

Power Saving

Power Saving causes the watch to automatically enter a sleep state and save power whenever the watch is left in the dark. The Power Saving feature of the watch is turned on at the factory.

- Note that the watch may also enter the sleep state if the watch is blocked from light by your sleeve.

How the sleep state works

Display sleep state

The display sleep state is triggered whenever the watch is left in the dark for about one hour between the times of 10:00 p.m. and 6:00 a.m.

- The display sleep state causes the display to go blank, except for a flashing Power Saving indicator. Alarms and the hourly time signal continue to operate normally while the watch is in the display sleep state. Even when the watch is in the display sleep state, digital-analog time coordination and auto signal receive are both performed.
- The watch will not enter the sleep state if it is in the Timer Mode or Stopwatch Mode.

Function sleep state

The function sleep state is triggered whenever the watch is left in the dark for six or seven days.

- Alarms and the hourly time signal are disabled while the watch is in the function sleep state. Analog timekeeping and calibration signal auto time calibration signal receive is not performed in the function sleep state.
- Digital timekeeping functions continue to operate normally in the function sleep state.

To recover from the sleep state

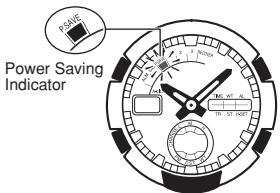
Move the watch to a brightly lit location or press any button. The watch will also recover from the sleep state if you angle it towards your eyes for reading (see "Positioning Your Arm Correctly").

- 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

Use the procedure under "To configure home time settings" to turn Power Saving on or off.

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



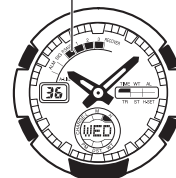
Power Saving Indicator

LCD Types

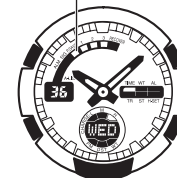
This watch is available with either of two different LCD types: light background with dark figures (black-on-white) or dark background with light figures (white-on-black).

Note that all of the samples in this manual show the black-on-white type LCD.

Black-On-White



White-On-Black



Modes and Display Screens

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

- The display will automatically revert to the Timekeeping screen if you leave the Alarm or Hand Setting screen displayed without performing any operation for about two or three minutes.

Timekeeping Mode

Days of the Week

SUN: Sunday MON: Monday TUE: Tuesday
 WED: Wednesday THU: Thursday FRI: Friday
 SAT: Saturday

- See "Battery Level Screen" for information about the battery indicator, and "Receive Indicator" for information about the receive indicator.

Changing Display Screen Contents

Each press of the **B** button cycles display contents in the sequence shown below.

Seconds

Day of the Week

Current Time (Hour/Minute)

Date (Month/Day)

PM Indicator (No indicator displayed for AM.)

World Time Mode

Alarm Mode

- Alarm off

Stopwatch Mode

Timer Mode

- Auto Repeat Timer

Number of Repeats

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 regularly exposed to light, or allowing it to be blocked from light by your sleeve for long periods 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.

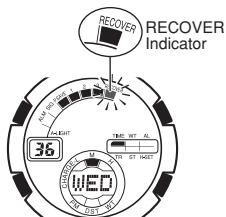
Note that all data in memory and all settings are cleared whenever you allow the level of the rechargeable battery to drop to Level 4.

Flashing RECOVER Indicator

If you use the light or alarms a number of times during a short period, a RECOVER indicator flashes on the display and the following operations become disabled as battery power recovers.

- Face illumination
- Alarm and hourly time signal
- Time calibration signal reception

Normal operation will return after the battery recovers.



Battery Level Screen

	Black-On-White	White-On-Black	
Level 1			Normal operation enabled.
Level 2			Normal operation enabled.
Level 3			Digital display, face illumination, alarms, tones (alarms, hourly time signal), signal reception, and analog timekeeping disabled.
Level 4			All functions, including timekeeping, disabled.

- Exposing the watch to direct sunlight or other strong light may cause the battery level indicator to momentarily indicate a level 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 after the battery drops to Level 4, you will be able to resume normal operation by charging the battery.
- When charging from Level 4, the display will start operating when the battery reaches Level 3. At this time you will be able to configure digital time and date settings, but you should keep the watch exposed to light until the battery reaches Level 2 or Level 1.

