TRIPLETT

USER MANUAL

STW35

Metal Stopwatch



ATTENTION

To power ON, press and hold the RECALL and START/STOP buttons simultaneously until the display turns ON.

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INTRODUCTION

Thank you for choosing the Triplett Metal Stopwatch. Designed for reliability, precision, and versatility, the STW35 combines rugged metal construction with advanced timing, environmental monitoring, and pacing functions to meet the demands of athletes, coaches, educators, laboratory professionals, and industrial users alike. With 1/100th-second resolution and a timing capacity of up to 99 hours, 59 minutes, and 59.99 seconds, the STW35 delivers accurate performance for a wide range of applications. In addition to its stopwatch capabilities, it features 12/24-hour time display, calendar and weekday indication, a daily alarm, lap timing with two-lap memory, a programmable countdown timer with memory, an integrated metronome for pacing and training, a built-in thermometer, and a backlit display.

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:**
• STW35 Stopwatch • Lanyard • 1 × CR2032 battery (installed) • User Manual	For the most recent version of this user manual, visit www.triplett.com and search for "STW35". 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 STW35 Metal Stopwatch, please observe the following precautions:

- The stopwatch is splash-resistant but must not be submerged in water.
- Do not use the stopwatch in hot or direct sunlight for prolonged periods. The metal housing can heat up rapidly and may cause skin irritation or burns if it comes into contact with skin.
- Avoid using/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, 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.

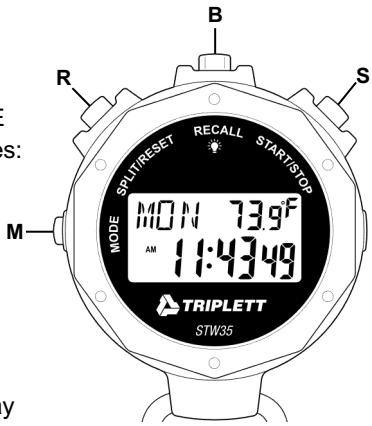
⚠ WARNING

- **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 STW35 has four control buttons:



- **M = MODE** – Switches between operating modes and exits settings. Press the MODE button to cycle through the operating modes: **Time → Stopwatch → Countdown → Metronome → Counter → Alarm.** In Time Mode, the display shows: Hour, Minute, Second, Day of the week and Ambient Temperature.
- **R = SPLIT/RESET** – Records split times, resets timing functions, and enters setting modes. Press and hold the button to display the year, month, and date when in Time Mode.
- **S = START/STOP** – Press the button to select °F or °C in Time Mode. Starts or stops timing functions and adjusts values during setup.
- **B = Backlight/RECALL** – Press to turn on the backlight (automatically turns off after 3 seconds).

POWER ON/OFF

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

TIME MODE

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

1. Press the M button to enter Time Mode. Press and hold down the B button until the Year, Month, and Day appear with the Year flashing.
2. Press S or R button to increase/decrease the value. Long press for rapid count.
3. Press B button to save and move to the next prompt. Repeat the steps.
4. While setting the hour, cycling through 12-hour format displays AM or PM. Continuing past 12-hour format switches to 24-hour format. Cycling past 23 returns to the 12-hour AM/PM format.
5. When seconds is flashing, press the S button to reset the seconds to 00.
6. When completed, press M to display the Time, Day, and Ambient Temperature.

STOPWATCH MODE

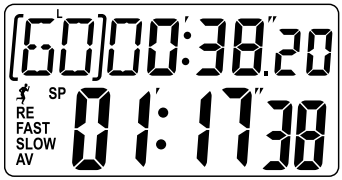
Maximum timing is 99 hours, 59 minutes, 59.99 seconds. For the first 30 minutes, the display shows Minutes, Seconds, and 1/100th second resolution. After 30 minutes, the display automatically changes to Hours, Minutes, and Seconds.

1. From the Time Mode, press the M button to enter the Stopwatch Mode.
2. Press the S button to start/stop timing.
3. Press the R button to reset the display to zero.

