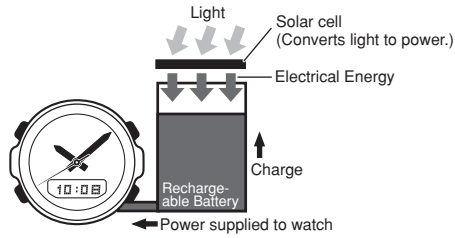


Keep your watch exposed to light!

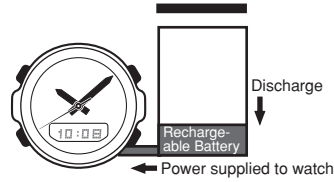
Your watch runs on electrical power generated from light and stored by a chargeable battery. To ensure stable operation, make sure that the watch is exposed to light as much as possible.

How the solar cell and battery work

When exposed to light



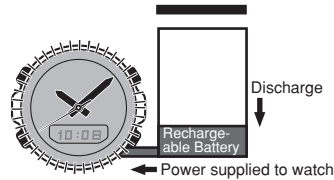
When not exposed to light



Your watch continues to operate even when it is not exposed to light. Leaving the watch in the dark can run down its battery and cause functions to become disabled.

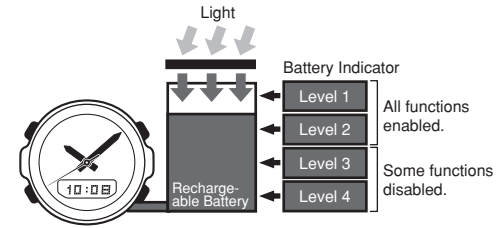
Avoid overuse of display illumination

Overuse of display illumination can run down the battery.

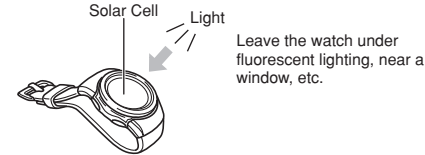


Tips on how to keep the battery charged

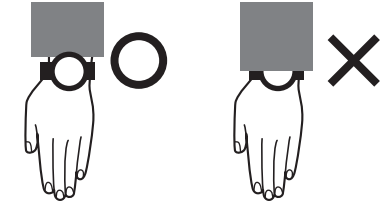
- Try to ensure that the watch is always exposed to enough light to keep its battery indicator at LEVEL 1 or LEVEL 2. Some of the watch's functions are disabled when battery power drops to LEVEL 3.



- Whenever you are not wearing the watch on your wrist, position it so the face (solar cell) is pointed in the direction of a source of bright light.



- When wearing the watch, try to keep your sleeve from blocking its face (solar cell).

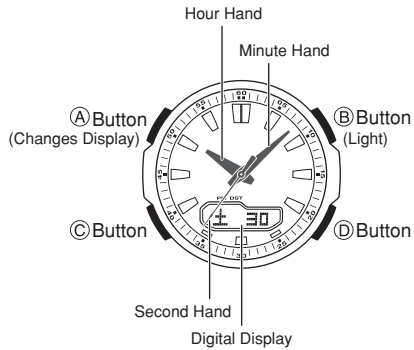


Charging efficiency is reduced significantly even if the face of the watch is covered only partially by your sleeve.

Modes and Indicators

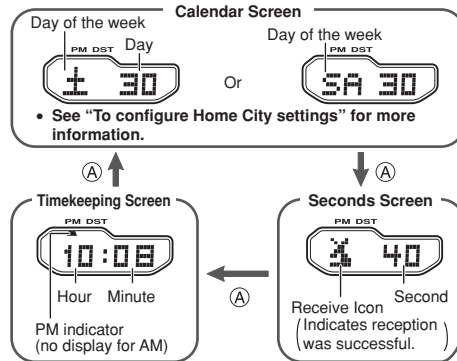
Each press of the **(C)** button sounds a confirmation tone and cycles through available modes in the sequence shown below.

Timekeeping Mode



Switching the Display Screen

Each press of the **(A)** button cycles the digital display in the sequence shown below.



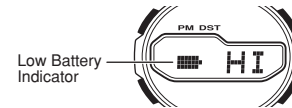
English Day of the Week Indicators

SU: Sunday MO: Monday TU: Tuesday WE: Wednesday
TH: Thursday FR: Friday SA: Saturday

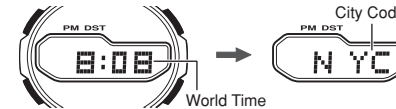
Timekeeping Mode



Battery Mode



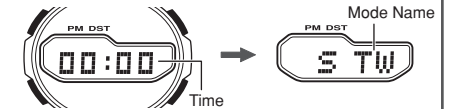
World Time Mode



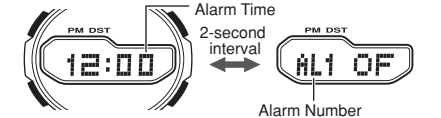
Hand Setting Mode



Stopwatch Mode



Alarm Mode



- The watch will revert to the Timekeeping Mode automatically if you leave it in the Battery Mode, Alarm Mode, or Hand Setting Mode without performing any operation for about two or three minutes.