To start charging at Level 3!

Battery Level 3 indicates that remaining battery power is very low. Be sure to expose the watch to light for recharging as soon as possible after the Level 3 indicator starts to flash.

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.

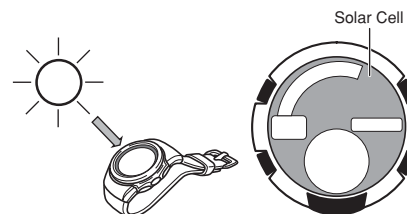
Depending on the light source you are using, the case of the watch may become quite hot during charging. Take care to guard against burn injury after charging.

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 seven months without further charging under the conditions described below.

Daily Use (All time values are approximate.)

- Face Illumination: 1.5 seconds
- Alarms: 10 seconds
- Signal reception: 5 times
- Digital Display: 18 hours

Making sure the watch is regularly 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 "Daily Use".

Exposure Level (Brightness)	Approximate Exposure Time
Outdoor Sunlight (50,000 lux)	6 minutes
Sunlight Through a Window (10,000 lux)	30 minutes
Daylight Through a Window on an Overcast Day (5,000 lux)	48 minutes
Indoor Fluorescent Lighting (500 lux)	8 hours

- Charge Times Required to Advance to a Higher Level.

Exposure Level (Brightness)	Approximate Exposure Time		
	Level 4 ⇒ Level 3	Level 3 ⇒ Level 2	Level 2 ⇒ Level 1
Outdoor Sunlight (50,000 lux)	2 hours	19 hours	5 hours
Sunlight Through a Window (10,000 lux)	7 hours	97 hours	22 hours
Daylight Through a Window on an Overcast Day (5,000 lux)	11 hours	157 hours	36 hours
Indoor Fluorescent Lighting (500 lux)	113 hours	---	---

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

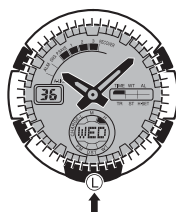
Face Illumination

An LED light is used to illuminate the face of the watch for easy reading in the dark. An auto light switch automatically illuminates the face when you angle the watch towards your eyes for reading.

To illuminate the face manually

Press the **L** button in any mode to illuminate the face of the watch.

- You can use the procedure under "To specify the illumination duration" to configure the illumination duration as approximately 1.5 seconds or 2.5 seconds.
- Pressing the **L** button illuminates the face regardless of whether the auto light switch is on or off.



You may hear a faint rattling sound when you move the watch around. This sound is caused by the movement of a metal bulb that controls operation of the auto light switch, and does not indicate malfunction.

To illuminate the face with the auto light switch

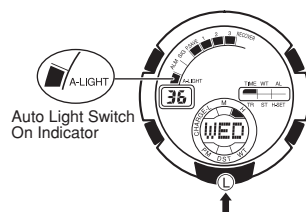
The auto light switch automatically illuminates the face whenever you angle the watch towards your eyes for reading, but only when it is dark.

- The auto light switch does not illuminate the face when surrounding light is bright.

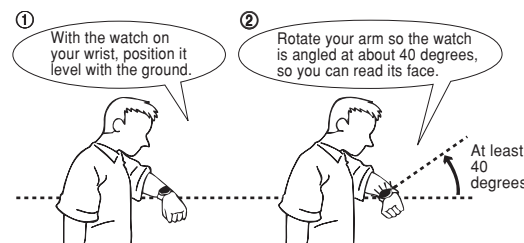
You can use the procedure under "To specify the illumination duration" to configure the illumination duration as approximately 1.5 seconds or 2.5 seconds.

To turn the auto light switch on and off

In any mode, hold down the **L** button for about two seconds to toggle the auto light switch on (auto light switch on indicator displayed) and off (no indicator displayed).



Positioning Your Arm Correctly



- You should be wearing the watch on the outside of your wrist when using the auto light switch.
- Make sure that the left (9 o'clock) and right (3 o'clock) sides of the watch are within ± 15 degrees of being parallel with the ground. The auto light switch may not operate properly if the angle is greater.

Important!

