

oloong

電子閃光燈
SPEEDLIGHT
スピードライト

SP-690

For Nikon



English

INSTRUCTION MANUAL

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Check before Use

Foreword

Thank you for purchasing the OLOONG product.

The **OLOONG** Speedlight SP-690 is a high-performance CLS-compatible flash unit with a large guide number of 50 (ISO 100,m) (at the 180 mm zoom position), the available zoom positions to be automatically adjusted at standard illumination pattern intensity are between 24mm and 180mm. It can serve as an on-camera flash as well as a master unit or a slave unit in a wireless, multiple-Speedlight system.

It has the following characteristics:

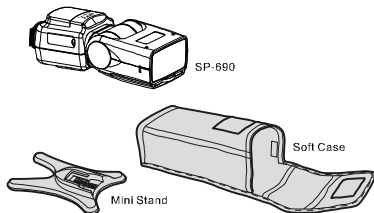
- ☐ High Guide number: 50
- ☐ Low Recycle time: 5s (AA alkaline cell used)
- ☐ 22 Level light quantity output control
- ☐ Support Multi-flash Lighting Application (S1/S2 mode)
- ☐ LCD display
- ☐ Compatible with I-TTL autoflash
- ☐ Power zoom function/Memory function
- ☐ Support front-curtain/rear-curtain sync

To get the most out of your speedlight, please read this manual thoroughly before use.

Include items

The SP-690 comes with the following accessories. Check that all items are included before use.

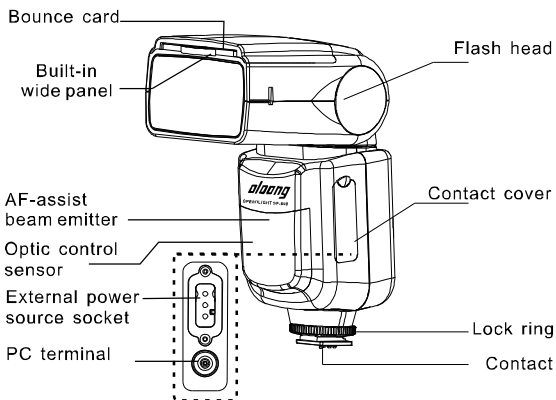
- | | |
|--|--|
| <input type="checkbox"/> Soft Case | <input type="checkbox"/> Speedlight Mini Stand |
| <input type="checkbox"/> Warranty card | <input type="checkbox"/> User's manual |

