TRIPLETT

USER MANUAL

STW40

Triple-Display Precision Stopwatch



ATTENTION

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

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INTRODUCTION

Thank you for choosing the STW40 Triple-Display Precision Stopwatch. We appreciate your trust in our products and are confident that this professional-grade timekeeping instrument will deliver the precision, reliability, and versatility you expect. Designed with a durable metal housing and an easy-to-read triple-display screen, the STW40 combines high-precision 1/1000th-second timing with advanced features including a metronome, temperature monitoring, lap memory, countdown timers, and clock alarms. Whether you're an athlete, coach, technician, or professional working in laboratory or industrial environments, the STW40 provides precise and versatile timekeeping for 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:**
• STW40 Stopwatch • Lanyard • 1 × CR2032 battery (installed) • User Manual	For the most recent version of this user manual, visit www.triplett.com and search for "STW40". 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 STW40 Triple-Display Precision 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 STW40 has four control buttons:



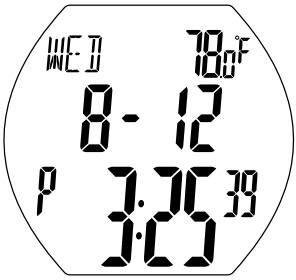
- **M = MODE** – Switches between operating modes and exits settings. Press M to cycle through the operating modes: **Time → Stopwatch → Metronome → Alarm.** In Time Mode, the display shows: Hour, Minute, Second, Month, Date, Day, and Ambient Temperature.
- **R = LAP/SPLIT** – Records split times, resets timing functions, adjusts values during setup, and enters setting modes. Press and hold the button to display the year, month, and date.
- **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/SET** – Press B 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 R 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) – The first line displays the day and temperature, the second line displays month and date, and the third line displays the time.



1. Press the M button to enter the Time Mode. Press and hold the B button until the Year flashes.
2. Press the S or R button to increase/decrease the value. Long press for rapid count.
3. Press B to save and move to the next prompt. Repeat the steps to set other values and select 12- or 24-hour format.
4. When the digits for seconds are flashing, press the S button to reset to 00.
5. Press the M button at any time to exit the setting mode.

STOPWATCH MODE

Maximum timing is 9 hours, 59 minutes, 59.999 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.

Display description

- 1st row: Displays the recorded split/lap number (in parentheses) and the elapsed time (the total time from when the stopwatch was started until the split/lap was recorded).
- 2nd row: Displays the interval time (the time elapsed between the previous split/lap and the current split/lap).
- 3rd row: Displays the total elapsed time since the stopwatch was started.



Split (SP)/Lap (L) Timing

1. To record a split/lap (SP/L) time, start the timer by pressing S, then press R to record and display the first split/lap time. 001 will appear in parenthesis on the top left corner display. Press R again to record the second SP/L time (002), and continue until the maximum count is reached and FULL appears.
2. To change the lap memory setting, press and hold R, then press and hold B while continuing to hold R. Next, press and hold S while continuing to hold both R and B. “LAP” appears on the display with the selected count below it. Release all three buttons, then press S to cycle through the available lap counts: 10, 20, 30, 60, 80, 100, 150, and 200. Press M to save the setting and return to Stopwatch Mode.
3. After recording split/lap times, press S to stop timing, then press B to cycle through the recorded times.
4. To view the fastest time, press R. Press R again to view the slowest time.
5. To view the average time, press S. The average time is calculated from all stored split/lap values.
6. To clear the stored split/lap memory, press M to return to Stopwatch Mode and then press R. The screen will display zeros.

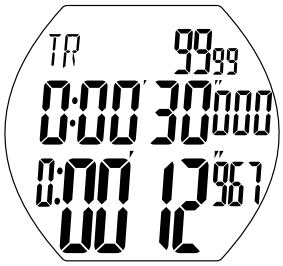
Note: While the stopwatch is running, you can press the M button to access other functions. The runner icon will be flashing on the left of the display to remind you that the stopwatch is still timing in the background.

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 9 hours, 59 minutes, and 59.999 seconds).

Display description

- 1st row: Displays the number of cycles of the countdown time (max recorded cycle count is 9999, then it returns to 0001). The stopwatch beeps at the end of each cycle.
- 2nd row: Displays the set countdown time.
- 3rd row: Displays the active countdown time.



1. To set the Countdown time, press and hold B until the first digit on the second row flashes. Press B again to move to the next digit or use the S and R buttons to increase or decrease the value, then press B to save. Repeat the steps to set the other values.
2. Once the countdown time is set, press the M button to exit the setting mode. Your set time will appear on the 2nd and 3rd row of the display.
3. Press S to start/stop the countdown. Refer to the Display description.
4. To reset the display to your programmed time, press S to stop and then press R.
5. To exit the Countdown Timer mode, press M.