- The light may be difficult to see if you turn it on under bright sunlight.
- If you press the **L** button or if an alarm operation starts while the face is illuminated, illumination will turn off.

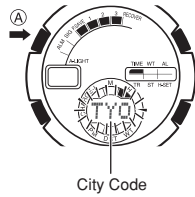
Auto Light Precautions

- Frequent use of the auto light can run down the battery.
- The auto light switch may cause the face to illuminate when your sleeve covers the face of the watch.
- The face may not illuminate immediately when you angle the watch towards your face. This does not indicate malfunction.
- The face remains illuminated for the currently set duration (1.5 or 2.5 seconds) only, even if you leave the watch angled towards your face.
- The auto light switch is automatically disabled whenever battery power is at Level 3 or lower.
- The face may illuminate unintentionally when you wear the watch on the inside of your wrist, when you shake your arm, or when you raise your arm. **Be sure to turn off the auto light switch whenever you do not need illumination.**
- Keep the auto light switch turned off whenever you are wearing the watch on the inside of your wrist.
- Electro-static charge and magnetism can interfere with auto light operation and even make operation impossible. If this happens lower your arm to the starting position and then raise it again. If you still have trouble with illumination, try lowering your arm down to your side and then raise it to your face for reading.

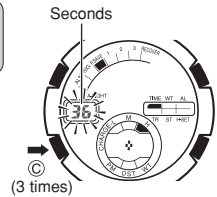
■ To specify the illumination duration

1. In the Timekeeping Mode, hold down the (A) button for about one second.

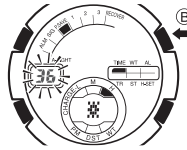
- This will cause your city code to flash on the display.



2. Press the (C) button three times to display the flashing seconds count.



3. Press the (B) button to toggle the illumination duration between about 1.5 seconds (⋄ indicator) and 2.5 seconds (⋄⋄ indicator).



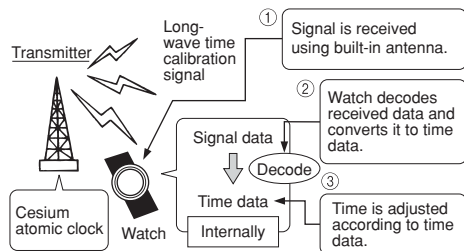
4. After the setting is the way you want, press the (A) button to exit the setting screen.

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

How a Radio-controlled Watch Works

What is a radio-controlled watch?

Your 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 a long wave signal transmitted 24 hours a day from the Mt. Otakadoya transmitter (40kHz) located in Tamura-gun, Fukushima Prefecture, and from the Mt. Hagane transmitter (60kHz) 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.

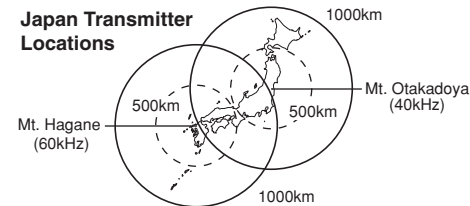
Note that transmission of the standard wave may be interrupted occasionally due to maintenance, lightning, etc.

Reception Range

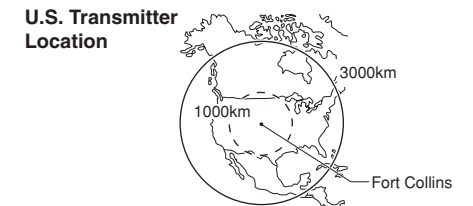
This watch is designed to receive the standard time calibration signal of Japan (JJY) or of the United States (WWVB). The signal that is received depends on the current Home City setting.

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

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



- 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.



- 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.

- Geographic contours, nearby buildings, seasonal conditions, the time of day, can even make reception impossible even when you are within range of the transmitter.
- Best reception is possible late at night.

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 operating like a radio or TV when it is receiving the calibration signal.



Among or near buildings



Near high-voltage lines



Inside a vehicle (automobile, train, plane, etc.)



Next to a household appliance or office equipment (TV, speaker, fax, computer, cell phone, etc.)



In a location where there is radio interference (construction site, airport, etc.)



Near mountains

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.