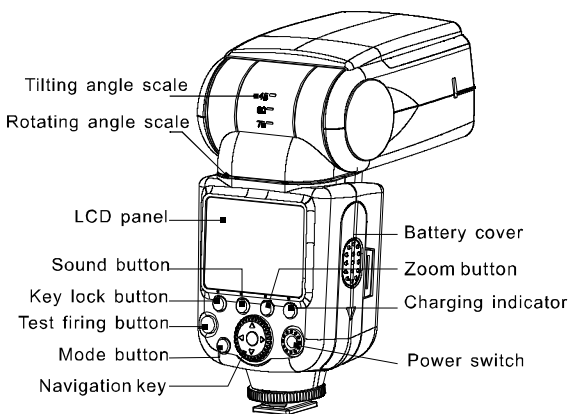


Warning

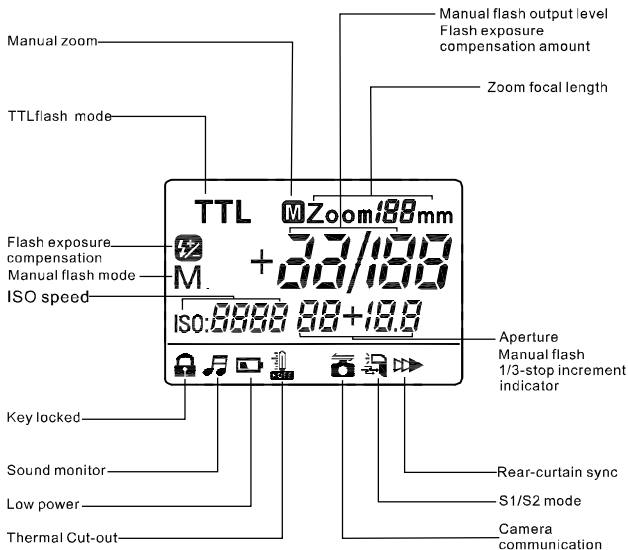
1. Do not use the unit in the presence of flammable or explosive gas.
2. If the flash unit is dropped and damaged, do not touch any exposed interior metal parts.
3. If you detect heat, smoke or notice a burning smell, immediately stop operation and remove the batteries to prevent the unit from catch on fire or melting.
4. If corrosive liquids seep from the batteries and get in your eyes, immediately wash your eyes with running water and consult with a doctor.
5. The flash unit should never be submerged in liquid or exposed to rain, sweat or moisture. If water or moisture gets inside the unit, this could cause the unit to catch on fire or cause an electric shock.
6. Do not use the unit on the people who need a high degree of attention, this could cause an accident.
7. Do not fire the flash unit directly into the eyes of someone that is at close range , as it could damage the retinas of their eyes. Never fire the flash unit closer than 1 meter from infants.
8. Keep small accessories out of the reach of children to avoid the possibility of the accessory being swallowed. If an accessory is accidentally swallowed, immediately consult with a doctor.
9. Never attempt to disassemble or repair the flash unit by yourself, this could lead to personal injury.
10. Use standard size (AA) , or other common rechargeable batteries such as Ni-Cd and Ni-MH battery types. Do not recharge these batteries with their terminals before they work.
11. Please use standard size(AA) or other common rechargeable batteries. Do not use these batteries with their terminals reversed.
12. To prevent overheating and damage the flash head ,do not fire in quick succession beyond 25 times when you use 1/1 level .If you fire beyond 25 times in 1/1 level, the overheating protection mode will be activated, you can hear short beeps for 15 seconds. And you must turn off the power , wait until the flashlight cools down after 15 minutes.

Nomenclature





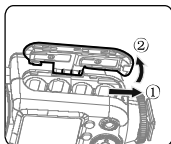
LCD Panel



Basic Operation

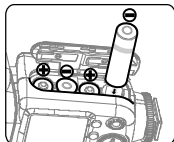
STEP 1

Inserting the batteries



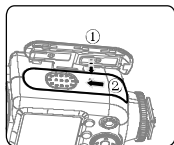
1 Open the cover.

Slide it as shown by the arrow to open the cover.




2 Install the batteries.

Make sure the + and - battery contacts are properly oriented as shown in the compartment.



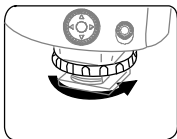
3 Close the cover.

Close the battery compartment cover and slide it as shown by the arrow.

- Using size-AA alkaline, Ni-MH or lithium batteries other.
- When battery power is low, <  > is displayed. Replace or recharge batteries.
- Use a new set of four batteries of the same brand.
- Using size-AA batteries other than the alkaline type may cause improper battery contact due to the irregular shape of the battery contacts.
- If you change the batteries after firing many flashes continuously be aware that the batteries might be hot.

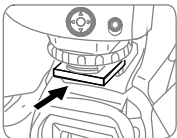
Basic Operation

STEP 2 Attaching to the camera



1 Ready to attach the Speedlight.

Loosen the locking ring by turning it in the direction of the arrow.



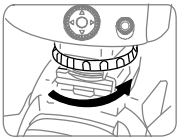
2 Attach the Speedlight.

Mount the Speedlight into the camera's hot shoe all the way.



3 Secure the Speedlight.

Turn the locking ring in the direction of the arrow to tighten.



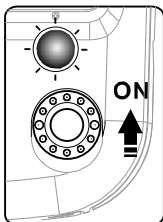
4 Detach the Speedlight.

Loosen the locking ring to the top, then remove the flashlight from camera's hot shoe.

Basic Operation

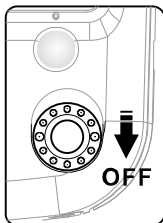
STEP 3

Turn on the power



1 Turn on the power.

Turn the Power switch to<ON>. The charging Indicator is red, then change green after a few seconds, and you can hear two beeps, the flashlight is ready now.



2 Turn off the power.

Turn the Power switch to<OFF>.

