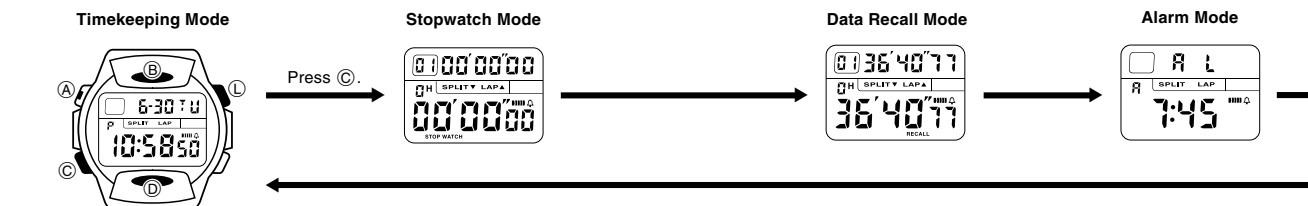


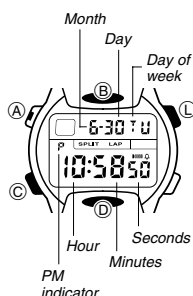
GENERAL GUIDE

- Press **(C)** to change from mode to mode. Each mode is explained in detail on the following pages.

- In any mode, press **(L)** to illuminate the display for about two seconds.



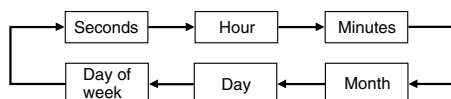
TIMEKEEPING MODE



- In the Timekeeping Mode, press **(D)** to switch between the 12-hour and 24-hour formats.
- With the 12-hour format, the **P** (PM) indicator appears on the display for times in the range of noon to 11:59 pm and the **A** (AM) indicator appears for times in the range of midnight to 11:59 am.
- With the 24-hour format, times are indicated in the range of 00:00 to 23:59, without any indicator.

To set the time and date

- Press **(A)** while in the Timekeeping Mode. The seconds digits flash on the display because they are *selected*.
- Press **(C)** to change the selection in the following sequence.



- 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.
- While any other digits (besides seconds) are selected (flashing), press **(D)** to increase the setting or **(B)** to decrease it. While the day of the week is selected, pressing **(D)** advances to the next day and **(B)** goes to the previous day.
- 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.
- 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.
- The watch does not make any allowance for leap years. Be sure to manually set February 29 (when one occurs) to the appropriate date.

About the backlight

The backlight uses an EL (electro-luminescent) panel that causes the entire display to glow for easy reading in the dark. An EL alarm feature can be turned on so the backlight flashes whenever an alarm or hourly time signal sounds.

- Pressing **(L)** in any mode turns on the EL backlight for about two seconds.
- If an alarm starts to sound while the backlight is lit after you press **(L)**, the backlight will either turn off (if the EL alarm feature is turned off) or start to flash (if the EL alarm feature is turned on).
- The electro-luminescent panel loses illuminating power after very long use.
- The illumination provided by the backlight may be hard to see when viewed under direct sunlight.

To turn the EL alarm on and off

In the Timekeeping Mode, hold down **(B)** for about two seconds to toggle the EL alarm on (⚙ indicator displayed) and off (⚙ indicator not displayed).

- The ⚙ indicator is on the display in all modes while the EL alarm is turned on.

EL alarm on indicator

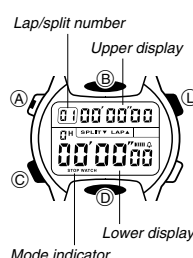


ON



OFF

STOPWATCH MODE



The Stopwatch Mode lets you measure elapsed time, lap times, and split times. Time is measured with 1/100 of a second accuracy. You can also store up to 10 lap and split times in memory.

- The lap time appears in the upper part of the display. You can use this function to time how long it takes to complete a specific portion (such as a single lap) of a race.
- The split time appears in the lower part of the display. You can use this function to time how long it takes to get from the start to a specific point in a race.

To measure elapsed time

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

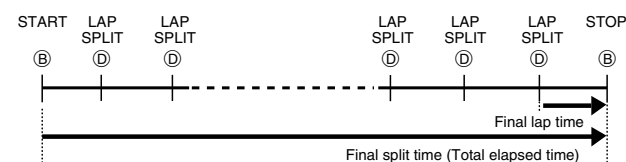
To record lap and split times

- Press **(B)** to start the stopwatch.
- Press **(D)** to display the timing up to that point. Stopwatch timing continues internally.
- When you press **(D)**, the lap and split times remain on the display for about seven seconds. Then the display automatically changes back to the stopwatch (elapsed time) display.
- You can repeat step 2 as many times as you want.
- Press **(B)** to stop the time measurement.
- Press **(D)** to clear the stopwatch to all zeros.

About the memory function

Whenever you perform a lap/split time operation, the measured times are automatically stored into memory along with the lap/split number. You can store up to 10 lap/split times in memory.

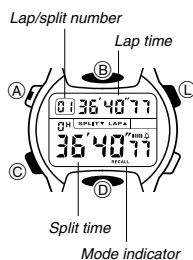
If you perform more than 10 lap/split time operations, the memory will contain the times for the first 9 laps/splits (as lap/split numbers 1 through 9), and the final lap and split time (as lap/split 10).



Data in the lap/split memory is cleared whenever you start a new stopwatch timing operation. For details on recalling data in the lap/split memory, see "DATA RECALL MODE".

DATA RECALL MODE

Use the Data Recall Mode to recall times stored in memory.



To recall data from memory

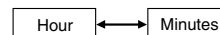
- Enter the Data Recall Mode and the data for lap/split number 1 appears on the display.
- Press **(D)** to scroll through the other times stored in memory.
- The data scrolls in sequence from 1 through 10.
- Any lap/split for which there is no data shows **00:00:00** for the time.
- If you enter the Data Recall Mode while a stopwatch operation is in progress, the time for the current lap/split is shown as **00:00:00**.

ALARM MODE

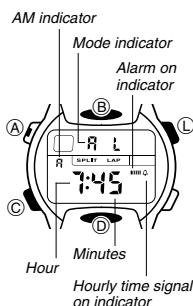
When the Daily Alarm is turned on, the alarm sounds for 20 seconds at the preset time each day. Press any button to stop the alarm after it starts to sound. When the Hourly Time Signal is turned on, the watch beeps every hour on the hour.

To set the alarm time

- Press **(A)** while in the Alarm Mode. The hour digits flash on the display because they are *selected*.
- This operation automatically turns on the Daily Alarm.
- Press **(C)** to change the selection in the following sequence.



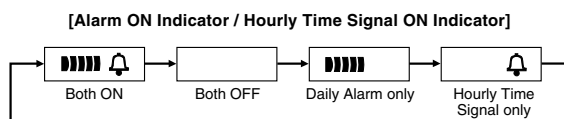
- Press **(D)** to increase the setting or **(B)** to decrease it. Holding down either button changes the setting at high speed.



- The format (12-hour or 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 morning (**A** indicator) or afternoon (**P** indicator).
4. After you set the alarm time, press **A** to return to the Alarm Mode.

To turn the Daily Alarm and Hourly Time Signal on and off

Press **Ⓢ** while in the Alarm Mode to change the status of the Daily Alarm and Hourly Time Signal in the following sequence.



To test the alarm

Hold down **Ⓢ** while in the Alarm Mode to sound the alarm.