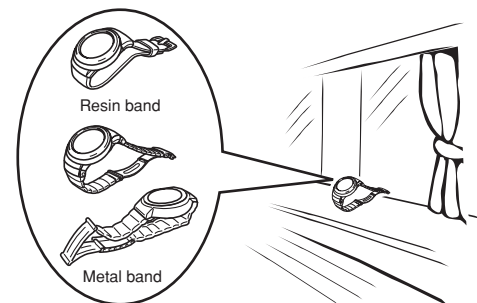
Receiving the Calibration Signal

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

- Auto receive (Reception is performed automatically at midnight, 1:00, 2:00, 3:00 and 4:00 each morning.)**
- Manual receive (You initiate reception using a button operation.)**
- If reception is not successful for any of the normal auto receive operations shown above, auto receive is performed one more time at 5:00 a.m.
- The watch is set up for auto receive at the factory, so all you need to do is to 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 side, where the antenna is located) is facing approximately in the direction of the signal transmitter. Keep the watch 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

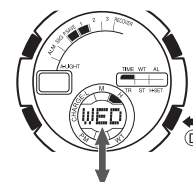
A calibration signal receive operation takes anywhere from about two to six minutes.

- Note that when "AUTO" (Auto Select) is specified as the transmitter selection mode, signal reception can take up to 12 minutes.
- See "Configuring Auto Receive Settings" for more information.

To perform manual receive

In the Timekeeping Mode, hold down the **(D)** button for about one second.

- The watch will beep and reception will start. An indicator will appear on the display to indicate reception conditions.



RC! Receiving Indicator

To interrupt reception

Press the **(D)** button.

- All other buttons besides **(D)** are disabled during signal reception.

When reception is successful

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

- The receive indicator remains displayed after reception is successful.

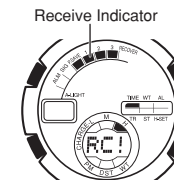
Reception Error (ERR Indicator)

The watch does not adjust its current time setting, and displays "ERR" when signal reception is unsuccessful for some reason.

- The watch will return to the Timekeeping Mode automatically if you do not perform any operation for about one or two minutes.

Receive Indicator

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 reception is in progress.



Unstable ← → Stable

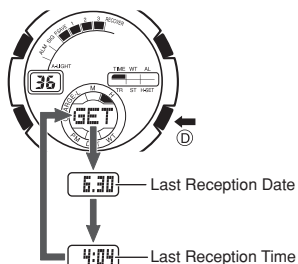
- Even under optimum reception conditions, it can take about 10 seconds for reception to stabilize.

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

To view the last reception date and time

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

- This causes the display to start cycling through the "GET" screen, last reception date screen, and last reception time screen at two-second intervals.
- To return to the Timekeeping Mode, press the **(D)** button again.
- The watch will return to the Timekeeping Mode automatically if you do not perform any operation for about one or two minutes.



Configuring Auto Receive Settings

Use the procedure below to turn auto receive of the time calibration signal on or off. When **TYO** (Tokyo) is selected as your Home City, you can also specify the transmitter selection mode, which controls which Japanese transmitter signal should be used for time calibration.

- For information about selecting your Home City, see "Configuring Home Time Settings".
- The initial factory default settings for auto receive are Home City = **TYO** (Tokyo); Auto Receive = **AUTO** (auto transmitter selection)
- The following procedure can be performed only when **TYO**, **LAX**, **DEN**, **CHI**, or **NYC** is selected as the Home City.

To configure auto receive settings

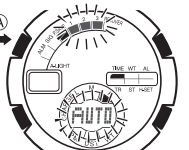
1. In the Timekeeping Mode, press the **(D)** button.

- This causes the display to start cycling through the last reception date and time screens.
- The watch will return to the Timekeeping Mode automatically if you do not perform any operation for about one or two minutes.

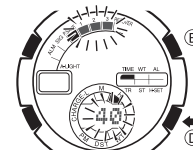


2. Hold down the **(A)** button for about one second.

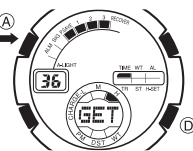
- This will cause the currently auto receive setting to flash on the display.