- If the charging indicator is always red, and <🔋> is displayed, please replace the batteries with new ones.
- In order to save power, the flashlight will enter sleep state in 3 minutes, the LCD is not displayed, and you can press the camera's shutter button halfway or <PILOT> button or to wake it up.
- To test the flashlight, please press the <PILOT> button.

Basic Operation

About the pilot lamp & supporting function

Status of Charging indicator	Speedlight condition	Operation
The red light is lit	Charging	Normal
The green light is lit	The flashlight is fully charged, can be used	Normal
The red light is lit for a long time	Battery power is low	Replace the batteries

Supporting function


LED Backlit

- Turn the [Power ON-OFF] switch to <ON>, the backlit is on. When the flashlight has no action in 15 seconds, the backlit will turn off, and press any buttons can turn on.

Basic Operation


Sound monitor

Sound monitor	Speedlight condition
One beep	Press button/Normal flash
Two beeps	The flashlight is fully charged
Short beeps for 15 seconds	Enter Overheating protection mode

- To close the beep, press the  button.

Temperature monitor

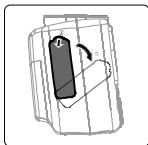
The SP-690 features thermal cut-out, which offers protection against raised operating temperature.

- If the temperature of the unit raises as a result of the Xenon tube,  will be displayed on the LCD, you can hear short beeps for 15 seconds, and the flashlight is locked. Please turn off the speedlight for 10 minutes until it cools down.
- Specially, the SP-690 enters overheating protection mode, when the number of continuous firings beyond 25 times at 1/1 level.

Basic Operation

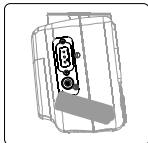
Extended Interface

Use of extended interface can be connect to an external power source or PC sync.



1 Ready to connect to an external power source and PC sync.

Slide it as shown by the arrow to open the cover.

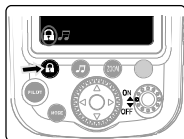


2 Connecting.



- ① External power source: Provides a stable power supply.
- ② PC Sync: Speedlight sync with camera.

- External power source: Use of an optional external power source provides a stable power supply, increases the number of flash firings and shortens recycling time. Canon CP-E4 external power source can be used with SP-690.
- PC Sync: By connecting to the PC terminal, you can make the flash synchronously. This PC terminal only receives synchronous signal input without supporting synchronous signal output.



Key lock



1 Enable Key lock.

Press <  > button for 2 seconds, the <  > will be displayed on the LCD.

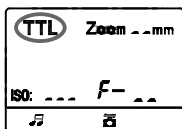
2 Disable key lock.

When the Key lock was enable, press <  > button for 2 seconds, when the <  > disappeared, all buttons can be used.

Flash modes

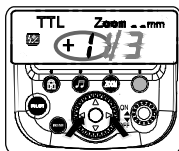
I-TTL mode

Information obtained by monitor pre-flashes and exposure control information is integrated by the camera to automatically adjust flash output levels.



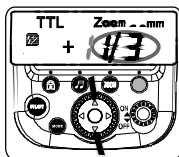
1 Set the speedlight to <I-TTL> mode.

SP-690 can support I-TTL autoflash mode. When use this mode, <TTL> appears on the LCD. The default flash exposure compensation is 0.



2 Coarse tuning the flash exposure compensation.

Press left/right navigation to decrease/increase the flash exposure compensation (with 1 steps).



3 Fine tuning the flash exposure compensation.

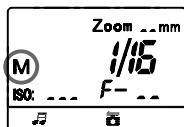
Press up/down navigation to decrease/increase the flash exposure compensation (with 1/3 steps).

- When using with a CLS-compatible camera and a CPU lens, SP-690's ISO sensitivity, aperture and focal length are automatically set according to camera setting.

Flash modes

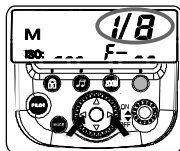
Manual mode

You can set the flash setting to manual mode when you need. And you can choose the exposure flash power level between 1/1 to 1/128. Specially, the Flash output level changes in $\pm 1/3$ steps by using navigation key.



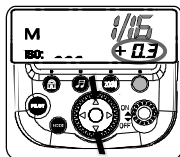
1 Set the speedlight to <M>.

