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SUUNTO
M3
USER'S GUIDE

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REPLACING LUCK.

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1. GETTING STARTED WITH SUUNTO M3

This instruction manual guides you to use all the features of the Suunto M3, a wristop computer designed for competitive boat racing.

1.1. GETTING FAMILIAR WITH SUUNTO M3

The Suunto M3 has two main displays: the *Time* and *Timer* displays. You can switch between the displays by long pressing (more than 1 seconds) the MODE button. The picture below shows the Suunto M3 button assignments:

CHRONO

MODE



UP (START/STOP)

ENTER

DOWN (SYNC)

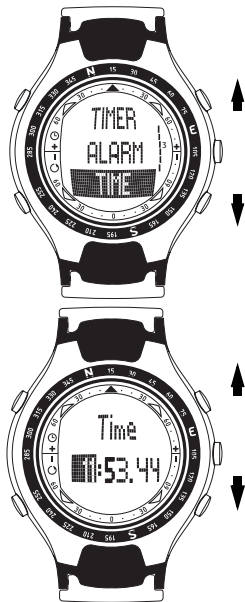
1.2. FIRST STEPS WITH SUUNTO M3

Taking the Suunto M3 into use the first time is simple: all you need to do is set the current date and time:

1. While the Suunto M3 is displaying time, press the ENTER button to open the menu.
2. Use the UP or DOWN button to select the *Time* item from the menu.
3. Press ENTER to select the highlighted item.
4. Again, select *Time* and press ENTER.
5. Adjust the full hours by pressing the UP/DOWN buttons.
6. Press ENTER to accept and to move forward.
7. Press MODE to return to the time view.

After setting the time, select *Date* from the menu and repeat the above.

Your Suunto M3 is now ready for use.



2. USING RACE TIMER

The Suunto M3 helps you to optimize the timing for the race start so that you can cross the start line at the right time. This helps you get ahead of your opponents and avoid turbulence from the other boats in front of you.



TIP: While waiting for the race start, you can use the Suunto M3 chronograph to estimate the time to reach the start line by taking practice starts.

The race timer helps you to follow the official race start countdown.

1. Long press the MODE button to switch to the *Timer* view.
2. Press ENTER and select *Start time*.
3. Enter the countdown time with the UP/DOWN buttons. For example, if the official signal is given 5 minutes before the start, enter 5.
4. At the official signal, press UP to start the countdown on the Suunto M3.



TIP: You can set the timer to repeat the countdown. This is useful if there are several race starts, for example, for different boat classes. Long press ENTER to turn the repeat on/off. This can be done both when the timer is running or when it is stopped. After the start, long pressing DOWN turns the repeat off and allows you to view the actual race time.



TIP: You can stop the timer with a long press of the UP button. Now press UP to start the timer again or long press UP to reset the timer if the start is recalled/rerun for some reason.

5. When the countdown timer reaches 00:00, Suunto M3 starts displaying the elapsed race time. Long press UP to stop the race time.



TIP: You can also set the countdown timer to start automatically to count to predefined date and time. To set the timer, press ENTER and select *Count to* from the menu.

2.1. SYNCHRONIZING THE COUNTDOWN TIMER

Suunto M3 allows you to synchronize the timer to the official countdown even after the countdown has started. This is very useful if you are distracted when the official 5 minute signal is given, causing a delay in starting the timer in Suunto M3. Once the timer is running, synchronizing is done as follows:

1. Wait and be prepared to the next official signal (such as the 4 or 1 minute signal).
2. At the signal, immediately press the DOWN button.

The timer jumps downward to the full minute and continues the countdown.



TIP: By default, pressing DOWN makes the timer jump downward to the next full minute (for example, from 03.50 to 03.00 and from 03.20 to 03.00).

You can also set Suunto M3 to synchronize to the closest full minute (for example, from 03:50 to 04:00). See section 6.2 for how to do this setting.

2.2. ADDING A SPLIT TIME MARK DURING THE RACE

You can store split times, for example, when you pass a mark during the race. The stored times can be viewed after the race with the *Logbook*.

1. While the race time is running, press ENTER and select *Add mark* to store a split time.
2. The new split time and the time elapsed from the previous split time are shown on the display briefly.
3. After the race, press ENTER and select *Logbook* to view the stored marks.



NOTE: Up to 10 separate logs can be stored in the Suunto M3 memory. When the memory is full, a new log automatically replaces the oldest log in the memory.