3. Press the **(D)** or **(B)** button to cycle through the available auto receive settings.



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



- This will exit the setting screen and return to the last reception date and time screens.
- To return to the Timekeeping Mode, press the **(D)** button again.
- The watch will return to the Timekeeping Mode automatically if you do not perform any operation for about one or two minutes.

Auto Receive Settings when the Home City is TYO

AUTO
Auto receive turned on with automatic selection of either the Mt. Otakadoya signal (40kHz) or the Mt. Hagane signal (60kHz), whichever is strongest.

40
Auto receive turned on for the Mt. Otakadoya signal (40kHz).

60
Auto receive turned on for the Mt. Hagane signal (60kHz).

OFF
Auto receive turned off.

Auto Receive Settings when the Home City is NYC, CHI, DEN, or LAX

ON
Auto receive turned on for the Ft. Collins, Colorado signal.

OFF
Auto receive turned off.

Calibration Signal Reception

Precautions

- Auto reception can be performed while the watch is in the Timekeeping Mode or World Time Mode only.
- Signal reception is not performed while a timer operation is being performed.
- When a time calibration signal is received, the watch corrects its digital time setting first, and then adjusts the analog time setting accordingly. In order to ensure that the analog time matches the digital time, make sure you adjust the analog time to match the digital time before signal reception is performed.
- Pressing any button while auto reception is in progress will cause the watch to beep and then exit the receive operation.
- Make sure you are within the range of the calibration signal transmitter before performing the reception operation. Remember that geographic contours, nearby buildings, seasonal conditions, the time of day, can even 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. It operates like a standard (non-radio controlled) watch outside of the range of the receivable time calibration signal transmitters.
- When the watch is unable to adjust its time signal using the calibration signal for some reason, timekeeping accuracy is within ± 15 seconds per month.
- Strong electrostatic charge can cause timekeeping error.
- Signal reception is cancelled if an alarm starts to sound while it is being performed.
- The watch's calendar shows dates up to the year 2099. Attempting a receive operation after that causes an error.

Troubleshooting

Cannot perform manual reception.

- Cause:
- Manual receive can be performed in the Timekeeping Mode only.
 - Manual receive cannot be performed while a timer operation is in progress.
 - The Home City is set to a city other than **TYO** (Tokyo), **NYC** (New York), **CHI** (Chicago), **DEN** (Denver), or **LAX** (Los Angeles).
- Corrective Measures:
- Perform manual receive in the Timekeeping Mode.
 - Change the Home City to **TYO** (Tokyo), **NYC** (New York), **CHI** (Chicago), **DEN** (Denver), or **LAX** (Los Angeles). Correctly set the Home City as detailed under "Configuring Home Time Settings".

The receive indicator is not on the display even though auto signal reception is turned on.

- Cause:
- The receive indicator appears after the watch successfully receives the calibration signal and adjusts the current time setting.
 - A single receive operation was not successful.
 - The watch is not in the Timekeeping Mode or World Time Mode when an auto reception time is reached.
 - You performed manual reception, which clears the receive indicator from the display.
- Corrective Measures:
- Check to make sure the watch is in a location where it can receive the signal.
 - Place the watch in a location where reception conditions are good.
 - Make sure that the watch is in the Timekeeping Mode or World Time Mode during the auto reception times.

Time setting is incorrect following signal reception.

- Cause:
- If the current time is advanced by one hour, it probably means that summer time is turned on (indicated by the DST indicator).
 - If there is a large error in the setting, it probably means that the wrong Home City is selected.
- Corrective Measures:
- Correctly configure the summer time setting as detailed under "Configuring Home Time Settings".
 - Correctly configure the Home City settings as detailed under "Configuring Home Time Settings".

Cannot configure signal reception settings.

- Cause:
- The Home City is set to a city other than **TYO** (Tokyo), **NYC** (New York), **CHI** (Chicago), **DEN** (Denver), or **LAX** (Los Angeles).
- Corrective Measures:
- Select one of the above as the Home City as detailed under "Configuring Home Time Settings".

- 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.

Transmitter Mode	AUTO	Auto Japan transmitter select (40kHz/ 60kHz)
Home City	TYO	Tokyo
Summer Time	AUTO	Auto switching (according to signal data)

World Time Mode

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 linked 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!

