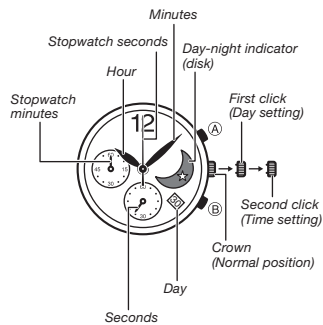


- Your watch may differ somewhat from the one shown in the illustration.



- The day-night indicator performs one rotation every 24 hours. A day sky image is shown during the day and a night sky image is shown at night.

To set the time

- Pull out the crown to the second click.
 - This will cause the second hand to stop.
- Set the hands by rotating the crown. Move the minute hand four or five minutes past the time you want to set, and then back it up to the proper setting.
 - Carefully set the time, making sure to distinguish between AM and PM.
- Push the crown back in to the normal position to restart timekeeping.
 - This will cause the second hand to restart.

To set the day

- Pull out the crown to the first click.
- Set the day by rotating the crown.
- Push the crown back in to the normal position.
 - Avoid setting the day between 9:00 p.m. and 1:00 a.m. (the day display may not change in the following day).

Using the Stopwatch

The stopwatch lets you measure elapsed time up to 59 minutes, 59 seconds. You can also correct the position of the stopwatch second hand when necessary.

To measure elapsed time

- Press (A) to start the stopwatch.
- Press (A) to stop the stopwatch.
 - You can resume the measurement operation by pressing (A) again.
- Press (B) to reset the stopwatch.

Notes

- The stopwatch second hand will continue moving until you stop it. Be sure to stop and reset the stopwatch after you are finished using it. Leaving the stopwatch running will run down the watch's battery.

Adjusting the Stopwatch Second and Minute Hand Positions

Use of the stopwatch can cause the starting positions of the stopwatch minute hand and second hand to become misaligned. Use the following procedure to check hand alignment and to adjust the positions of the hands so they point to 12 o'clock when the stopwatch is reset.

To adjust the positions of the stopwatch hands

- Press (B) to reset the stopwatch, and check the alignment of the stopwatch minute hand and second hand.
- Pull out the crown to the second click.
- Press (A) to move the stopwatch second hand forward until it points to 12 o'clock.
- If the stopwatch minute hand is aligned correctly, proceed to step 5. If the stopwatch minute hand is also misaligned, press (B) so the stopwatch minute hand jumps to 60.
- After making the adjustments you want, push the crown back in to its normal position.
 - Note that pulling the crown out also stops hour and minute hands. After performing the above procedure, you should also adjust the timekeeping setting.

- For a watch with an elapsed time bezel

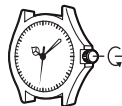
Rotate the elapsed time bezel to align the ∇ mark with the minute hand.

After that, you will be able to determine how much time has elapsed since you adjusted the bezel position by checking the bezel value that the minute hand is currently pointing to.



Elapsed time bezel

- 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.
- Note that a screw lock crown watch is not water resistant while its crown is loose. Be sure to screw the crown back in as far as it will go after configuring settings.



Specifications

Accuracy at normal temperature: ± 20 seconds a month

Display: 3 analog hands (timekeeping hour and minutes, stopwatch seconds), 3 dials (stopwatch minutes, day-night indicator, timekeeping seconds), day

Stopwatch function: Measuring capacity: 59 minutes, 59 seconds
Measuring unit: 1 second/Measuring mode: Elapsed time

Battery: One silver oxide battery (Type: SR626SW)
Approximately 2 years on type SR626SW (assuming one stopwatch operation 60 minutes per day)