The default output power is 1/16.



2 Coarse tuning the flash power.

Press left/right navigation to decrease/increase the flash output level (with 1 steps).



3 Fine tuning the flash power.

Press up/down navigation to decrease/increase the flash output level (with 1/3 steps).

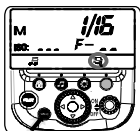
Flash modes


S1/S2 mode

SP-690 has optic control function for a slave unit. And it provides 2 different slave modes.

- When you need a slave unit, you can choose S1 or S2 mode.

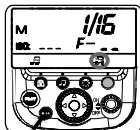
S1 mode




Press the <MODE> button to indicate  appears on the LCD.

- When the flash is in S1 mode, it will work with the first work of the master flash synchronously, with the result consistent with the use of radio slave. To use this mode correctly, the master flash should be set at manual flash and the TTL flash system with pre-flash function and the red-reduction function with multiple flashes should not be used.
- Press the [Navigation key] to set the flash output level.(P14)

S2 mode



Press the <MODE> button to indicate  appears on the LCD.

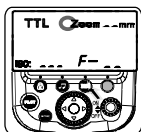
- When the flash is in S2 mode, it can support the master flash in TTL mode. Specially, if S1 mode can't have correct and synchronous flash with the inbuilt flash, you can try to use S2 mode.
- Press the [Navigation key] to set the flash output level.(P14)

Advanced Application

Power zoom function

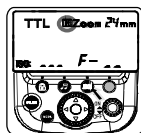
The power zoom function automatically adjusts the zoom position to match the lens focal length. When you want to change the zoom position to one that does not match the focal length, you should adjust the zoom position manually. Specially, the available zoom positions to be adjusted are between 24mm and 180mm.

Auto zoom



Press the <ZOOM> button, then press the navigation key to indicate <M> disappears.

Manual zoom



Press the <ZOOM> button, then press the navigation key to indicate <M> on the LED, and use left/ right navigation to decrease/increase the value. Specially, press up navigation can change the zoom position to 180mm; press down navigation can change to auto zoom mode.

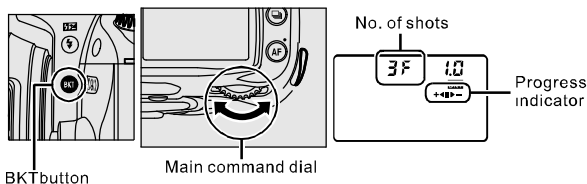
- If you set the flash zoom manually, make sure it covers the lens focal length so that the picture will not have a dark periphery.
- If you use a commercially-available sync cord to connect the camera to speedlight's PC terminal, set the flash zoom manually.

Advanced Application

Flash exposure bracketing

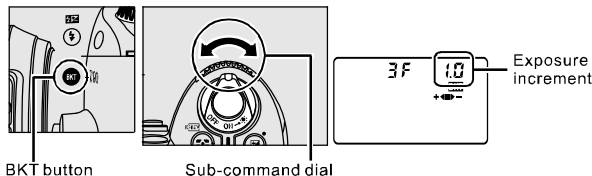
1 Choose the number of shots.

Press the BKT button and rotate the main command dial to choose the number of shots in the bracketing sequence.



2 Select an exposure increment.

Press the BKT button and rotate the sub-command dial to choose the exposure increment from values between 0.3EV and 2.0EV.



* Screens from the Nikon-D90

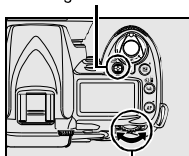
- To cancel bracketing, press the BKT button and rotate the main command dial until the number of shots in the bracketing sequence is 0.

Advanced Application

Flash Value Lock (FV Lock)

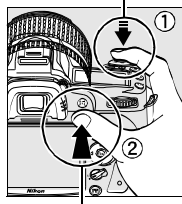
Using FV Lock, you can lock in the appropriate flash exposure, while keeping the subject illumination constant even if you change the composition.