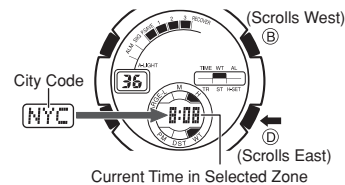
If the World Time Mode time is incorrect, correct the setting of the current time in the Timekeeping Mode.

- For information about selecting a Home City, see "Configuring Home Time Settings".

To search for a city code

In the World Time Mode, press the **(D)** (scroll east) or **(B)** (scroll west) button.

- A short while after a city code appears, the display will change to show the current time in that city.
- Holding down the **(D)** or **(B)** 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 one second.

Using Summer Time (DST)

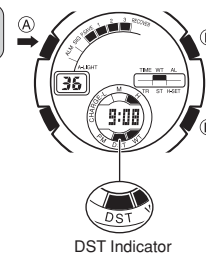
Summer time, or Daylight Saving Time (DST) as is known in some countries, calls for setting clocks ahead one hour during the summer season. Note that the use of summer time depends on the country and even the local area.

To turn summer time on or off

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

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

- This toggles summer time on and 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	Dakar
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 December 2003.
- Time differentials in the above table are in accordance with Universal Time Coordinated (UTC).

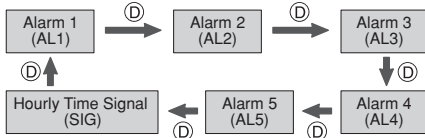
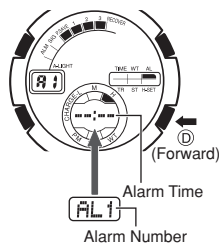
Using the Alarms and Hourly Time Signal

You can set the daily alarms in 1-minute increments. The watch beeps for 10 seconds when the current time in the Timekeeping Mode reaches the alarm time you set. There are five 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 set an alarm time

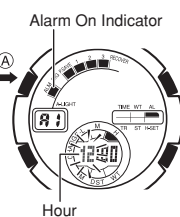
1. In the Alarm Mode, use the **D** button to display the screen for the alarm whose setting you want to change.

- Each press of the **D** button scrolls through alarm screens in the sequence shown below.
- Scrolling to an alarm screen causes the applicable alarm number to appear first, followed by the current alarm time setting. The alarm time shows “--:--” if an alarm is turned off.



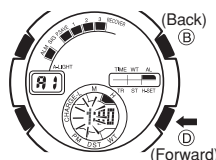
2. Hold down the **A** button for about one second.

- This will cause the hour digits of the displayed alarm time to flash.
- Displaying the setting screen automatically turns on the alarm.



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

- 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.
- The same 12-hour/24-hour format you select for the Timekeeping Mode home time is also applied in the Alarm Mode.

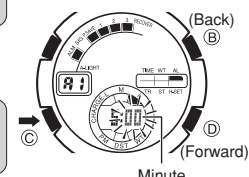


4. Press the **C** button to select the minute setting.

- This causes the minute digits to flash.

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

- Holding down either button changes the setting at high speed.



6. When the setting is the way you want, press the **A** button.

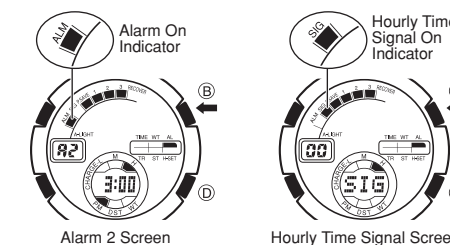
- This exits the setting screen.
- The display also will exit the setting screen automatically if you do not perform any operation for about two or three minutes.

■ To turn an alarm or the Hourly Time Signal on or off

1. Use the **D** button to display the screen for the alarm whose setting you want to change.

- If you want to turn the Hourly Time Signal on or off, select the Hourly Time Signal (SIG) screen.

2. Press the **B** button to toggle the displayed setting on (on indicator displayed) or off (on indicator not displayed).



■ To stop the alarm beeper

Press any button.

■ To test the alarm

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

Timer Mode

You can set the start time of the timer in the range of 1 to 60 minutes, in units of one minute. The watch beeps for 10 seconds when the end of the countdown is reached. Turning on the auto repeat feature causes the countdown to restart from the start time whenever the end of the countdown is reached.

