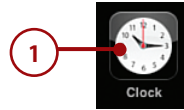


## Using an iPod touch as a Stopwatch

Your iPod touch 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.

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### 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 iPod touch lets you know with onscreen messages and/or sound.

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