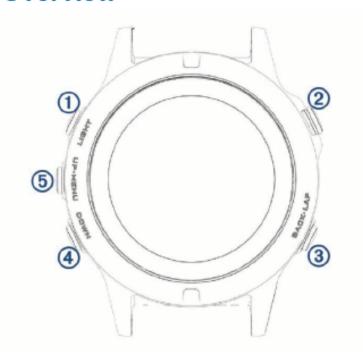
E-Label Access Instructions - Kestrel/Sebastian

The E-Label can be found by a press and hold of the Menu Key. Holding the Menu Key will bring up the "Menu" for all watch functions. In the Menu the user will can scroll down with the "Down" key and select "Settings". The select operation is made by pressing the "Start/Stop" key. Under settings there is an entry called "About." It is here in the "About" page that the user can access the E-Label and all of the model specific information.

Device Overview



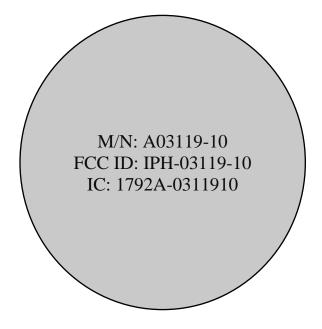
1	Select to turn the backlight on and off.
LIGHT	Hold to view the controls menu.
	Hold to turn the device on.
2	Select to view the activity list and start or stop an activity.
	Select to choose an option in a menu.
3	Select to return to the previous screen.
BACK	Select to record a lap, rest, or transition during an activity.
LAP	
4	Select to scroll through the widget loop and menus.
DOWN	Hold to view the watch face from any screen.
(5)	Select to scroll through the widget loop and menus.
UP	Hold to view the menu.
MENU	

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Garmin International, Inc. Model: A03119-10 Test #: 161031a

FCC ID: IPH-03119-10 IC: 1792A-0311910 Test to: CFR47 15C, RSS-247, RSS-210 Date: January 1, 2017 File: A03119 10 LabelSmpl Page 1 of 2

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