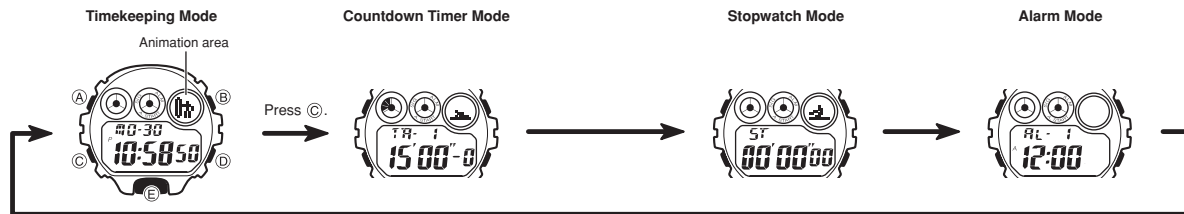


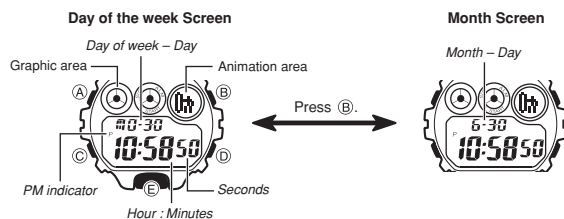
General Guide

- Press **(C)** to change from mode to mode.
- The animation area shows different animated characters and graphics, depending on the mode and the operation being performed.



Timekeeping Mode

This section provides information on setting the time and date.



- In the Timekeeping Mode, press **(B)** to switch between the day of the week and month screens.
- In the Timekeeping Mode, press **(E)** to illuminate the display for about three seconds.
- In the Timekeeping Mode, press **(D)** to switch between the 12-hour and 24-hour formats.
- When the 12-hour format is selected, "p.m." times are indicated on the display by **P**, while "a.m." times are indicated by **A**. No indicators are used with the 24-hour format.
- The graphic area of the Timekeeping Mode screens shows patterns that indicate the passage of seconds.
- Various animated figures move in the animation area as seconds pass in the Timekeeping Mode. At 00 and 30 seconds, a high-speed animated graphic appears.

To set the time and date

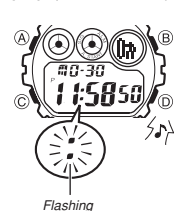
1. Hold down **(A)** while in the Timekeeping Mode until the seconds digits start to flash on the display. The seconds flash because they are selected.
2. Press **(C)** to change the selection in the following sequence.



3. While the seconds digits are selected (flashing), press **(D)** to reset the seconds to **00**.
 - If you press **(D)** while the seconds count is in the range of 30 to 59, the seconds are reset to **00** and 1 is added to the minutes. If the seconds count is in the range of 00 to 29, the minutes count is unchanged.
 4. While any other digits (besides seconds) are selected (flashing), press **(D)** to increase the number. Holding down **(D)** changes the current selection at high speed.
 5. 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, 2000 to December 31, 2039.
 - If you do not operate any button for a few minutes while a selection is flashing, the flashing stops and the watch goes back to the Timekeeping Mode automatically.

DST (Daylight Saving Time)

Daylight Saving Time (DST) automatically advances the time setting by one hour from Standard Time. Whether you should use Daylight Saving Time depends on the geographic area where you are currently located.



To switch between Standard Time and Daylight Saving Time

- In the Timekeeping Mode, hold down **(B)** for about two seconds until the watch beeps twice.
- The colon between the hour and minutes digits flashes while Daylight Saving Time is selected.

Backlight

A backlight that uses an EL (electro-luminescent) panel causes the entire display to glow for easy reading in the dark. Depending on the mode, pressing **(E)** or **(B)** turns on the backlight for about three seconds. See the sections that cover each mode for information on whether you should press **(E)** or **(B)**.

- The backlight of the watch employs an electro-luminescent (EL) light, which loses illuminating power after very long use.
- The illumination provided by the backlight may be hard to see when viewed under direct sunlight.
- The watch may emit an audible sound whenever the display is illuminated. This is due to vibration of the EL panel used for illumination, and does not indicate malfunction.
- The backlight automatically turns off whenever an alarm sounds.

Countdown Timer Mode

The Countdown Timer Mode has three 60-minute timers whose starting time can be set in one-minute increments. When the countdown reaches zero, an alarm sounds.

- In the Countdown Timer Mode, press **(B)** to illuminate the display for about three seconds. To illuminate the display while setting the countdown time (while the minutes digits are flashing), press **(E)**.
- The starting times of the countdown timers are preset to 15, 30, and 60 minutes when you purchase it. You can use these settings as they are, or you can change to different starting times if you want.

To use a countdown timer

1. Press **(D)** while in the Countdown Timer Mode to select the timer whose time you want to use.



- Pressing **(D)** does not change the timer selection if a countdown timer operation is currently in progress or is paused. You must stop the ongoing countdown operation before you can change to another timer.
- 2. Press **(E)** to start the countdown timer.
- When the countdown reaches zero, an alarm sounds for 10 seconds or until you stop the alarm by pressing any button. The countdown time is automatically reset to its starting value after the alarm stops.
- Press **(E)** while a countdown operation is in progress to pause it. Press **(E)** again to resume the countdown.
- To completely stop a countdown operation, first pause it (by pressing **(E)**), and then press **(D)**. This returns the countdown time to its starting value.