Metering method button



Main command dial

Shutter-release button



AE-L/AF-L button

- 1 Select mode P,S, or A and choose center-weighted or spot metering.**

- 2 Focus the subject, and press the AE-L/AF-L button.**



- 3 Keeping the AE-L/AF-L button pressed, recompose the photograph and shoot.**

* Screens from the Nikon D-90

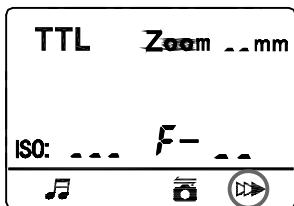
Advanced Application


Front-curtain/Rear-curtain sync

In front-curtain sync, the flash fires immediately after the front curtain opens completely;

In rear-curtain sync, the flash fires just before the rear curtain starts to close.

In normal flash photography, when shooting fast-moving subject at slow shutter speeds, please use rear-curtain sync, a moving subject will appear with such moving marks behind.



When you select rear-curtain from the camera,  appears on the LCD of SP-690.

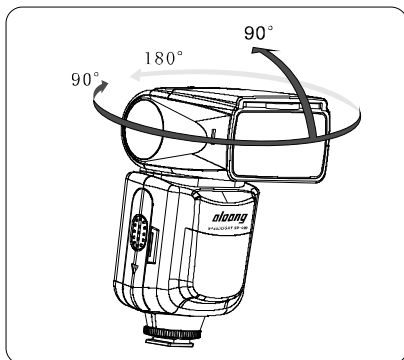
- Since slow shutter speeds are usually used, use a tripod to prevent camera shake.
- With I-TTL, two flashes will be fired even at slow shutter speeds. The first flash is only the preflash, and not a malfunction.

Advanced Application

AF assist beam emitter

Under the low light condition, in the dark place, AF assist light will automatically emit the red colored beam and illuminate the subject, so that the camera can easily focus the subject in darkness.

Bounce flash operation



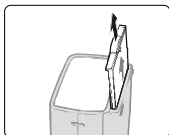
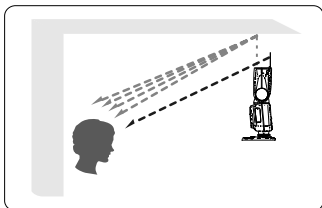
Tilt or rotate the SP-690's flash head to bounce the light off the ceiling or walls, providing more natural-looking pictures of people with softer shadows.

- If the wall or ceiling is too far away, the bounced flash might be too weak and result in underexposure.
- If color photography, select white or highly reflective surfaces to bounce the light off of. Otherwise, your pictures will come out with an unnatural color cast similar to that of the reflecting surface.

Advanced Application

Use bounce card

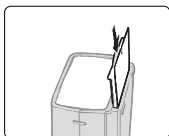
In bounce flash photography, use the SP-690's built-in bounce card to create a highlight in the subject's eyes, making the eyes look more vibrant and avoiding illuminating the front of the subject.



1 Point the flash head upward by 90°.

2 Pull out the wide panel.

The catchlight panel will come out at the same time.



3 Push the wide panel back in.

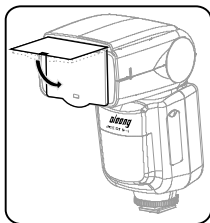
Push in only the wide panel.

- Point the flash head straight ahead and then upward by 90°. The catchlight will not work if you swing the flash head left or right.
- For maximum catchlight effect, stay with 1.5m(4.9ft) of the subject.

Advanced Application

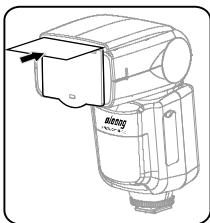
Use the wide panel

When the distance between the camera and subject is less than approx. 2m, you can take more natural-looking close-up pictures using the wide panel.



1 Pull out the wide panel.

Slowly pull out the wide panel all the way, and position it over the flash head.



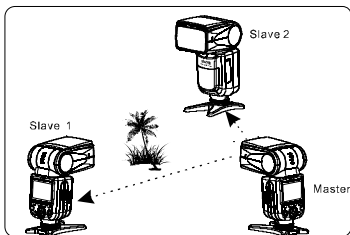
2 Push the bounce card back in.

- Slowly pull out the wide panel all the way, and position it over the flash head.

Advanced Application

Advanced Wireless Flash

SP-690 can use as a master or slave unit of optical slave to create flash group.