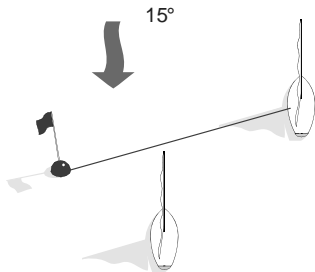
2.3. USING THE BUTTON LOCK

In order to prevent accidental off synchronization of the race timer, you can activate or switch off the Suunto M3 button lock by pressing first the ENTER and then the CHRONO button within 3 seconds.

Note that the key lock only disables the following actions: starting the race timer, stopping the countdown or race time and synchronizing the countdown.

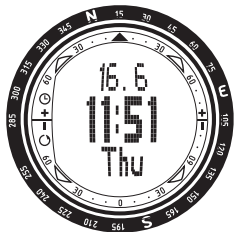
3. DETERMINING FAVORED END OF START LINE

Before a race starts, the wind direction may have shifted and is no longer aligned with the starting line. The Suunto M3 helps you to determine the favored end of the start line.

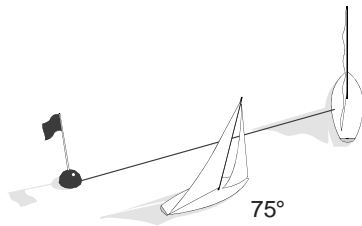


1. Head to wind and check your bearing from the boat compass.

Example: bearing to wind is 15°.

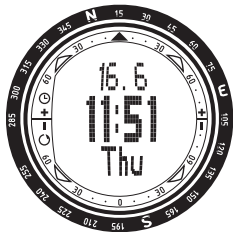


2. Adjust the Suunto M3 rotating bezel so that the upwind bearing is parallel to the black triangle on the inner ring.



3. Steer the boat along the starting line and check your bearing from the boat compass.

Example: the bearing is 75° .



+

75°

4. Find the bearing on the Suunto M3 rotating bezel and refer to the inner ring:

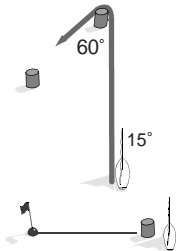
- if the bearing is on the plus (+) sector, you are steering towards the favored end of the starting line
- if the bearing is on the minus (-) sector, you are steering away from the favored end of the starting line

Example: the 75° bearing is on the plus (+) sector, meaning that you are heading towards the favored end.

4. CALCULATING COURSE TO NEXT MARK

Setting the bearing to the next mark on the race is sometimes difficult due to poor visibility. Suunto M3 allows you to calculate the bearing to the next race marker in advance, before you reach the turning point. This way you can steer to the correct direction as soon as possible.

The calculation is based on the standard turning angles (30° , 45° , 60°) depending on the race course.



1. Steer directly toward the first mark and check your current bearing from the boat compass.

Example: the bearing to the first mark is 15° .

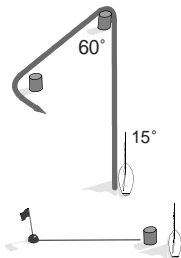
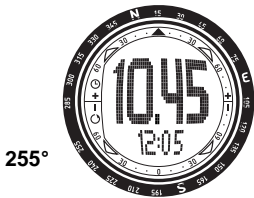


2. Adjust the Suunto M3 rotating bezel so that your bearing is parallel to the black triangle on the inner ring.

3. Find the appropriate turning angle degree from the inner ring and read the bearing to the following mark from the Suunto M3 rotating bezel.

For example, if your course was 15° and the turning angle to the next mark is 60° to the left, the bearing to the next mark is 255° .

4. After passing the first mark, follow the new bearing and repeat the calculation to the next mark.



5. USING CHRONO AND SETTING ALARMS

You can use the Suunto M3 as a chronograph or as a tool to remind you of important events with alarms.

5.1. USING CHRONO

You can use the chronograph in both the *Time* and the *Timer* displays.

1. Press the MODE button so that 0:00,0 is displayed on the bottom row.
2. Press CHRONO to start the chrono.



TIP: You can switch between the *Time* display and the *Timer* display without disturbing a running chrono by long pressing the MODE button.


3. Press CHRONO to stop the chrono.
4. Press CHRONO again to reset the chrono.



TIP: While waiting for the race start, you can use the Suunto M3 chronograph to estimate the time to reach the start line by taking practice starts.

The race timer helps you to follow the official race start countdown.

5.2. SETTING AN ALARM

You can set up to 3 different alarms to remind you of important events. When an alarm is set,  is displayed in the lower right corner of the display.