Split (SP)/Lap (L) Timing

1. Press the S button to start or stop timing. Press R to reset display to zero.
2. To record SP/L time, start the timer, press R to record and display the first split/lap time (SP/L). 01 will appear in parenthesis in the upper-left corner of the display following the corresponding time interval captured, while the timer continues counting on the lower display.
3. Press R again to record the second split/lap time, and so on.
4. The maximum lap memory is 60 laps. To change the memory count setting, press and hold the R button first, then B button (while R button stays pressed), and then press the S button (while both R and B buttons stay pressed). LAP will appear on the display with the count below. Release all 3 buttons and then press the S button to cycle through the Lap count selection of 08, 10, 20, 30, 60.
5. Press the M button to save and return to the Stopwatch mode.
6. After recording split/lap times, to view the values, press the S button to stop timing and then press B to cycle through the recorded times.

Slowest/Fastest/Average Time



1. To view the slowest or fastest time, press R. It will display RE (Recall) and SLOW or FAST with the corresponding slowest or fastest time.
2. To display the Average time, press S. AV appears along with the average time calculated from all stored SP/L values.
3. To clear the stored split/lap memory, press M to display the Stopwatch Mode and then press R. The screen will display zeros.

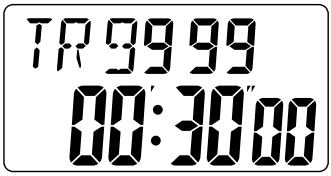
Note: While the stopwatch is running, you can press the M button to access other functions. The runner icon will be flashing on the left of the display to remind you that the stopwatch is still timing in the background.

Countdown Timer

Press the M button to cycle through the modes until TR appears on the upper left corner indicating Countdown Timer Mode. To set the Countdown Time, follow the steps below (maximum time 99 minutes and 59.99 seconds):

1. Press and hold the B button until the first digit flashes. If the first digit should remain zero, press B to advance to the next digit. Use the S and R buttons to increase or decrease the value, then press B again to save. Repeat steps to set the other values.
2. Once the countdown time is set, press the M button to exit the setting mode. The programmed countdown time appears on both the upper and lower rows of the display.
3. Press S to start or stop the countdown. When the timer is stopped, the programmed countdown time appears on the upper row, while the remaining countdown time appears on the lower row.

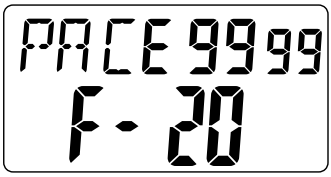
4. Press S to continue the countdown timer. Once the timer reaches zero it will beep once and display “1” on the top row next to TR to indicate that it has completed one countdown cycle (max recorded cycle is 9999, then it returns to 0 to start over). You can also press the R button to reset the cycle count to zero and start from the beginning of the countdown timer.
5. To exit the Countdown Timer mode, press M.



METRONOME MODE

Press the M button to cycle through the modes until PACE appears on the upper left corner indicating Metronome Mode.

1. The frequency (F) setting will flash. Press R to cycle through the available tempo settings (10, 20, 30, 40, 60, 80, 120, 160, 240, 320 beats/min) and press S to select the range and start the pace. The stopwatch beeps at the end of each cycle and displays the completed cycle count as C (max cycle count is 9999 and will start back to 0001).

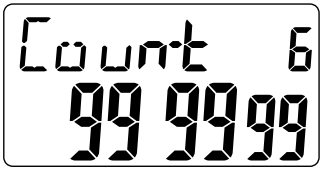


2. Press S to stop. PACE will stop flashing and tempo cycle count will pause.
3. To clear the cycle count C, press R button.
4. To exit the Metronome Mode, press the M button.

COUNTER MODE

Press the M button to cycle through the modes until Count appears on the upper left corner indicating Counter Mode.

1. Press the S button to store each count manually (maximum 999,999 counts)
2. You can save up to 6 groups of counts. Each time R is pressed, the current count is saved. The first group of counts will appear as 1 on the upper right display and the number of counts for that group will be on the bottom row.

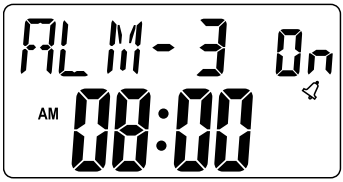


3. To retrieve a saved count, press R to cycle through Groups 1–6. After selecting a group, press S to add additional counts to the stored value. Example: Group #1 has 200 counts saved and Group #2 has 199 counts saved. You can retrieve Group #2 and then continue to press the S button to add additional counts to increase 199 counts to 200+.
4. To clear the counted value for a particular Group, select the desired group, then press and hold the B button for ~2 seconds until the count resets to zero.
5. To exit Counter Mode, press the M button. It will take you to the Alarm Mode.