- Setting optical slave(S1/S2).(P15)
- Use the built-in or external flash to be master flash.
- Please test the SP-690 before use is for slave flash.
- Used as a slave unit,can set the SP-690 at any place.(must confirm the slave units can receive the optical signal)
- Used as a master unit,can use the manual flash of slave units only. (if the slave units in TTL mode,it will not be used)
- Indoors, the wireless signal can also bounce off the wall, so there is more leeway in positioning the slave units.
- in normal situation,SP-690 as a slave or master unit, the effective distance of optical slave:10-15 m/32.8~49.2 ft., reception angle:±45° horizontal,±40° vertical.
- Do not place any obstacles between the master unit and slave units. Obstacles can block the transmission of wireless signals.

Troubleshooting Guide

The Speedlight does not fire

Cause: The batteries are installed in the wrong orientation.

Solution: Install the batteries in the correct orientation.

Cause: The batteries are exhausted.

Solution: Replace the batteries.

Cause: The Speedlight is not attached securely to the camera.



Solution: Attach the Speedlight's mounting foot securely to the camera.

Cause: The electrical contacts of the Speedlight and camera are dirty.

Solution: Clean the contacts.

Flash button does not respond

Cause: Control buttons are locked.

Solution: Look at the LCD display, if <  > icon appears, please press <  > button to close it.

Cause: Button or circuit damage.

Solution: Take your Speedlight to a retailer or **OLOONG** representative for repair.

The slave unit does not fire

Cause: The slave's mode is wrong.

Solution: Please set it to S1 or S2 mode.

Cause: The slave unit(s) is not positioned properly.

Solution: Place the slave unit with in the master unit's transmission range.

Exposure FAQ

Cause: Photos are under exposure or over exposure.

Solution: Check if the set shutter, aperture and ISO are too near the flash limit.Or adjust flash output intensity.

Cause: The periphery or bottom of the picture looks dark.

Solution: If the subject is closer than 2 m , tilt the flash head downward by 7° .

Specifications

Type:	On-camera, I-TTL autoflash speedlight
Guide No. :	GN 50 (at 180mm focal length ,ISO 100)
Flash coverage:	24-180mm <ul style="list-style-type: none">● Auto zoom (Flash coverage set automatically to match the lens focal length)● Manual zoom
Voice:	Beep
Display type:	LCD display & LED Backlit
Protection type:	Thermal Cut-out
Power supply:	4× AA size batteries (Alkaline & Ni-MH & Lion)
Flash time:	1/800-1/20000s
Recycle time:	approx 5s (AA alkaline cell used) approx 2s (AA Ni-MH cell used)
Lighting times:	100-500 times
Color temperature:	5600K
Flash control:	22 Level Light quantity output control(1/1~1/128, 14 levels of fine tuning);I-TTL autoflash
Power saving:	Auto power off after 3 minutes in stand-by mode.
Vertical rotation angle:	-7° ~90°
Horizontal rotation angle:	0° ~270°
Dimensions:	196.5mm (L) ×77.5mm (W) ×58.5mm (H)
Net weight:	412g

- This manual content is followed the test from **OLOONG** company.
- Design an specification subject to change without notice.

Appendix

Guide No. (at ISO 100, in meters/feet)

Flash output level	Zoom position(mm)									
	24	28	35	50	70	85	105	120	135	180
1/1	25.4	27.9	31.4	35.8	39.3	41.5	44.4	46.9	48.4	50
1/2	18.0	19.7	22.2	25.3	27.8	29.3	31.4	33.2	34.2	35.4
1/4	12.7	14.0	15.7	17.9	19.7	20.8	22.2	23.5	24.2	25
1/8	9.0	9.9	11.1	12.7	13.9	14.7	15.7	16.6	17.1	17.7
1/16	6.4	7.0	7.9	9.0	9.9	10.4	11.1	11.8	12.1	12.5
1/32	4.5	5.0	5.6	6.4	7.0	7.4	7.9	8.3	8.6	8.9
1/64	3.2	3.5	4.0	4.5	5.0	5.2	5.6	5.9	6.1	6.3
1/128	2.3	2.5	2.8	3.2	3.5	3.7	4.0	4.2	4.3	4.5

oloong

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