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MANUAL ST-300  
DIVERS WATCH



Your  
Outdoor  
Companion

[DYNAMICNORD.COM](http://DYNAMICNORD.COM)

The product described in this manual was manufactured according to the specifications prescribed by DYNAMICNORD. This manual describes the materials, construction, use, care, maintenance, repair, and potential risks of using this divers watch.

Further information and the manual in other languages can be found on our website at [DYNAMICNORD.COM](http://DYNAMICNORD.COM).

Register your product at [DYNAMICNORD.COM](http://DYNAMICNORD.COM) to receive all warranty services.

## Contact Service

Mail  
[support@dynamicnord.com](mailto:support@dynamicnord.com)

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## WARNINGS



### **⚠ ATTENTION ⚠**

Before using the watch, please make sure to read and follow the instructions below:

### **⚠ ATTENTION ⚠**

Only perform the functions specified in this manual during the dive. Incorrect operation or misunderstanding of displays can lead to fatal or serious accidents.

### **⚠ ATTENTION ⚠**

Check all functions of this product before each dive.  
Do not dive with this product unless you have the necessary experience or training to dive safely and are thoroughly familiar with the operation and handling of this product.

### **⚠ ATTENTION ⚠**

The divers watch does not guarantee the safety of its user. It is a tool that mainly shows the passage of time. Only use this watch in combination with safe diving equipment (dive computer, residual pressure gauge, depth gauge, etc.).

### **⚠ ATTENTION ⚠**

Never use this watch for "saturation diving" with helium gas.



## USE

### BEFORE THE DIVE

#### **Make sure that:**

- The watch functions properly.
- The battery is sufficiently charged.
- The adjustment ring can easily be turned counter-clockwise.
- The crown and case back are properly screwed down.
- The wristband and watch glass show no visible signs of damage.
- The wristband is properly attached to the watch case.

If you notice anything unusual regarding the above, do not use this watch.

#### **Make sure that:**

You avoid wearing or storing the watch in the following places for an extended period of time.

- Places with fumes from easily evaporating substances (cosmetics such as nail polish remover, insect repellent, thinner, etc.)
- Places where the temperature drops below 5°C or rises above 35°C for an extended period of time
- Places with strong magnetism or static electricity
- Places with strong vibrations
- Places with high humidity
- Dusty places

In the event of skin irritation or allergic reactions: Take the watch off immediately and contact a dermatologist or allergist, for example.



## **⚠ ATTENTION ⚠**

Failure to strictly observe the following safety instructions could lead to serious consequences such as injuries.

Stop wearing the watch in the event of the following:

- If the case or the wristband has sharp edges due to damage.
- If the pins stick out of the wristband.
- Make sure that infants or children do not accidentally swallow any of the accessories.
- Keep the watch and its accessories out of the reach of children and infants.
- Should an infant or child swallow the battery or any of the accessories, seek medical attention immediately.

## **Additional warnings**

- Never disassemble or modify the watch.
- In particular, please be aware that you may injure yourself when touching the watch and that there is a risk of an allergic reaction such as a rash and itching.

## **Please note**

Failure to strictly observe the following safety instructions could lead to property damage.

- Do not turn or pull out the crown when the watch is wet. This could allow water to get inside the watch.
- Do not let moisture, dirt or sweat sit on the watch for an extended period of time.
- Note that a water-resistant watch can lose its water-resistance if the adhesive on the glass or the gasket is damaged.



- Do not wear the watch while bathing or in the sauna. Steam, soap and some components of the water at thermal spas can cause the watch to lose its water-resistance prematurely.
- Do not operate the crown underwater.

If condensation can be seen on the inside of the watch glass or water droplets remain inside the watch for an extended period of time, the watch is no longer waterproof. Immediately contact the store where the watch was purchased or contact **DYNAMICNORD** directly as stated on our website.

As the environment in which the divers watch is used can affect not only the case or wristband, but also the mechanism inside the watch, we recommend that you have it checked and adjusted regularly about every two to three years.

### **Please note**

If the watch is affected by strong magnetism, it will temporarily be fast or slow. A strong magnetic field can magnetize parts of the watch. In this case, repairs such as removing the magnetization are required. Immediately contact the store where the watch was purchased or contact **DYNAMICNORD** directly as stated on our website.



