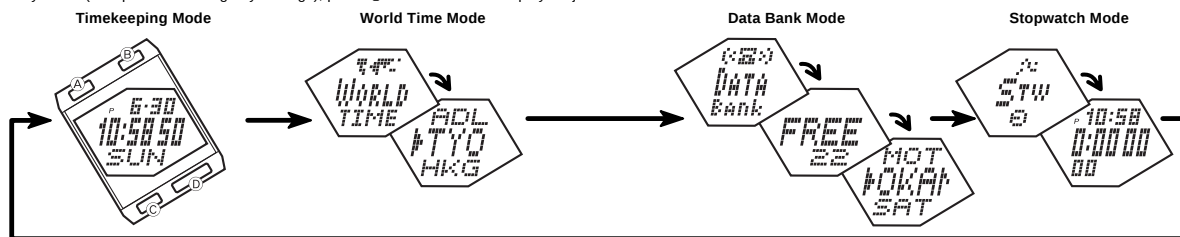
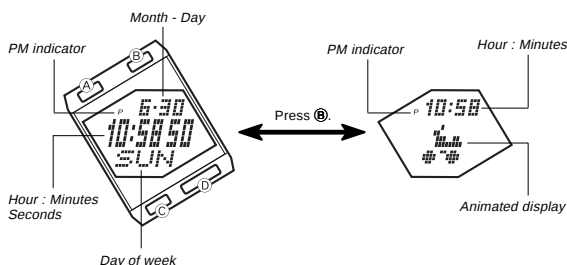


GENERAL GUIDE

- Press **C** to change from mode to mode.
- In any mode (except when making any settings), press **D** to illuminate the display for just over a second.



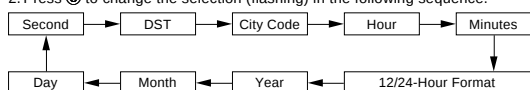
TIMEKEEPING MODE



- Press **B** to switch the display between Time/Date/Day of week and Time/Animation.
- Animated figure types depend on the watch model.

To make the time, date, and other settings

- While in the Timekeeping Mode, hold down **A** until the seconds digits flash on the display.
- Press **C** to change the selection (flashing) in the following sequence.



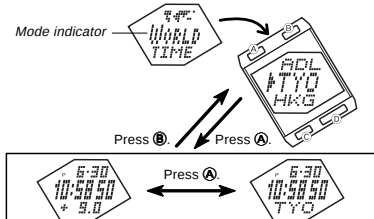
- While the seconds setting is selected (flashing), press **B** to reset it to 00. If you press **B** while the seconds setting is in the range of 30 to 59, the seconds are reset to 00 and 1 is added to the minutes. If the seconds setting is in the range of 00 to 29, the minutes count is unchanged.
- While the DST setting is selected, press **B** to toggle it on and off.
- While the 12/24-hour format setting is selected, press **B** to toggle it between 12 and 24.
- While any other setting (besides seconds) is selected (flashing), press **B** to increase it or **D** to decrease it.
- Holding down either button changes the setting at high speed.
- After you set the time and date, press **A** to return to the Timekeeping Mode.
- The day of the week is automatically set in accordance with the date.
- The date can be set within the range of January 1, 1995 to December 31, 2039.
- If you do not press any button for a few minutes while a setting is flashing, the flashing stops and the watch goes back to the Timekeeping Mode automatically.
- The current time for all other World Time cities are adjusted in accordance with the Timekeeping Mode settings you make.

ABOUT THE BACKLIGHT

- In any mode (except when making any settings), press **D** to illuminate the display for just over a second.
- The backlight of this watch employs an electro-luminescent (EL) light, which loses its illuminating power after very long term use.
- Frequent use of the backlight shortens the battery life.
- The watch emits an audible sound whenever the display is illuminated. This does not indicate malfunction of the watch.
- The illumination provided by the backlight may be hard to see when viewed under direct sunlight.

WORLD TIME MODE

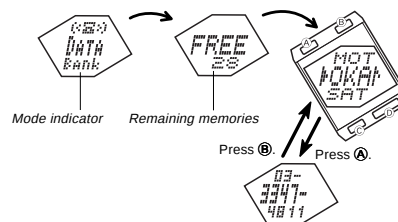
The World Time Mode shows the current time in any one of 27 different cities. See the "TIME ZONE CHART" at the back of this manual for information about city codes, time zones, etc.