Power Supply

The power supply of this watch uses a solar cell to generate electrical power, which is stored by a rechargeable battery. Using or storing the watch where it is not exposed to light regularly or allowing it to be blocked from light by your sleeve as you are wearing it can cause the power of the rechargeable battery to run down. To ensure stable operation, be sure to allow the watch to be exposed to light as much as possible when you are wearing or storing it.

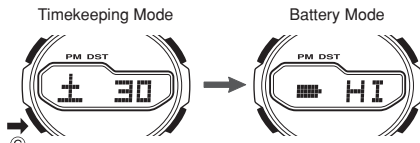
Important!

Note that all settings are cleared whenever you allow the rechargeable battery to drop to Level 5.

Checking the Battery Level

Use the Battery Mode to check the current level of the watch's rechargeable battery.

- In the Timekeeping Mode, press the **C** button once to change to the Battery Mode.



Example: Day of the week screen

Level 1		All functions enabled.
Level 2		All functions enabled.
Level 3		Hands stopped at 12 o'clock; display illumination, alarms, hourly time signal and other alerts, and time calibration signal reception disabled.
Level 4		Analog timekeeping, display, display illumination, alarms, hourly time signal, and signal reception disabled.
Level 5		All functions, including timekeeping, disabled.

- "LO" and the seconds are displayed in the Timekeeping Mode when the battery is at Level 3.
- Exposing the watch to direct sunlight or other strong light may cause the battery level indicator to indicate a level momentarily that is higher than the actual battery level. Because of this, you should wait for a short while after charging to check the battery level indicator.
- Even if the battery level drops all the way to Level 5, you still will be able to recharge the battery and use the watch again.
- When recharging from Level 5, set the current time and date after the battery level recharges to Level 4. Note, however, that the watch's hands will not start to move at this time, and you should continue to expose the watch to light so the battery can charge up to Level 2 or Level 1.

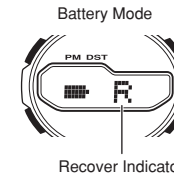
Level 3 indicates charging is required!

Battery Level 3 or 4 indicates that remaining battery power is very low. Be sure to recharge the battery by exposing the watch to light as soon as possible at the first sign of low battery power.

Recover Mode

If you use the light or alarm a number of times during a short period or perform any other operation that puts a large load on the battery, the analog hands will stop. At this time a recover indicator (R) also will appear on the Battery Mode screen. This indicates that the watch has disabled the following operations in order to allow battery power to recover.

- Display illumination
- Alarm and hourly time signal
- Analog timekeeping
- Time calibration signal reception



Normal operation will return after the battery recovers.

Charging Precautions

Avoid charging the watch in the following locations, and anywhere else where the watch may become very hot.

- On the dashboard of an automobile parked in the sun
 - Very close to an incandescent light source or other sources of heat
 - In a location exposed to direct sunlight for long periods
- Note that the display panel may become black under very high temperatures. This is temporary, and the display will appear normal again at lower temperatures.



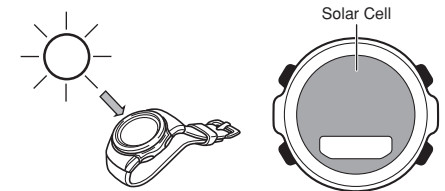
Depending on the light source you are using, the case of the watch may become quite hot when charging. Take care to guard against burn injury after charging.

To charge the battery

Point the solar panel (face) of the watch at a light source.

- Remember that even a partial blockage of the solar cell reduces charging efficiency.

Example: Positioning the watch



- The illustration shows the resin band model.

Charging Guide

Starting from a full charge, the watch should be able to continue operating for about six months without further charging under the conditions described below.

Example of Daily Use

- Illumination: 1.5 seconds/day
- Alarm: 10 seconds/day
- Signal reception 6 minutes/day

Making sure the watch is exposed to light ensures stable operation.

Required Daily Charging Time

- The following is the daily amount of charging required each day to support the operations under "Example Daily Use" above.

Exposure Level (Brightness)	Charging Time
Outdoor Sunlight (50,000 lux)	8 minutes
Sunlight through a Window (10,000 lux)	27 minutes
Overcast Daylight through a Window (5,000 lux)	43 minutes
Indoor Fluorescent Lighting (500 lux)	8 hours

- Approximate Charge Times Required to Advance to a Higher Level

Exposure Level (Brightness)	Charging Time			
	Level 5 → Level 4	Level 4 → Level 3	Level 3 → Level 2	Level 2 → Level 1
Outdoor Sunlight (50,000 lux)	2 hours	36 hours	10 hours	
Sunlight through a Window (10,000 lux)	6 hours	140 hours	38 hours	
Overcast Daylight through a Window (5,000 lux)	9 hours	220 hours	61 hours	
Indoor Fluorescent Lighting (500 lux)	100 hours	---	---	

- Note that the above charging times are for reference only. Actual charging time depends on a variety of environmental factors.

Illumination

In any mode (except when a setting screen is on the display), press the **Ⓟ** button to illuminate the display for easy reading in the dark.



- Illumination may be difficult to see under bright sunlight.
- Illumination turns off automatically if an alarm sounds, etc.
- Illumination will no turn on while manual receive is in progress.

Power Saving

The Power Saving feature of the watch is turned on at the factory.