1. In the *Time* display, press ENTER and select *Alarm* from the menu.
2. Select one of the 3 alarms and press ENTER.
3. Set the alarm to *On*.
4. Set the time and date for the alarm with the UP/DOWN buttons. Press ENTER to accept the values.



TIP: If you leave the date empty, the alarm will go off every day at the same time. If the date is set, the you will get one alarm on the specified date and the alarm is then set to *off*.

6. CUSTOMIZING SUUNTO M3

You can customize the Suunto M3 settings to fit your personal preferences.

6.1. CHANGING GENERAL SETTINGS

1. Press ENTER in the *Time* display and select *General* from the menu.
2. Select the setting you want to change:
 - **Tones:** sets the key tones on/off
 - **Light:** adjusts the backlight. There are three different settings:
 - Normal: the light switches on for 7 seconds with a long press of the CHRONO button or when an alarm is activated
 - Off: the light does not switch on at all
 - Night use: the light switches on for 7 seconds when you press any of the buttons
 - **Units:** changes the way time and date are shown.
 - **Contrast:** adjusts the display contrast.

6.2. CHANGING TIMER SETTINGS

1. Press ENTER in the *Timer* display and select *Settings* from the menu.
2. Select the setting you want to change and press ENTER
 - **Repeat:** the timer countdown is restarted if the setting is *On*.
 - **Tones:** With *TONE SEQ* you can define when a sound signal is given during count-down, for example, with every full ten minutes or with every 10 seconds. With *My tone* you can define a custom time for a signal.
Note that the tone selections are independent from each other.
 - **Sync:** The default setting is *Down*: when the DOWN button is pressed, the timer is set downwards to the next full minute. When set to *Round*, the timer is set to the closest full minute.

7. CARE AND MAINTENANCE

Care of the Suunto M3

Only perform the procedures described in this manual. Never attempt to disassemble or service your Suunto M3. Protect it from shocks, extreme heat and prolonged exposure to direct sunlight. Avoid rubbing your Suunto M3 against rough surfaces as this may scratch the face. If not in use, store the Suunto M3 in a clean, dry environment at room temperature.

After use or exposure to salt water, flush the Suunto M3 with water to remove the salt. Turn the bezel ring and push the buttons while washing. Finally wipe your Suunto M3 clean and dry with a soft cloth. If there are persistent stains or marks, you can apply mild soap to the area. Do not expose your Suunto M3 to strong chemicals such as gasoline, cleaning solvents, acetone, alcohol, insect repellents, adhesives and paint, as they will damage the unit's seals, case and finish.

7.1. WATER RESISTANCE

Suunto M3 is water-resistant and tested with ISO (International Organization for Standardization, www.iso.ch) standard 2281. Suunto M3 is also marked with an indication of a test overpressure given as a depth in meters (30 m/100 feet). This, however, does not correspond to a diving depth but refers to the pressure at which the water overpressure test was conducted.

This means that you cannot dive to a depth of 30 m/100 ft. with your Suunto M3. Rain, showering, swimming and other normal exposure to water will not affect the operation. However, do not press the buttons under water under any circumstances.



NOTE: The Suunto M3 is not meant for diving.

7.2. REPLACING THE BATTERY

Your Suunto M3 operates on a 3-Volt lithium cell, type: CR 2032.

A low-battery warning indicator is activated on the display when approximately 5–15 percent of the battery capacity is still available. When this occurs, you should replace the battery. However, extremely cold weather may activate the low battery-warning indicator even when the battery is still fully operational. If the battery-warning indicator is activated in temperatures above 10°C (50°F), replace the battery.



NOTE: Heavy use of the backlight will significantly reduce battery life.

You can replace the batteries yourself as long as you do it properly to avoid any leakage of water into the battery compartment or computer. Always use original battery replacement kits that include a new battery, battery lid, opening tool and O-ring. You can purchase the battery kits from official Suunto retailers.



NOTE: Change the battery at your own risk and use the original Suunto battery replacement kit. Suunto recommends you to have the batteries changed in official Suunto services.

NOTE: When replacing the battery, also replace the battery lid and O-ring. Never use the old ones.