## DURING THE DIVE

### Precautions for diving

Check the following just before the dive:

- ① The time is set correctly.
- ② The adjustment ring can easily be turned counter-clockwise.
- ③ The crown is screwed down completely.
- ④ The watch glass or the wristband show no visible damage.
- ⑤ The wristband is firmly attached to the watch.

### Please note

In case of malfunction, please contact the store where the watch was purchased or contact **DYNAMICNORD** directly.

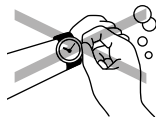
## ⚠ ATTENTION ⚠

Please note the following safety instructions for use.

The watch can be used for diving with compressed air within the water resistance range indicated on the dial.



Do not operate the crown underwater.



Make sure the watch does not hit any hard objects such as rocks.



Rotating the adjustment ring can be a bit more difficult under water. This is not a malfunction.





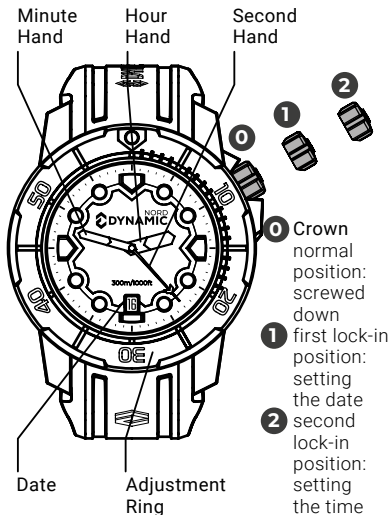
## AFTER THE DIVE

After the dive, please follow the care instructions below.

→ Rinse the watch in fresh water to completely remove any seawater, dirt, sand, etc.

→ After cleaning the watch with fresh water, wipe it dry thoroughly.

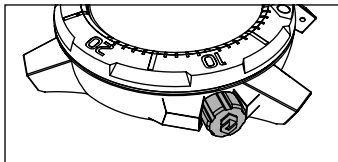
## PARTS AND FUNCTIONS



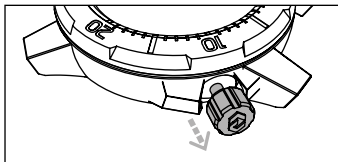
## SCREW-DOWN CROWN

The screw-down crown prevents water from entering the watch and any associated malfunctions.

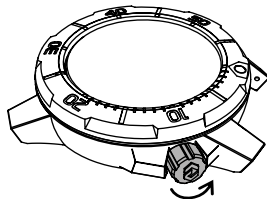
- Before operating a screw-down crown, it must be loosened.
- After operating the crown, it must be screwed down again tightly.



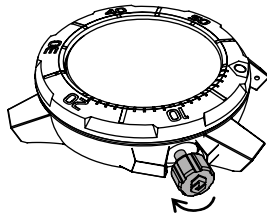
crown screwed down



crown loosened



Before operating the crown, loosen it by turning the crown counter-clockwise. The crown can now be operated.



Screw down the crown after turning it. To do so, turn the crown clockwise while gently pushing it towards the watch case until it stops.



## SETTING TIME AND DATE

The watch's date function is designed to advance the date once every 24 hours. The date changes at around 12:00 a.m. (midnight).

(If AM/PM is set incorrectly, the date will change at around 12:00 noon)

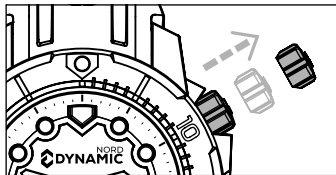
### Please note

Do not set the date between 9:00 p.m. and 2:00 a.m. Otherwise, the date may not advance properly.

## DATE AND TIME

- ① Loosen the crown.
- ② Pull the crown out to the first lock-in position.  
(Make sure that the second hand stops at 12)
- ③ Turn the crown clockwise to set the date.  
Rotate the crown until the date of the previous day appears.  
(E.g.: For the 7th - set the date to the 6th for now)

- ④ Now pull the crown out to the second lock-in position to set the time. Then turn the crown to advance the watch hands until the date jumps to the correct date. The time is now set to AM. Continue moving the hands forward to set the exact time.
- ⑤ When the time is set correctly, push the crown back in to the normal position. The second hand starts moving immediately.
- ⑥ Screw the crown back down.



