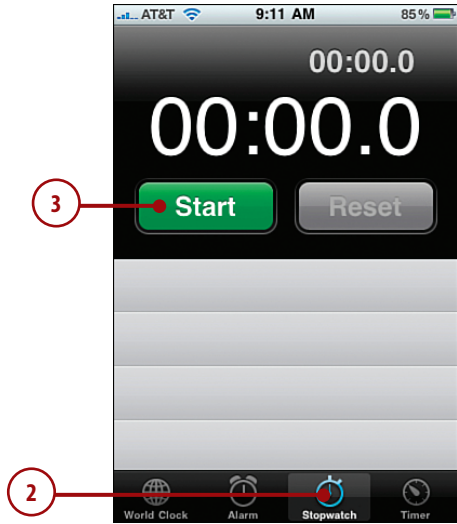
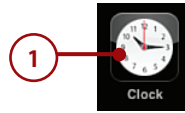


Using an iPhone as a Stopwatch

Your iPhone can help you track time for events, such as how fast you run, including lap times.

1. On the Home screen, tap Clock. The Clock screen appears.
2. Tap Stopwatch. The Stopwatch screen appears.
3. Tap Start. The stopwatch starts.
4. To set a lap time, tap Lap. The lap time appears on the list below the stopwatch.
5. To stop the time, tap Stop. The time stops.



6. Browse the lap times you've captured.
7. To restart the stopwatch, tap Start.
8. To start a new stopwatch session, tap Reset. The current time is set to 00:00.0, and all lap times are removed.

Not Seen but Heard

The alarm, stopwatch, or timer continue to work behind the scenes as you move to other screens, so you don't need to be viewing the Timer screen to use the timer. As an example, set the timer and then keep doing whatever you need to be doing. When something happens you need to know about, the iPhone lets you know with onscreen messages and/or sounds.

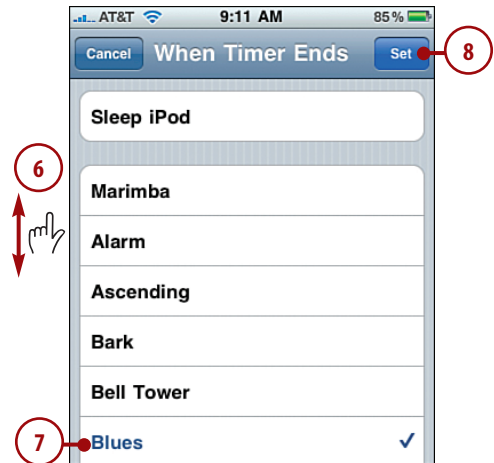
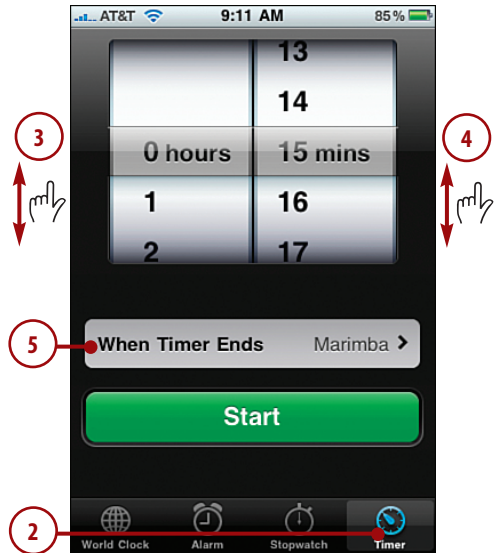
Using an iPhone as a Timer

The Timer counts down for a specific period of time and then notifies you when that amount of time has passed.

1. On the Home screen, tap Clock. The Clock screen appears.



2. Tap Timer. The Timer screen appears.
3. Drag the hour wheel up or down until the center bar shows the hour you want to set on the timer; you can select a timer up to 23 hours.
4. Drag the minute wheel up or down until the center bar shows the minute you want to set on the timer.
5. Tap When Timer Ends. The When Timer Ends screen appears.
6. Browse the action and sounds available. At the top of the screen, you see the Sleep iPod command, which shuts down iPod actions when the timer expires. Under that, you see the iPhone's standard sounds.
7. Tap the action or sound you want to associate with the timer. What you select is marked with a check mark. Any sound you select plays.
8. Tap Set. You return to the Timer screen, which shows the sound or action you selected.

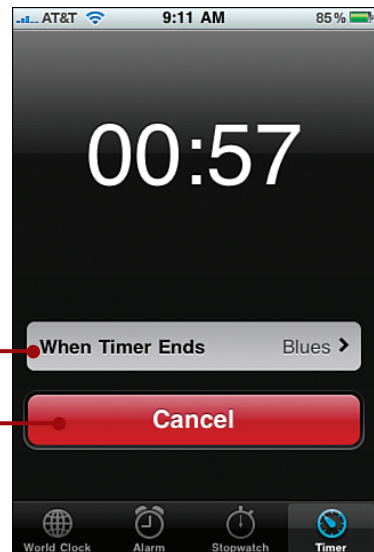
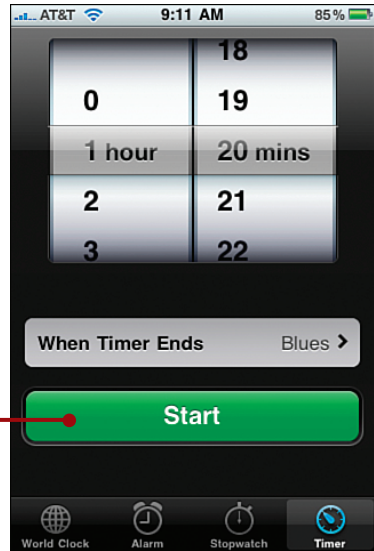


9. Tap **Start**. The countdown begins. When the countdown ends, an onscreen message appears, and the sound you selected plays, or the iPod functions go to sleep if you selected that action.
10. To change the sound or action while the timer is counting down, tap **When Timer Ends** and use steps 6 through 8 to choose a different sound or action.
11. To stop the timer, tap **Cancel**. The timer stops, but your most recent settings remain.

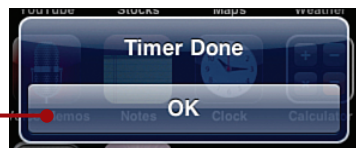
When a timer gets to 0, you see an onscreen message and hear the sound associated with the timer. (If the timer has the Sleep iPod action, you don't hear or see anything, but any music or video playing stops.)

Putting an iPhone to Sleep

If you choose the Sleep iPod action, when the timer ends, any iPod functions pause. This is useful when you want music or video to stop playing after a specific time. This works just like a sleep timer on a TV.



Tap to stop the timer's alert



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