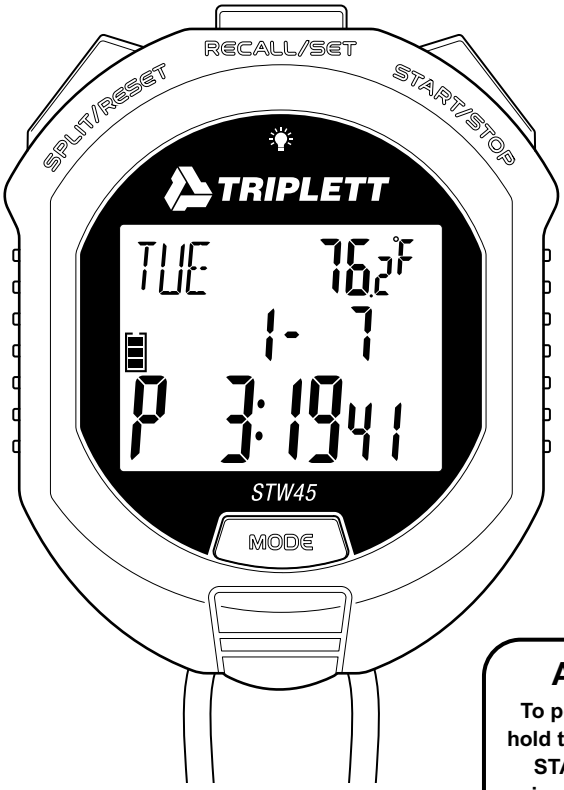
TRIPLETT

USER MANUAL

STW45

Rechargeable Precision Stopwatch



ATTENTION

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

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INTRODUCTION

Thank you for choosing the STW45 Rechargeable Precision Stopwatch. The STW45 is a professional-grade timing instrument designed for athletes, coaches, technicians, and other users who require exceptional accuracy and reliable performance. With precision timing to 1/1000th of a second, a built-in rechargeable battery for added convenience, and advanced features including temperature measurement, an integrated metronome, lap memory, countdown timer, and clock alarm, the STW45 is well suited for sports, laboratory testing, industrial applications, and interval training. Engineered for precision, versatility, and ease of use, the STW45 eliminates the cost and inconvenience of frequent battery replacement while delivering dependable performance for a wide range of timing 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:**
• STW45 Stopwatch • Lanyard • 1 × Rechargeable battery (installed) • USB charging cable • User Manual	For the most recent version of this user manual, visit www.triplett.com and search for "STW45". 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 STW45 Rechargeable 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.
- 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.

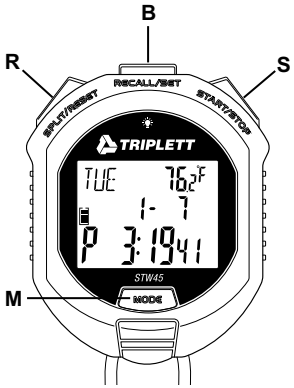
⚠ WARNING

- **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

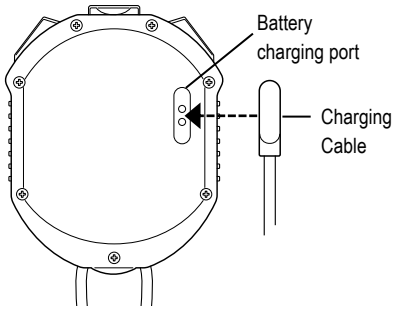
The STW45 has four control buttons:



- **M = MODE** – Switches between operating modes and exits setting mode. Press M to cycle through the operating modes: **Time → Stopwatch → Countdown → Metronome → Alarm.** In Time Mode, the display shows: Hour, Minute, Second, Month, Date, Day, and Ambient Temperature.
- **R = SPLIT/RESET** – Records split times, resets timing functions, adjusts values during setup, and enters the setting mode. When in the Time Mode, press the button to display the countdown days if d-Day was set up.
- **S = START/STOP** – Press the button to select °F or °C when 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).

BATTERY CHARGING & POWER ON/OFF

Charge the battery first before using. The USB charging cable is included.