- Power Saving causes the watch to enter a sleep state automatically in order to save power whenever it is left in the dark.
- Note that the watch also may enter the sleep state if the watch is blocked from light by your sleeve.

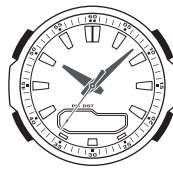
How power saving works

Display sleep state

The display sleep state is triggered whenever the watch is left in the dark for three or four days.

- In the display sleep state, the display is blank, but alarms, the hourly time signal, digital-analog time coordination, and auto signal receive all continue to operate normally.

Display Sleep State



Function sleep state

The function sleep state is triggered whenever the watch is left in the dark for four days.

- In the function sleep state, alarms, the hourly time signal, analog timekeeping, and auto signal receive are disabled.
- Digital timekeeping functions continue to operate normally.

■ To recover from the sleep state

Move the watch to a brightly lit location or press any button.

- It can take up to two seconds before display figures re-appear after you place the watch in a well-lit area.

■ To turn Power Saving on and off

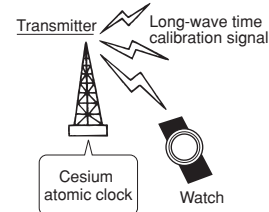
See the procedure under "To configure Home City settings" for information about turning off Power Saving.

Leaving the watch in a drawer or anywhere else it is dark can cause Power Saving to trigger in order to conserve battery power.

How a Radio-controlled Watch Works

What is a radio-controlled watch?

A radio-controlled watch is designed to receive a time calibration signal that contains standard time data and adjust its current time setting accordingly.



After the watch receives the Standard Time signal, it performs internal calculations to determine the current time. Because of this, there may be an error of up to one second in the displayed time.

Calibration Signal

- The Japanese calibration signal (Call Sign: JJY) is maintained by the National Institute of Information and Communications Technology (NICT). It is transmitted 24 hours a day from the Mt. Otakadoya transmitter (40 kHz) located in Tamura-gun, Fukushima Prefecture, and from the Mt. Hagane transmitter (60 kHz) located on the border between Saga Prefecture and Fukuoka Prefecture.
- The U.S. calibration signal (Call Sign: WWVB) is transmitted by the National Institute of Standards and Technology from Fort Collins, Colorado.
- Time calibration signal frequencies and transmitter locations are subject to change.

The time data of the Japanese calibration signal (Call Sign: JJY) is maintained by the Japan Standard Time Group of the National Institute of Information and Communications Technology (NICT). Note that transmission of the standard wave may be interrupted occasionally due to maintenance, lightning, etc. For more information, visit the website of the Japan Standard Time Group of the National Institute of Information and Communications Technology (NICT) at the following URL.

<http://jjy.nict.go.jp>

- Note that the above URL is subject to change.

Reception Ranges

This watch is designed to receive the standard time calibration signal of Japan (JJY) or of the United States (WWVB). The signal that is received depends on the current Home City setting.

- For information about selecting a Home City, see "Configuring Home City Settings". See the "World Time City Code List" for more information about city codes.

Home City	Receivable Transmitter
HKG, TYO, SEL	Either the Mt. Otakadoya signal (40 kHz) or the Mt. Hagane signal (60 kHz)
HNL, ANC, LAX, DEN, CHI, NYC	Fort Collins, Colorado signal

- Geographic contours, nearby buildings, the season, the time of day, can even make reception impossible even when you are within range of the transmitter.
- Signal reception also is possible in Hong Kong (HKG), Honolulu (HNL), and Anchorage (ANC) when reception conditions are good.
- Best reception is possible late at night.

Transmitter Location

Japan (JJY)

- Under optimum conditions, the calibration signal should be receivable up to 1,000 kilometers from the transmitter.
- Note that the wave is relatively weak at distances greater than 500km, so reception may be poor at long distances.

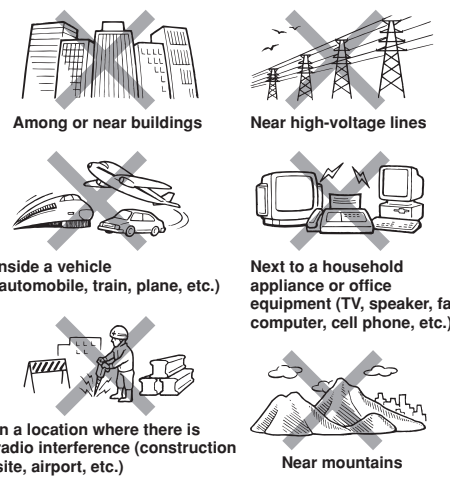
United States (WWVB)

- Under optimum conditions, the calibration signal should be receivable up to 3,000 kilometers from the transmitter.
- Note that the wave is relatively weak at distances greater than 1,000km, so reception may be poor at long distances.

Location

Reception is difficult and may even be impossible in the locations described below. Avoid such locations when performing signal reception.

- You should think of your watch as operating like a radio or TV when it is receiving the calibration signal.



If you are experiencing problems with reception, move away from the types of locations described above to a location with better reception, and try again.