- Press **B** to scroll through the city codes. Holding down **B** scrolls at high speed.
- The center of the screen shows the currently selected city code.
- Press **A** to display the current month, day, and time for the city whose city code is on the display.
- Pressing **A** causes the bottom of the screen to toggle between the city code and GMT differential.
- Holding down **A** toggles summer time (Daylight Saving Time) for the displayed city on and off.
- To change to another city, press **B** to return to the city code select screen. Then you can repeat the steps of this procedure from step 1.

DATA BANK MODE

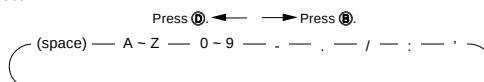
The Data Bank Mode lets you store up to 30 name and telephone number records. You can recall data by scrolling it on the display.



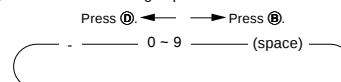
- The first screen that appears when you enter the Data Bank Mode shows how many records are free (available for data input).
- The name area can hold up to eight characters, while the number area can hold up to 14 digits.
- The record on the display when you exit the Data Bank Mode appears first the next time you enter the Data Bank Mode.

To input new Data Bank data

- In the Data Bank Mode, press **B** until the blank display appears. (The center of the screen shows blank.)
- If there is no Data Bank data stored in memory yet, the blank display appears as soon as you enter the Data Bank Mode.
- The blank display does not appear if there are already 30 Data Bank Mode records stored in memory.
- Hold down **A** and a cursor appears.
- Use **B** or **D** to input a character at the cursor position. The character changes in the following sequence. Holding down either button changes the character at high speed.



- After you select the character you want, press **C** to advance the cursor to the right.
- Repeat 3 and 4 until you complete name input.
- You can input up to 8 characters in the name area.
- After the name input is through, use **C** to move the cursor to the telephone number area.
- While the cursor is in the telephone number area, use **B** or **D** to input a number you want. The character changes in the following sequence. Holding down either button changes the character at high speed.



- After you select the character you want, press **C** to advance the cursor to the right.
- Repeat 6 and 7 until you complete telephone number input.
- After inputting your data, press **A** to store it.
- When you press **A** to store data, the message "SORT" appears on the display for a few seconds. After the sort operation is complete, the cursor appears in the name area, ready for input next record. Input next record or press **A** to exit the new data input procedure.
- If you do not operate any button for a few minutes while a setting is flashing, the message "SORT" appears on the display for a few seconds. After the sort operation is complete, the name search screen appears.
- The name area of the display can show only three characters at a time, so longer name scrolls continuously from right to left.

To recall Data Bank data

In the Data Bank Mode, press **B** to scroll forward through stored records.
 • Holding down **B** scrolls through the data at high speed.

To edit Data Bank data

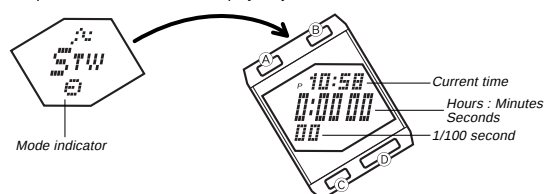
1. In the Data Bank Mode, scroll through the records and display the one you want to edit.
2. Holding down **A** and a cursor appears in the name area.
3. Use **C** to move the cursor to the character you want to change.
4. Change the character using **B** or **D**.
- See "To input new Data Bank data" for details.
5. After making the changes you want, press **A** to store the record.
- When you press **A**, the message "**SORT**" appears on the display for a few seconds. After the sort operation is complete, the name search screen appears.

To delete Data Bank data

1. In the Data Bank Mode, scroll through the records and display the one you want to delete.
2. Holding down **A** and a cursor appears in the name area.
3. Press **B** and **D** at the same time to delete the record.
- At this time the message "**CLEAR**" appears on the display for a few seconds and the cursor appears in the name area, ready for input.
4. Input new data or press **A** to exit the delete procedure.

STOPWATCH MODE

The Stopwatch Mode lets you measure elapsed time, split times, and two finishes. The range of the stopwatch is 23 hours, 59 minutes, 59.99 seconds. In the Stopwatch Mode, press **D** to illuminate the display for just over a second.

**Elapsed time measurement****Split time measurement****Split time and 1st-2nd place times**