1. Turn the stopwatch over to locate the battery charging port.
2. Align the charging cable with the 2-prong connector to the charging port. The connector has built-in magnets that will help align with the port. Plug the USB end to a power device to charge the stopwatch.
3. The green light on the lower left display will be on when battery is charging. If there is no light, make sure the charger is connected properly.
4. A full battery charge takes approx. 30 minutes. The green light will turn off once fully charged. NOTE: The battery icon is static and does not indicate the battery charge level.
5. Once battery is charged, if the display doesn't turn ON automatically, press and hold the R and S buttons simultaneously until the display turns ON. To manually power OFF the display, do the same.
6. The feature and function setups will be retained when the stopwatch is powered off and on, as long as the battery is not completely depleted.

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 S to reset the seconds to 00.
5. Press the M button at any time to exit the setting mode.

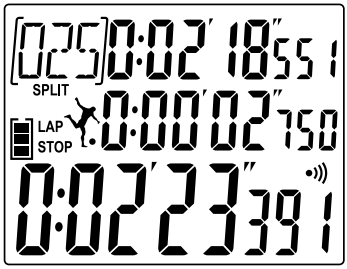
STOPWATCH MODE

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 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.

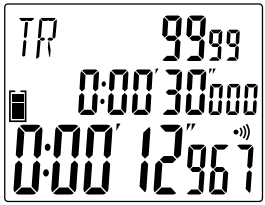
Note: While the stopwatch is running, you can press the M button to access other functions. The runner icon will be flashing on the left of the display to remind you that the stopwatch is still timing in the background.

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 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.

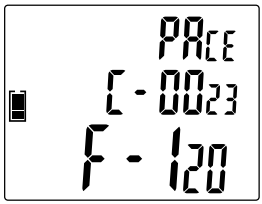


1. To set the Countdown time, press and hold B until the first digit on the second row flashes. Press B again to move to the next digit or use the S and R buttons to increase or decrease the value, then press B to save. Repeat the steps to set the other values.
2. Once the countdown time is set, press 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 above.
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 M button to cycle through the modes until PACE appears.

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. PACE will flash and 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, STOP will appear, 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.

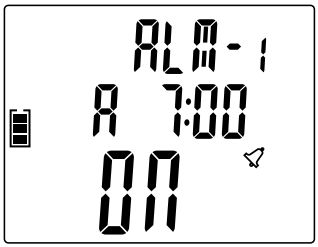


ALARM MODE

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→ LIgHT → LCD

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 set 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 (ALM-1 is displayed), press S to cycle through the feature settings. To exit the setting, press the M button to get to the Time display.

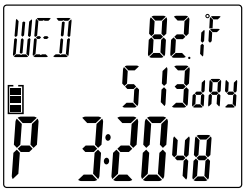
- **ALM** = Alarm – Max of 3 alarms can be set (see Alarm Setting). Each alarm can be turned ON or OFF by pressing the B button. When the alarm icon appears, the daily alarm is enabled.
- **CHIME** = One chime sounds at the beginning of each hour. Press B to turn ON or OFF the feature. When ON, the chime icon appears indicating the hourly chime is enabled.
- **tonE** = Tone - To mute the button-press tone, press B to turn OFF.
- **LIgHT** = Backlit Display – Default setting has the backlight ON when the B button is pressed. To disable this feature, press B to select OFF.
- **LCD** = Display - By default, the display remains on continuously. To conserve battery power, press B to select ON to enable the Auto Power Off feature. The display automatically turns OFF after 1 minute of inactivity. To view the display, press the M button. As long as the battery is not completely depleted, all the feature and function setups will be retained.

D-Day Setting

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



1. When 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	ABS + PET
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, Backlighting, and Auto Power Off Display
Operating Temperature	14 to 113°F (-10 to 45°C)
Power	Rechargeable Li-battery (USB charging cable included)
Battery Life	3 months (standby time)
Dimensions	Stopwatch: 3.2 × 2.6 × 0.6" (80 × 65 × 15mm); Lanyard: 24" (600mm)
Weight	2.5oz (70g)

PRODUCT & 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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