Receiving the Calibration Signal

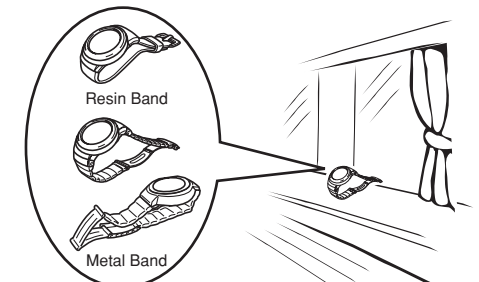
There are two methods you can use in order to receive the time calibration signal.

- **Auto Receive up to six times per day** (Midnight, 1:00, 2:00, 3:00, 4:00, and 5:00 a.m.)
- **Manual receive (You initiate reception using a button operation.)**

- Any time a signal receive operation is successful, no more auto receive operations are performed that day.
- The watch is set up for auto receive at the factory, so all you need to do is place it in a location that allows good reception each night.

■ To position the watch for optimum reception

Remove the watch from your wrist and place it somewhere so its top (12 o'clock, where the antenna is located) is facing approximately in the direction of the signal transmitter. Keep it away from metal objects.



- Orienting the watch so it is sideways to the transmitter makes it more difficult to receive the signal.
- Do not move the watch while it is receiving the calibration signal.

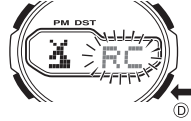
Time Required for Reception

A receive operation can take anywhere from about two to seven minutes.

- Under certain conditions, a receive operation can take as long as 14 minutes.
- For information about turning auto receive on and off, see "To turn auto receive on or off".

■ To trigger a receive operation manually

In the Timekeeping Mode, hold down the **(D)** button for about two seconds.



- The watch will beep and reception will start. The display will flash and the receive icon (RC) will start to cycle through its forms.

■ To interrupt a manual receive operation

Press the **(D)** button to interrupt a manual receive operation.

- All other buttons besides **(D)** are disabled during manual receive.

When a manual receive operation is successful

The watch terminates manual receive and adjusts the current time. Next it beeps and then displays the date and time the adjustment was performed.

- At this time, the second hand will adjust automatically to the digital time.
- After the date and time of the adjustment appears on the display, press the **(D)** button to return to the Timekeeping Mode. The watch also will return to the Timekeeping Mode automatically if you do not perform any operation for about one or two minutes.
- In the Timekeeping Mode, the receive indicator is displayed on the seconds screen.

When reception fails

In the case of an error, the watch will not adjust its current time setting, but display "ERR" instead.

- The display will return to the normal timekeeping screen automatically if you do not perform any operation for about one or two minutes.

Receive Icon

The receive indicator cycles from "Unstable" through "Stable" as shown below while reception is in progress. How far it cycles depends on the signal strength.

Keep the watch in a location where reception is stable while a receive operation is in progress.



- Even under optimum reception conditions, it can take about 10 seconds for reception to stabilize.

• Use the receive icon to check reception status and to determine the best location for signal reception.
 • Note that weather, the time of day, surroundings, and other factors all can affect reception.

Analog Hands and Signal Reception

Second Hand

The second hand moves to the 12 o'clock position when reception starts.

- It resumes normal movement after reception is complete.
- Pressing a button to stop reception causes the second hand to resume normal timekeeping operation.

Hour and Minute Hands

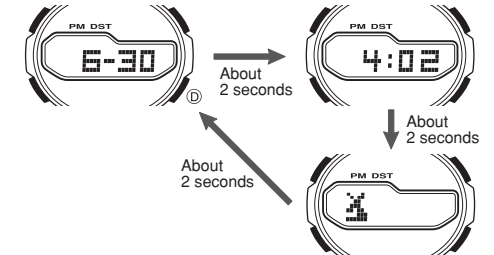
These hands continue to operate normally.

Note that the second hand does not move while signal reception is in progress.

■ To view the last receive operation date and time

In the Timekeeping Mode, press the **(D)** button.

- This causes the display start cycling between the date, time, and receive icon screens.
- The display cycles between the month and day, the hour and minute, and the receive icon screens at two-second intervals.
- To return to the Timekeeping Mode, press the **(D)** button again.
- The display will return to the normal timekeeping screen automatically if you do not perform any operation for about one or two minutes.



■ To turn auto receive on or off

- The auto receive setting can be changed when HKG, TYO, SEL, HNL, ANC, LAX, DEN, CHI, or NYC is selected for the Home City.

1. In the Timekeeping Mode, press the **(D)** button to display the last receive operation time and date.



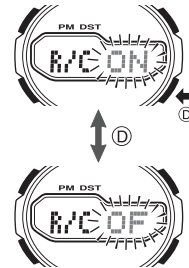
- The display will return to the normal timekeeping screen automatically if you do not perform any operation for about one or two minutes.

2. Hold down the **(A)** button for about two seconds until the current auto receive setting (ON or OFF) flashes on the display.



- This is the setting screen.
- The second hand will move to 12 o'clock.

3. Press the **(D)** button to toggle the setting between ON and OFF.



4. When the setting is the way you want, press the **(A)** button.



- This will exit the setting screen and return to the last receive operation time and date.
- At this time, the second hand will adjust automatically to the digital time.
- Press the **(D)** button to return to the Timekeeping Mode.
- The setting screen also will be exited automatically if you do not perform any operation for about two or three minutes.

When the Home City is HKG, TYO, or SEL

ON

Auto receive and auto transmitter selection are turned on. The watch selects either the Otakadoya Mountain signal (40 kHz) or the Hagane Mountain signal (60 kHz) automatically, whichever is strongest.

