

■ Setting the Time

1. Pull the crown out to the second click when the second hand is at 12 o'clock.
- This causes the second hand to stop.
2. Turn the hands clockwise and put the watch four or five minutes forward. Then back them out.
3. In accordance with a time signal, push the crown in.

■ Setting the Day

1. Pull the crown out to the first click.
2. Set the day by turning the crown clockwise.
3. Push the crown in to the normal position.
- Avoid setting the day between 10:00 p.m. and 6:30 a.m. (the day display may not change in the following day).

About Neon Illuminator

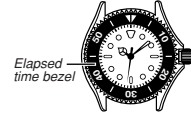
The Neon Illuminator uses LED (light-emitting diode) backlight in combination with fluorescent paint, which reflects backlight to produce figures that are easy to read in the dark. Press \odot to illuminate the display for about three seconds.

- The light stays on as long as \odot is depressed.
- The illumination provided by the light may be hard to see when viewed under direct sunlight.
- Frequent use of the light shortens battery life.

■ For watch with the elapsed time bezel

Rotate the elapsed time bezel to align the ∇ mark with the minute hand.

After certain amount of time elapsed, read the graduation on the elapsed time bezel which the minute hand points to. The elapsed time is indicated.



- Some water resistant models are equipped with a screw lock crown.
- With such models, you must unscrew the crown in the direction noted in the illustration to loosen it before you can pull it out. Do not pull too forcibly on such crowns.
- Also note that such watches are not water resistant while their crowns are loosened. Be sure to screw the crowns back in as far as they will go after making any setting.

