuals.
- Damage from misuse, abuse, misapplication, negligence, or accidents.
- Products with altered, defaced, or removed serial numbers.
- Accessories, including batteries.

For product support, registration, FAQs, or to request calibration or repair services, visit www.triplett.com/support.

Imagery is for reference and may be enhanced for clarity. Actual product appearance and screen content may vary slightly. Specifications are subject to change without notice. For the latest information, visit www.triplett.com.

Copyright © 2026 Triplett. All rights reserved.