- The transmitter from which a signal last was received successfully will be given priority for the next auto receive operation.

OF (OFF)

Selecting this setting turns off auto receive and auto transmitter selection.

When the Home City is HNL, ANC, LAX, DEN, CHI, or NYC

ON

Selecting this setting turns on auto receive. The watch always receives the Fort Collins signal.

OF (OFF)

Selecting this setting turns off auto receive and auto transmitter selection.

- The initial factory default auto receive setting for the HKG, HNL, and ANC city codes is OFF.

Calibration Signal Reception Precautions

- Auto receive can be performed while the watch is in the Timekeeping Mode or World Time Mode only.
- Signal reception is not possible when any one of the following conditions exists.
 - Battery at Level 3 to Level 5
 - Recover mode (See "Recover Mode".)
- Receipt of a calibration signal causes the digital time to be adjusted first, followed by adjustment of the analog time. In order to ensure proper correction of the analog time, be sure to match the analog time with the digital time before performing a receive operation.
- Pressing any button while auto receive is in progress will terminate it.
- Make sure you are within the range of a calibration signal transmitter before performing the receive operation. Remember that geographic contours, nearby buildings, the season, or the time of day can make reception impossible even when you are within range of the transmitter.
- Proper reception may be impossible if there is something blocking the signal. If reception is unsuccessful, try again.
- This watch is designed to adjust its current time setting in accordance with the calibration signal transmitted in Japan and the United States only. Note that you will need to make your own adjustments when using this watch outside of Japan or the United States, or in any area that is outside the range of one of the receivable time calibration signal transmitters.
- When the watch is unable to adjust its time using the calibration signal for some reason, timekeeping accuracy is within ± 20 seconds per month.
- Strong electrostatic charge can cause timekeeping error.
- Receive is cancelled if an alarm operation starts while it is being performed.

Troubleshooting

1. The watch cannot receive the time calibration signal.

- Is the signal being transmitted?
Though the time data of the Japanese calibration signal (Call Sign: JJY) is maintained by the Japan Standard Time Group of the National Institute of Information and Communications Technology (NICT), it sometimes may be interrupted for periodic maintenance work, or because of lightning or other problems.
- Are you within the reception range of a transmitter?
See "Reception Ranges" for information about areas where the watch can receive the signal.
- Is there something in the immediate area that may be interfering with reception?
Even if you are within the reception range of a transmitter, objects between you and the transmitter or electrical noise can interfere with reception. Avoid such areas (see "Location") during signal reception.
- Do you have the correct Home City code selected?
Calibration signal reception will be impossible if you have any city that is not included under "Reception Ranges" selected as your Home City. For details about setting the correct Home City, see "To configure Home City settings".
- Is auto receive turned off?
Use the procedure under "To turn auto receive on or off" to turn on auto receive.

- Is the watch in any mode other than the Timekeeping Mode or World Time Mode during the auto receive times (midnight, 1:00 a.m., 2:00 a.m., 3:00 a.m., 4:00 a.m., and 5:00 a.m.)?
Auto receive is performed only when the watch is in the Timekeeping Mode or World Time Mode. It is not performed if the watch is in any other mode.

2. Time calibration signal reception is successful, but the hourly time signal and current time are slightly off.

- After the watch receives the time calibration signal, it performs an internal decoding process before updating its time setting. Because of this, the time setting may be off slightly (within one second).

3. Time calibration signal reception is successful, but the current time is one hour fast.

- Do you have summer time (DST) turned on?
Use the procedure under "To configure Home City settings" to change the summer time setting to OFF or AUTO.

4. Time calibration signal reception is successful, but the current time setting is wrong.

- Is TYO (Tokyo) selected for your Home City?
For details about setting the correct Home City, see "To configure Home City settings".

5. The digital time and analog time are different.

- Normally, received time calibration data is used to adjust the digital display time, and then the analog hands are adjusted to match the digital time.
If the hands are misaligned for some reason, they will not indicate the correct time. If this happens, use the procedure under "Configuring Analog Settings" to adjust the analog time.

6. I can't turn auto receive on and off

- You will not be able to turn auto receive on or off if you have any city that is not included under "Reception Ranges" selected as your Home City. For details about setting the correct Home City, see "To configure Home City settings".

7. What time is auto receive performed?

- Auto receive is performed in the middle of the night, when reception conditions are best. Before going to bed at night, place the watch near a window, with 12 o'clock facing in the general direction of the transmitter.

8. How can I perform manual receive?

- Hold down the lower right (D) button for about two seconds. The watch will beep to indicate that manual receive has started. Place the watch near a window, with 12 o'clock facing in the general direction of the transmitter.

9. How can I view the last receive operation date and time?

- In the Timekeeping Mode, press the lower right (D) button. This will display the date and time that the time calibration signal was last received successfully. To return to the Timekeeping Mode, press the (D) button again.

- If you cannot receive the calibration signal or if the current time setting is incorrect after signal reception, check the current setup of the watch.
- The following are the watch's factory default settings, which are configured automatically whenever you have the battery of the watch replaced.

Auto Receive	ON	On
Home City	TYO	Tokyo
Summer Time	A	Auto (according to signal data)

Using World Time

Use the (C) button to enter the World Time Mode as shown under "Modes and Indicators".