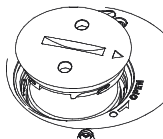
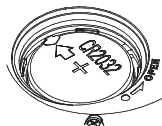
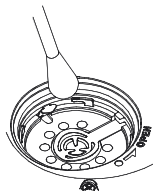
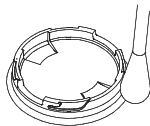
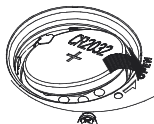
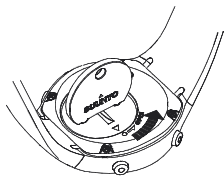
To replace the battery:

1. Insert the opening tool or a coin into the slot located on the battery compartment cover on the backside of your Suunto M3.
2. Turn the tool/coin counterclockwise until it is aligned with the open position marker.
3. Remove the battery compartment cover and the O-ring, and discard them. Ensure that all surfaces are clean and dry.
4. Remove the old battery carefully.
5. Place the new battery into the battery compartment **under the metal flap**, with the positive side facing up.
6. With the O-ring in the correct position, replace the battery compartment cover and turn it with the tool/coin clockwise until it is aligned with the closed position marker. Make sure that the cover stays straight while turning it. Do not use force or press the cover excessively.

NOTE: Perform battery replacement with extreme care to ensure that your Suunto M3 remains water resistant. Careless battery replacement may void warranty.

WARNING: This Suunto product contains a Lithium cell. To reduce risk of fire or burns, do not disassemble, crush, puncture, short external contacts, charge or dispose of in fire or water. Replace only with manufacturer specified batteries. Recycle or dispose of used batteries properly.

Refer to the pictures on the following page when changing the battery.



8. TECHNICAL SPECIFICATIONS

- Operating temperature -20 C to + 50 C / -5 F to 120 F
- Storage temperature -30 C to + 60 C / -22 F to 140 F
- Weight 60 g
- Water-resistant 30 m/100 ft.
- Mineral crystal glass
- Aluminum case
- Replaceable battery CR2032. The battery life expectancy is approximately 12 months.

9. TERMS AND CONDITIONS

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CE compliance

The CE mark is used to mark conformity with the European Union EMC directive 89/336/EEC.

ISO 9001 compliance

Suunto's Quality Assurance System is certified by Det Norske Veritas to be ISO 9001 compliant in all SUUNTO Oy's operations (Quality Certificate No. 96-HEL-AQ-220).

10.LIMITS OF LIABILITY

If this product should fail due to defects in materials or workmanship, Suunto Oy will, at its sole option, repair or replace it with new or rebuilt parts, free of charge, for two (2) years from the date of its purchase.

This warranty is only extended to the original purchaser and only covers failures due to defects in materials and workmanship that occur during normal use while in the period of the warranty.

It does not cover battery, battery replacement, damage or failures resulting from accidents, misuse, neglect, mishandling, alteration or modifications of the product, or any failure caused by operation of the product outside the scope of its published specifications, or any causes not covered by this warranty.

There are no express warranties except as listed above.

The client can exercise the right to repair under the warranty by contacting Suunto Oy's Customer Service department to obtain a repair authorization. Suunto Oy and its subsidiaries shall in no event be liable for any incidental or consequential damages arising from the use of or inability to use the product.

Suunto Oy and its subsidiaries do not assume any responsibility for losses or claims by third parties that may arise through the use of this instrument.

Disposal of the device



Please dispose of the device in an appropriate way, treating it as electronic waste. Do not throw it in the garbage. If you wish, you may return the device to your nearest Suunto representative.

11.AFTER SALES SERVICE

If a claim under warranty appears to be necessary, return the product, freight prepaid, to your Suunto dealer who is responsible for having your product repaired or replaced. Include your name, address, proof of purchase and/or service registration card, as required in your country. The claim will be honored and the product repaired or replaced at no charge and returned in what your Suunto dealer determines a reasonable amount of time, provided that all necessary parts are in stock. All repairs that are not covered under the terms of this warranty will be made at the owner's expense. This warranty is non-transferable from the original owner. If it is not possible to contact your Suunto dealer, contact your local Suunto distributor for further information. You can locate your local Suunto distributor in www.suunto.com.

Online warranty registration

Suunto's dive computers and wristop computers can be registered online at www.suunto.com. With our new online warranty registration service, we've removed the need for paperwork and trips to the mailbox by making it possible to register your Suunto device online, in real time, either in the store when you buy it, or later at home. Registering your unit makes it quicker and easier for us to help you if you ever need to send your product for servicing, or if you need information about using your unit from our Global Help Desk. By typing in your device's serial number, our help desk and service professionals can find all the information required to give you the best possible service. Registration will also make it possible for us to contact you in case we have important safety information concerning your Suunto product.