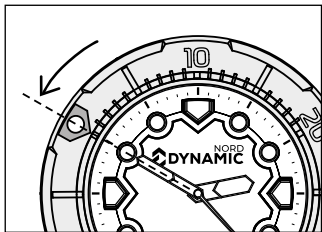


## USING THE ADJUSTMENT RING

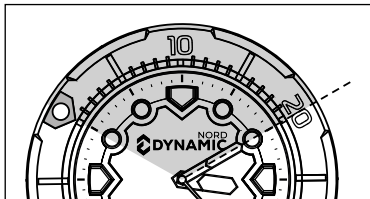
By turning the adjustment ring counter-clockwise before the dive the elapsed time can be measured. To do so, the "0" mark must be set to the minute hand.

Example: If you start your dive at 2:50 p.m., you can see when 20 minutes have passed.

- ① At the start (e.g. when you begin the dive) turn the adjustment ring so that the "0" mark of the adjustment ring and the minute hand are in line.



- ② After that, the minute hand indicates the elapsed time, by pointing to the graduation on the ring.



### Please note

The elapsed time of your dive can be displayed using the adjustment ring. The adjustment ring is designed to only turn counter-clockwise, so the measured time is never shorter than the actual elapsed time.

### Please note

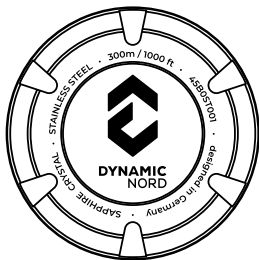
Before each dive, be sure to check whether the amount of air left in your tank is sufficient for your planned dive.



## PROPERTIES AND TYPE

On the back of the case, the materials and properties of your watch are listed.

- water resistance in meters
- serial number
- watch body material
- glass quality



## QUARTZ MOVEMENT AND BATTERY

Quartz watches are powered by a battery that is not rechargeable. In continuous operation, it usually has a power reserve of over 2-3 years. Depending on the ambient temperature and the wearer's habits, this may vary slightly.

The temperature can also impair the precision of the quartz movement, changing it by -0.5 to +0.7 seconds per day.

To reduce energy consumption, pull the crown out to the last lock-in position if you do not intend to wear your watch for a few weeks.

### **Collection and treatment of quartz watches at the end of their useful life**

This product should not be disposed of as household waste. Drop it off at your local, authorized return and collection site.

In doing so, you are making a difference for the environment and human health. Recycling helps conserve natural resources.

Battery: silver oxide-zinc button cell.



## MAGNETISM

Strong magnetism can cause watches to temporarily be fast or slow.

Depending on the strength of the magnetic field, parts of the watch can become magnetized.

Should this occur, please contact the store where the watch was purchased or contact **DYNAMICNORD** directly as the watch requires repair and degaussing.

## QUALITY PRESERVATION

### CARE

- The watch requires good care.
- Do not clean the watch with water when the crown is pulled out.
- Remove moisture, sweat or dirt using a soft cloth.
- After contact with sea water, rinse the watch in clean fresh water and dry it thoroughly.

### **Please note**

Magnetic fields:

Do not place the watch on magnets, speakers, refrigerators, iPad or tablet cases as these create strong magnetic fields that could damage your timepiece.



## WRISTBAND

The wristband comes into direct contact with the skin and gets soiled by sweat and dust. Poor care can therefore accelerate the wear and tear of the wristband or may cause skin irritation. Take good care of the watch so that you can use it for years to come.

### **Silicone wristband**

- Due to the material's properties, it is easier for the wristband to get dirty, blotchy or discolored. Remove all dirt thoroughly using a damp cloth.
- Fractures in silicone straps can cause the wristband to tear. Be careful not to damage the wristband with sharp objects.

### **Skin irritation and allergies**

A wristband can cause skin irritation for several reasons, such as allergies to metals or silicone, or reactions to the skin rubbing against dust or dirt.

### **Wristband length**

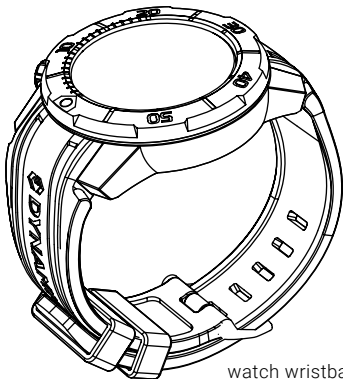
Adjust the wristband of your watch so that there is a bit of space between the wristband and your wrist to allow air to circulate between the wristband and your skin.

When wearing the watch, there should be enough space to fit a finger between the wristband and your wrist.