ALARM MODE

Press the M button to cycle through the modes until ALM appears.

Alarm Setting (max 3 Alarms)



1. To set Alarm 1 (display shows ALM – 1), press and hold B button for a few seconds until the hour digit flashes. Press the R (decrease) or S (increase) button to adjust the value (hold down the button for rapid count).
2. Press B button to save the hour value and move to minute setting. Press the R and S buttons to adjust the value and then press the M button to save.
3. To program Alarm 2 (max 3 alarms), press the S button. You will see ALM – 2. Repeat steps 1 and 2.

ON/OFF Feature Settings

When in the Alarm Mode, pressing the S button will cycle through the feature settings and allow you to turn ON or OFF the feature by pressing the R button: **ALM-1 → ALM-2 → ALM-3 → CHM → TONE → LCD → LIG.** To exit the setting, press the M button to get to the Time display.

- **ALM** = Alarm – Max of 3 alarms can be set (see Alarm Setting). Each alarm can be turned ON or OFF. When the alarm icon appears, the daily alarm is enabled with 5-minute snooze function.
- **CHM** = Chime – One chime sounds at the beginning of each hour. Press R to turn ON/OFF the feature.
- **TONE** = To mute the button-press tone, press R to turn it OFF.
- **LCD** = Display – By default, the display remains on continuously. To conserve battery power, press R to select ON to enable Auto Power Off feature. The display automatically turns OFF after 1 minute of inactivity. When the display auto powers off, long press M button will temporarily turn the display on.
- **LIG** = Backlit Display – Default setting has the backlight ON when the B button is pressed. To disable the feature, press R to select OFF (screen displays Of).

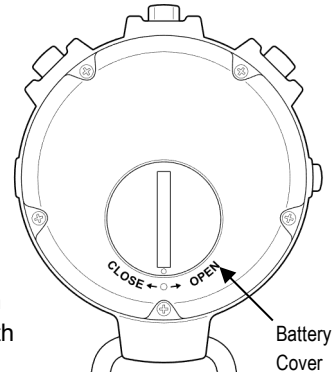
SPECIFICATIONS

Feature	
Material	Zinc alloy + Tempered glass
Display	LCD display with segment digits
Display Lines	2
Backlight Display	Yes
Backlight Auto Off	After 3 seconds
Timing Capacity	99 hours, 59 minutes, 59.99 seconds
Resolution/Accuracy	1/100th
Time Format	12/24 hours
Calendar/Weekday	Yes
Clock Alarm	3
Lap Memory	08/10/20/30/60 laps
Countdown Time Capacity	99 minutes, 59.99 seconds
Countdown Memory	9999
Counter	Yes
Counter Memory	6
Metronome	Yes
Metronome Options	10/20/30/40/60/80/120/160/240/320 (beats/minute)
Metronome Memory	9999
Temperature Range	14 to 158°F (-10 to 70°C)
Temperature Accuracy	±3.6°F (±2°C)
User-Disable Features	Alarm, Hourly Chime, Tone, Auto Power Off Display, and Backlighting
Operating Temperature	14 to 113°F (-10 to 45°C)
Power	1 × CR2032 battery
Battery life	10 months
Dimensions	Stopwatch: 3×2.5×0.6" (74×64×16mm); Lanyard: 24" (600mm)
Weight	4.9oz (138g)

BATTERY INSTALLATION

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

1. Turn the stopwatch over and locate the battery cover on the back of the unit.
2. Open the battery cover using a flathead screwdriver or coin.
3. Remove the old battery carefully with a flathead screwdriver and install a new CR2032 3V lithium button battery, ensuring the polarity is correct with the battery side facing up (+).



4. Securely close and screw the battery cover on before use.

Product and Battery Disposal

- Do not dispose of this instrument in household wastebin. Take end-of-life devices to a designated collection point for electrical and electronic equipment.
- 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.

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.

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