World Time lets you display the current time in any one of 30 cities (29 time zones) around the world.

- When you enter the World Time Mode, the screen for the city that was displayed when you last exited the mode appears first.
- The seconds count in the World Time Mode is synchronized with the Timekeeping Mode seconds count.
- The same 12-hour/24-hour format you select for the Timekeeping Mode time is also applied in the World Time Mode.

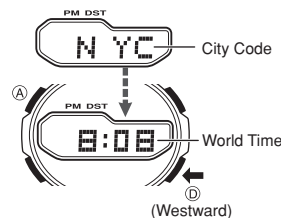
Important!

- If the World Time Mode time is incorrect, correct the setting of the current time in the Timekeeping Mode.
- See "To configure Home City settings" for more information.

To search for a city

In the World Time Mode, press the (D) button to scroll westwardly through the city codes.

- A short while after a city code appears, the display will change to show the current time in that city.
- Holding down the (D) button scrolls at high speed.



- Pressing the (A) button in the World Time Mode displays the city code of the currently selected city for about two seconds.

Using Summer Time (DST)

Summer time, or Daylight Saving Time (DST) as is it is called in some countries, calls for setting clocks ahead one hour during the summer season. Note that the use of summer time depends on the country and even the local area.

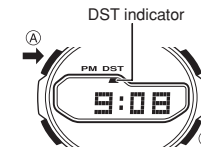
To turn summer time on or off

Getting Ready

In the World Time Mode, use the (D) button to display the screen for the city code whose summer time setting you want to change.

Hold down the (A) button for two seconds to toggle the summer time setting on (DST indicator displayed) and off.

- This toggles summer time on or off.
- The "DST" indicator appears on the display and timekeeping is advanced by one hour when summer time is turned on.
- You can turn summer time on or off independently for each World Time Mode city. Note, however, that you cannot turn on summer time for the "GMT" city code.



World Time City Code List

City Code	GMT Differential	City Name	City Code	GMT Differential	City Name
---	-11		JRS	+2	Jerusalem
HNL	-10	Honolulu	JED	+3	Jeddah
ANC	-9	Anchorage	THR	+3.5	Teheran
LAX	-8	Los Angeles	DXB	+4	Dubai
DEN	-7	Denver	KBL	+4.5	Kabul
CHI	-6	Chicago	KHI	+5	Karachi
NYC	-5	New York	DEL	+5.5	Delhi
CCS	-4	Caracas	DAC	+6	Dhaka
RIO	-3	Rio de Janeiro	RGN	+6.5	Yangon
---	-2		BKK	+7	Bangkok
---	-1		HKG	+8	Hong Kong
GMT	+0	Greenwich Mean Time	SEL	+9	Seoul
LON	+0	London	TYO	+9	Tokyo
PAR	+1	Paris	ADL	+9.5	Adelaide
BER	+1	Berlin	SYD	+10	Sydney
ATH	+2	Athens	NOU	+11	Noumea
CAI	+2	Cairo	WLG	+12	Wellington

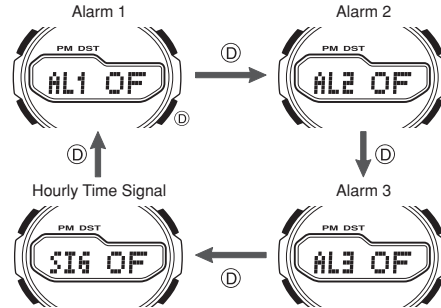
- The contents of the above table are current as of June 2006.
- Time differentials in the above table are in accordance with Universal Coordinated Time (UTC).

Using the Alarm and Hourly Time Signal Use the **C** button to enter the Alarm Mode as shown under "Modes and Indicators".

The watch beeps for 10 seconds when the current time in the Timekeeping Mode reaches the alarm time you set. There are three independent alarms, and all of them operate the same way. The Hourly Time signal causes the watch to beep every hour on the hour.

To select an alarm or the Hourly Time Signal screen

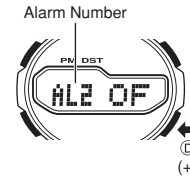
Each press of the **D** button cycles through available screens in the sequence shown below.



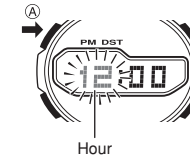
To set an alarm time

Example: To set Alarm 2 for 3:30 p.m.

- In the Alarm Mode, use the **D** button to scroll through the alarm screens until the one whose setting you want to configure is displayed.

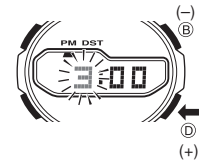


- Hold down the **A** button for about two seconds until the hour digits start to flash.



- This is the setting screen.
- Displaying the setting screen turns on the alarm automatically.

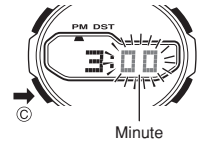
- Use the **D** (+) and **B** (-) buttons to change the hour setting.



- In this example, use **D** (+) and **B** (-) to set the hour to 3:00 p.m.
- Holding down either button changes the setting at high speed.
- When setting the hour, make sure you specify AM (no indicator) or PM (P) correctly when using 12-hour timekeeping, or that you specify the correct 24-hour time.