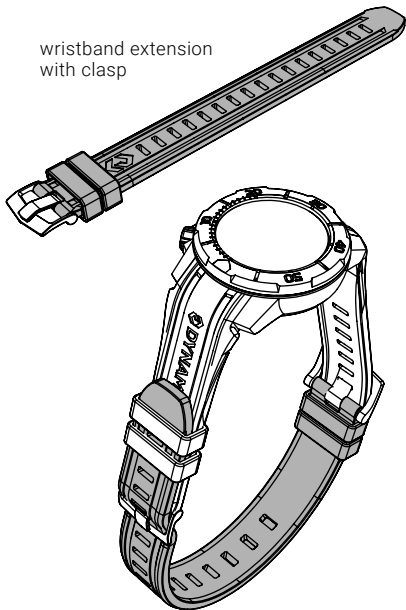
## WRISTBAND EXTENSION

Sometimes it is necessary to expand the wristband significantly. Depending on the required length, the included wristband extension is positioned on the free side of the wristband and fixed with the clasp. The extended wristband can then be closed and opened as usual.



watch wristband

wristband extension  
with clasp





## **CUSTOMER SERVICE**

### **Warranty and repair**

**Register your product at [DYNAMICNORD.COM](https://www.dynamicnord.com) immediately after purchase to receive all warranty services.**

- For a repair or overhaul, please contact the specialty store where the watch was purchased or contact **DYNAMICNORD** directly.
- If you require any repair services within the warranty period, please present this manual with the last page completed. This page must show the serial number and date of purchase.
- The scope of the warranty is specified in the warranty documents or on the **DYNAMICNORD** website.
- After the warranty period has expired, we make repairs upon request and for a fee, provided that the functions of the watch can be restored by repairing it in an economically viable manner.

### **Replacement parts**

If original parts are no longer available for a repair, replacement parts may be used that are outwardly different from the original parts.

### **Overhaul (inspection and adjustment through disassembly and cleaning)**

The watch may only be overhauled by **DYNAMICNORD** or one of its service partners who use "DYNAMICNORD ORIGINAL PARTS". In the case of "external repairs", any warranty claim expires.

Also request replacement of the seal and spring bar at this time. During an overhaul, the movement of your watch can also be replaced.

After every overhaul or opening of the watch, a successful leak test must be carried out by the specialist company carrying out the work. **ONLY** then is the tightness of your watch guaranteed for future dives.

### **Please note**

Depending on the environment in which a divers watch is used, the internal parts or movement as well as the case or wristband can be damaged. We recommend that you have your watch overhauled regularly every 2 or 3 years.



## TROUBLE SHOOTING

PROBLEM	POSSIBLE CAUSE	SOLUTIONS
The watch has stopped.	The battery is empty	→ The battery needs to be changed by a specialty retailer. Proof of tightness must be provided.
	The watch has been exposed to extremely high or low temperatures for a long period of time.	→ Normal accuracy will be restored when the watch is returned to normal temperatures. The watch has been set to run accurately when worn on the wrist at a normal temperature between 5°C and 35°C.
	The watch has been exposed to a strong magnetic field.	→ Normal accuracy will be restored when the watch is kept away from the magnetic source. If the condition persists, please contact the specialty store where the watch was purchased.
	You dropped the watch, hit it against a hard object, or wore it while exercising.	→ The watch has been exposed to strong vibrations. If accuracy is not restored after setting the time, contact the store where the watch was purchased.



<b>PROBLEM</b>	<b>POSSIBLE CAUSE</b>	<b>SOLUTIONS</b>
The watch has stopped.	The watch has not been serviced for more than 3 years.	→ <b>Please contact the specialty store where the watch was purchased.</b>
The date changes at 12:00 noon.	AM/PM is set incorrectly.	→ <b>Advance the hands 12 hours.</b>
Clouding of the watch glass cannot be removed.	Some water got into the watch due to wear on the seal or similar.	→ <b>Please contact the specialty store where the watch was purchased</b>

To solve any problems not listed above, please contact the store where you purchased the watch or us directly.



**Model**

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**ST-300**

**Serial number**

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**Date of purchase**

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**Manufacturer**

DYNAMICNORD GmbH  
Pettenkoferstraße 12  
83052 Bruckmühl / Germany

**Warranty and repair**

Register your product at [DYNAMICNORD.COM](https://DYNAMICNORD.COM) immediately after purchase to receive all warranty services.