METRONOME MODE

Press the M button to cycle through the modes until PACE appears indicating Metronome Mode.

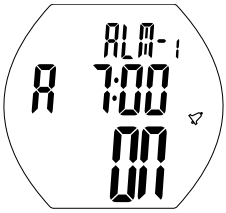


1. The frequency (F) setting will flash. Press R to cycle through the available tempo settings (10, 20, 30, 40, 60, 80, 120, 160, 240, 320 beats/min) and press S to select the range and start the pace. The stopwatch beeps at the end of each cycle and displays the completed cycle count as C (max cycle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

ALARM MODE

Press the M button to cycle through the modes until ALM-1 appears on the upper right corner. Press the S button to cycle through the functions:

ALM-1 → ALM-2 → ALM-3 → CHIME → d-dAY → tonE



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 R (decrease) or S (increase) to adjust the value (hold down the button for rapid count).
2. Press B button to save the value and move to the next digit. Repeat the steps. After setting all values, press M to save the alarm time.
3. Press S to select Alarm 2 and repeat the steps above. Repeat the same procedure for Alarm 3. To skip an alarm, press S to advance to the next function.
4. See ON/OFF Feature Settings section to turn ON or OFF each set alarm.

ON/OFF Feature Settings

In Alarm Mode, press S to cycle through the feature settings. 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 by pressing the B button. When the alarm icon appears, the daily alarm is enabled.
- **CHIME** = One chime sounds at the beginning of each hour. Press B to turn ON or OFF the feature. When ON, the chime icon appears indicating the hourly chime is enabled.
- **tonE** = Tone - To mute the button-press tone, press B to turn the tone OFF.

D-Day Setting

Use this feature to countdown the days to the target date.



1. In the Alarm Mode, press S repeatedly to cycle through the feature settings until d-dAY appears.
2. Press and hold down the B button until the year digits flash. Use the R and S buttons to adjust the value, then press the B button to save and move to the Month digit.
3. Repeat the previous steps to set the month and date.
4. Once your target date has been set, press the M button to save. Press the M button again to get to the Time display.
5. To check how many days remain until your target date, press the R button. The number of days remaining appears below the temperature. Press R again to display the current date.



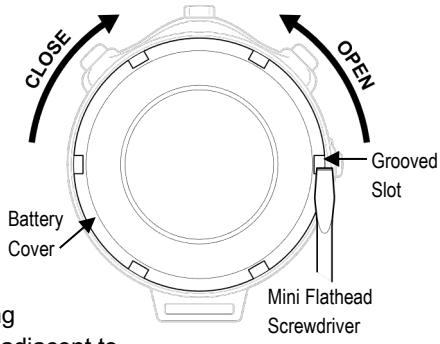
SPECIFICATIONS

Feature	
Material housing	Zinc alloy + Tempered glass
Display	LCD with 3 display lines and segment digits
Backlight Display	Yes (auto off after ~3 seconds)
Timing Capacity	9 hours, 59 minutes, 59.999 seconds
Resolution/Accuracy	1/1000th second
Time Format	12/24 hours
Calendar/Weekday	Yes
Clock Alarm	3
Lap Memory	10/20/30/60/80/100/150/200
Countdown Time Capacity	9 hours, 59 minutes, 59.999 seconds
Countdown Memory	9999
Countdown Day (D-Day)	Yes
Metronome	Select ranges: 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
Operating Temperature	14 to 113°F (-10 to 45°C)
Power	1 × CR2032 battery
Battery Life	10 months
Dimensions	Stopwatch: 2.5 × 2.9 × 0.6" (64 × 73 × 15mm); Lanyard: 24" (600mm)
Weight	5oz (143g)

BATTERY INSTALLATION

Replace the battery if the display becomes dim or the stopwatch doesn't power on.

1. Turn the stopwatch over and locate the battery cover on the back of the unit.
2. There are 6 grooved slots on the edge of the battery cover. Use a mini flathead screwdriver to push one of the grooved slots counterclockwise to open the battery cover. See illustration for reference.



3. Remove the old battery by inserting a pin or the end of a paperclip by inserting into the hole located at the lower right, adjacent to the battery. Carefully lift the battery out. Use the pin to carefully lift the battery up. Use care to avoid damaging the battery or circuitry.

4. Install a new CR2032 3V lithium button battery, ensuring the polarity is correct with the battery facing up (+). Make sure not to touch or move the circuitry inside the compartment.
5. Align the battery cover and screw it back on in a clockwise direction to close. Use the mini flathead screwdriver pushing at one of the grooved slots to tighten the cover before using the stopwatch.

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 sells 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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