- Press the **C** button to select the minute setting.

- This causes the minute digits to flash.



- Use the **D** (+) and **B** (-) buttons to change the minute setting.



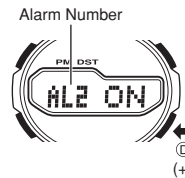
- Each press of the **D** (+) and **B** (-) button changes the minute setting in 30-minute increments.
- Holding down either button changes the setting at high speed.

- When the setting is the way you want, press the **A** button to exit the setting screen.

- The setting screen also will be exited automatically if you do not perform any operation for about two or three minutes.

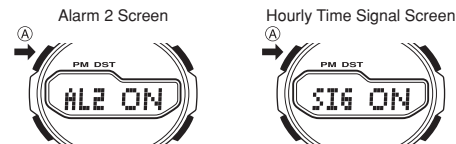
To turning an alarm or the hourly time signal on and off

- In the Alarm Mode, use the **D** button to display the screen for the alarm you want to turn on or off.



- Each press of the **D** button advances to the next alarm, which is indicated by the alarm number on the display.

- Press the **A** button to toggle the displayed alarm on (ON) or off (OFF).



To stop the alarm

Press any button.

To test the alarm

In the Alarm Mode, hold down the **D** button to sound the alarm.

Using the Stopwatch

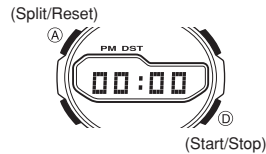
Use the **(C)** button to enter the Stopwatch Mode as shown under "Modes and Indicators".

The stopwatch measures elapsed time in units of 1/100 second up to 99 minutes, 59.99 seconds (100 minutes). When the maximum limit is reached, the elapsed time returns to zero automatically and timing continues from there.

To start or stop an elapsed time operation

In the Stopwatch Mode, press the **(D)** button to start and stop the stopwatch.

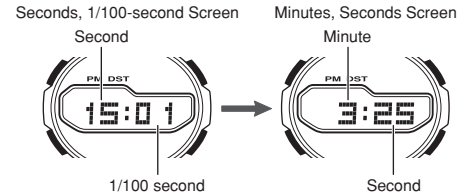
- Each press of the **(D)** button starts or stops the stopwatch.



About the Display

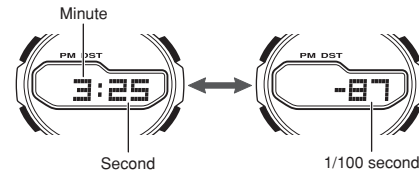
Elapsed Time Screen

A 1/100 second value is displayed for the first minute after you start an elapsed time measurement. After the first minute, the screen changes automatically to show elapsed minutes and seconds.



Paused Elapsed Time Measurement Screen

When elapsed time measurement is paused, the display alternates between a minute/second screen and a 1/100 second screen at one-second intervals.



To measure elapsed time



Pressing the **(A)** button while timing is stopped resets the stopwatch to all zeros.

Cumulative Time Measurement

Pressing the **(D)** button to restart the stopwatch without resetting it to all zeros will resume elapsed time measurement from where it was last stopped.

To measure split times



Pressing **(A)** while timing is being performed freezes the current elapsed time on the display, but timing of the next split continues internally.

- Changing to another mode while a split time is displayed cancels the split time operation.

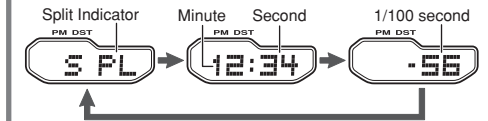
To time 1st and 2nd place finishers



Pressing the **(D)** button while the split time screen is on the display stops elapsed time measurement, leaving the split time screen on the display. Press the **(A)** button to exit the split time screen and display the elapsed time when measurement was stopped.

Split Time Indicator

The split time screen cycles alternately through the split indicator, a minute/second screen, and a 1/100 second screen.



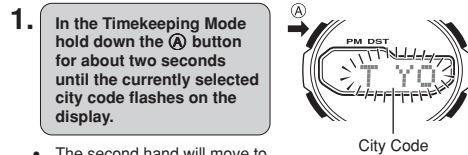
Configuring Home City Settings

You can use the following procedure to set the current time and date of the Home City that you have selected in the Timekeeping Mode.

- Always use the Timekeeping Mode to set and adjust the current time and date settings.
- You also can turn Power Saving on and off while setting the time and date.

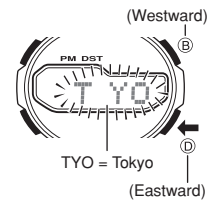
If you are planning to adjust both the digital and analog settings manually, be sure to adjust the digital setting first.

To configure Home City settings



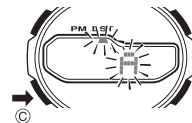
- The second hand will move to 12 o'clock.

- Use the **(D)** (Eastward) and **(B)** (Westward) buttons to scroll through the city codes until the one you want to use as your Home City is displayed.

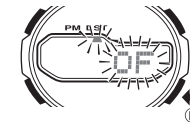


- Display the time zone that you want to select as your Home Time Zone.
- See "World Time City Code List" for a complete list of city codes.
- Holding down either button changes the setting at high speed.