To change a countdown time

1. Press **(D)** while in the Countdown Timer Mode to select the timer whose time you want to change.
 2. After you select a timer, hold down **(A)** until the minutes digits start to flash on the display.
 3. Press **(D)** to increase the minutes. Holding down **(D)** changes the minutes at high speed.
 4. After you set the countdown time, press **(A)** to return to the Countdown Timer Mode.
- If you do not operate any button for a few minutes while a selection is flashing, the flashing stops and the watch goes back to the Countdown Timer Mode automatically.

About countdown indicators

An audible beep, the EL backlight, and the graphic area on the display keep you informed about the progress of the countdown as noted in the following table.

Indication	Start	5'00"0	Time Up
Beep	1 second	1 second	10 seconds
Backlight	1 second	1 second	2 seconds

Indication	More than 5 minutes	Less than 5 minutes	Time Up
Graphic Area			

Stopwatch Mode

The Stopwatch Mode lets you measure elapsed time, split times, and two finishes. You also get Auto-Start function.

- The range of the stopwatch is 59 minutes, 59.99 seconds.
- The stopwatch continues to run, restarting from zero after it reaches its limit, until you stop it.
- In the Stopwatch Mode, press **(B)** to illuminate the display for about three seconds.

To measure elapsed time

1. Press **(E)** to start the stopwatch.
2. Press **(E)** to stop the stopwatch.
- You can resume the measurement operation by pressing **(E)** again.
3. Press **(D)** to clear the stopwatch to all zeros.

To record split times

1. Press **(E)** to start the stopwatch.
2. Press **(D)** to display the timing up to that point. Stopwatch timing continues internally.
3. Press **(D)** to clear the split time and to continue time measurement on the display.
- You can repeat steps 2 and 3 as many times as you want.
4. Press **(E)** to stop the time measurement.
5. Press **(D)** to clear the stopwatch to all zeros.

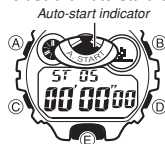
To time first and second place finishes

1. Press (E) to start the stopwatch.
2. Press (D) when the first finisher crosses the line, and display the time.
3. Press (E) when the second finisher crosses the line.
4. Press (D) to display the finishing time of the second finisher.
5. Press (D) again to clear the stopwatch to all zeros.

About the Auto-Start function

With the Auto-Start function, the watch performs a 5-second countdown. When the countdown reaches zero, stopwatch operation starts automatically. During the final three seconds of the countdown, a beeper sounds with each second.

To use the Auto-Start function

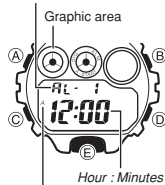


1. While the stopwatch display is showing all zeros (00:00:00) in the Stopwatch Mode, press (D).
 - At this time the auto-start indicator appears on the display to indicate that auto-start is on. Press (D) again to turn auto-start off (indicated when the auto-start indicator is not on the display).
2. Press (E) to start the countdown.
 - Pressing (E) also causes the countdown time to appear on the display.

- When the countdown reaches zero, a tone sounds, the backlight illuminates the display, and a stopwatch timing operation starts automatically.
- To stop the Auto-Start countdown and return to the all-zeros display, press (D).
- Pressing (E) while the Auto-Start countdown is in progress immediately start the stopwatch.

Alarm Mode

Mode indicator – Alarm No.



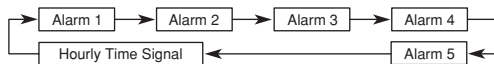
You can set five independent Daily Alarms. When a Daily Alarm is turned on, the watch beeps for 20 seconds at the alarm time each day. Press any button to stop the alarm after it starts to sound.

- When the Hourly Time Signal is turned on, the watch beeps every hour on the hour.
- In the Alarm Mode (including alarm time setting), press (E) to illuminate the display for about three seconds.
- The graphic area in the Alarm Mode shows the current on/off status of each of the five alarms.

AM indicator

To set an alarm time

1. Press (D) while in the Alarm Mode to select the alarm whose time you want to set.

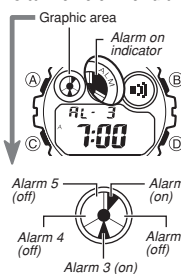


2. After you select an alarm, hold down (A) until the hour digits start to flash on the display. The hour digits flash because they are selected.
 - This operation automatically turns on the alarm.
3. Press (C) to change the selection in the following sequence.



4. Press (D) to increase the selected digits. Holding down (D) changes the selection at high speed.
 - The format (12-hour and 24-hour) of the alarm time matches the format you select for normal timekeeping.
 - When setting the alarm time using the 12-hour format, take care to set the time correctly as a.m. (A indicator) or p.m. (P indicator).
5. After you set the alarm time, press (A) to return to the Alarm Mode.
 - If you do not operate any button for a few minutes while a selection is flashing, the flashing stops and the watch goes back to the Alarm Mode automatically.

To turn an alarm and the Hourly Time Signal on and off



1. In the Alarm Mode, press (D) to select an alarm or the Hourly Time Signal.
 - The indicators (A) and (P) appear on the display whenever an alarm is turned on.
 - The indicators (A) and (P) appear on the display whenever the Hourly Time Signal is turned on.
 - Indicators in the graphic area of the Alarm Mode show which alarms are turned on.
 - In other modes (besides the Alarm Mode), the (A) indicator remains on the display as long as at least one of the alarms is on, while the (P) indicator remains on the display while the Hourly Time Signal is on.

To test the alarm

Hold down (E) while in the Alarm Mode to sound the alarm.