- Press the **(C)** button to display the summer time setting.



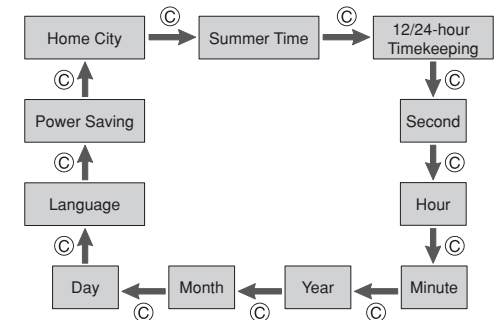
- Press the **(D)** button to cycle through the summer time settings until the one you want is displayed.



A (AUTO) This setting enables the auto summer time setting, which turns summer time on or off in accordance with the received time calibration signal.
OF (OFF) This setting turns off summer time, and displays the current time normally.
ON This setting turns on summer time. Selecting this setting displays the DST indicator, and advances the current time setting by one hour.

- Note that the above setting is used to turn summer time "OFF" or "ON" manually when any city code other than those listed under "Reception Ranges" is selected as the Home City.

- Use the **(C)** button to cycle through the settings shown below.



6. Use the (D) (+) and (B) (-) buttons to change the flashing setting.

a. When the 12/24-hour timekeeping setting is selected

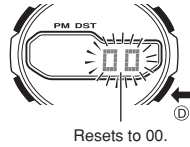
Press (D) to toggle the timekeeping format between 12-hour ("12H" indicator) and 24-hour ("24H" indicator).



b. When the seconds setting is selected

Press (D) to reset the seconds to 00 in accordance with the time signal on the radio, TV, etc.

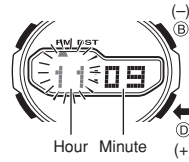
- Pressing the (D) button while the seconds count is in the range of 30 to 59 resets it to 00 and also adds 1 to the minutes. Pressing the (D) button in the range of 00 to 29 resets the seconds count without changing the minutes.



c. When the hour, minutes, year, month, or day setting is selected

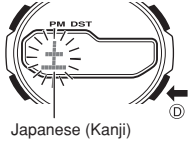
Press the (D) button to increase the selected setting or the (B) button to decrease it.

- Holding either button scrolls the setting at high speed.



d. When the language setting is selected

Press the (D) button to toggle between Japanese (kanji) and English.



e. When the Power Saving setting is selected

While the Power Saving setting is selected, press the (D) button to toggle it ON and OFF.



- When setting the hour, make sure you specify AM (no indicator) or PM (P) correctly when using 12-hour timekeeping, or that you specify the correct 24-hour time.
- You can set the year within the range of 2000 to 2099. The day of the week is set automatically in accordance with the date you set.
- The watch makes adjustments for leap years and month lengths automatically.

7. When the settings are the way you want, press the (A) button to exit the setting screen.

- The setting screen also will be exited automatically if you do not perform any operation for about two or three minutes.

Digital-Analog Synchronization

After adjustment of the digital time, the watch will adjust its analog setting automatically to match.

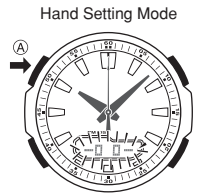
- When adjusting the analog time, the hands may move clockwise or counterclockwise.
- Depending on how many hours different the digital and analog time settings are, it may take some time for the analog hand setting procedure to be finished.
- After adjustment of the hour and minute hand, the second hand will adjust automatically to the digital time.

Configuring Analog Settings

You can use the Hand Setting Mode to adjust the analog time manually when it does not match the digital time.

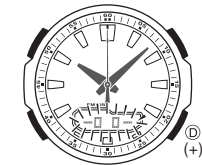
1. Hold down the (A) button for about two seconds.

- This will cause the second hand to move to 12 o'clock and stop.
- "-00-" will be flashing on the digital display.



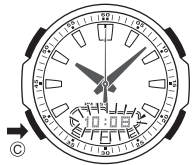
2. If the second hand does not align properly with the 12 o'clock position, press the (D) button to adjust it.

- Each press of the (D) button advances the second hand one second.
- Holding down the (D) button advances the hand at high speed.



3. Press the (C) button to advance to setting of the hour and minute hands.

- This causes the hour and minute digits to flash on the digital display.

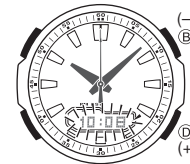


5. When the analog setting is the way you want, press the (A) button.

- This exits the setting screen and synchronizes the minute hand with the current seconds count automatically.
- At this time, the second hand will adjust automatically to the digital time.
- The setting screen also will be exited automatically if you do not perform any operation for about two or three minutes.

4. Use the (D) (+) and (B) (-) buttons to adjust the hour and minute hands.

- Each press of the (D) button moves the hands 10 seconds clockwise, while the (B) button moves them 10 seconds counterclockwise.
- Holding down either button changes the setting at high speed.



High-speed Lock

- You can use either of the following two operations to lock high-speed hand movement.
 - Clockwise: Holding down the (D) button to start high-speed hand movement, press (B) to lock it.
 - Counterclockwise: Holding down the (B) button to start high-speed hand movement, press (D) to lock it.
- High-speed movement will continue until it completes a 12-hour cycle, or until you press any button to stop it.