Timer Types

There are two different settings that you can use to configure the timer as describe below.

• Repeat

With Repeat, the countdown stops, the original start time appears, and the watch beeps for 10 seconds when the end of the countdown is reached.

• Auto Repeat

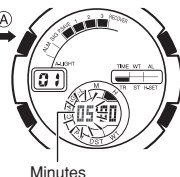
Auto Repeat causes timing to restart from the start time when the end of the countdown is reached.

- The countdown repeats up to 10 times, or until you stop it manually.

■ To configure timer settings

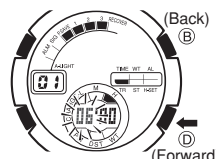
1. In the Timer Mode, hold down the **A** button for about one second.

- This will cause the minute digits of the timer start time to flash.

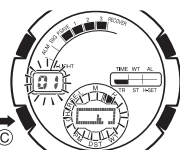


2. Use the **D** (+) and **B** (-) buttons to change the start time minutes.

- Holding down either button scrolls the start time setting at high speed.

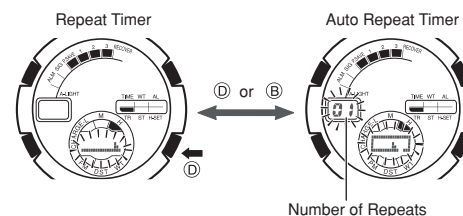


3. Press the **C** button to change to the timer type setting.



4. Use the **D** and **B** buttons to select the type of timer you want to use.

- To select the Repeat Timer, display “1:00”.
- To select the Auto Repeat Timer, display “1:00”. Selecting the Auto Repeat Timer also displays a value in the left window indicating the current number of repeats.



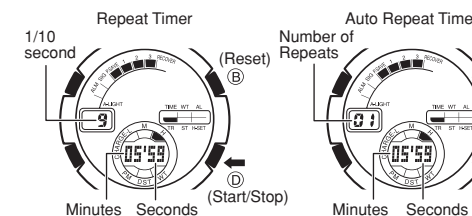
5. After the settings are configured the way you want, press the **A** button.

- This exits the setting screen.
- The watch will also exit the setting screen automatically if you do not perform any operation for about two or three minutes.

Using the Timer

In the Timer Mode, press the **D** button.

- Each press of the **D** button starts or stops the countdown.
- The Repeat Timer counts down in 1/10-second units, while the Auto Repeat Timer counts down in 1-second units.



- Pressing the **B** button while the countdown is stopped resets the display to the start time.
- Pressing the **D** button again while the timer countdown is stopped restarts the countdown.

End of Countdown

The watch beeps for 10 seconds when the end of the countdown is reached.

- Pressing any button while the beeper is sounding stops it.

10. When all of the settings are the way you want, press the **A** button.

- This exits the setting screen.
- The display also will exit the setting screen 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 automatically adjusts its analog setting to match.

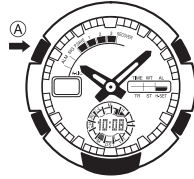
- When adjusting the analog time, the hands move clockwise.
- Depending on how many hours different the digital and analog time settings are, it may take some time for the analog hand setting procedure to be finished.

Adjusting the Analog Time Setting

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

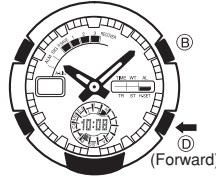
1. In the Hand Setting Mode, hold down the **A** button for about one second.

- This will cause the hour and minute setting of the digital time to flash on the display.



2. Use the **D (+)** button to adjust the hour and minute hands so they match the digital time.

- Each press of the **D** button moves the hands 20 seconds clockwise.
- Holding down the **D** button moves the hands at high speed.



High-speed Lock

- While holding down the **D** button to start high-speed clockwise movement of the hands, press the **B** button to lock the high-speed hand movement. You can then release the buttons.
- High-speed hand movement will continue until it completes a 12-hour cycle, or until you press any button to stop it.
- High-speed hand movement will also stop momentarily if an alarm starts to sound. High-speed movement will resume after the alarm stops.

3. When the setting is the way you want, press the **A** button.

- This exits the setting screen and automatically synchronizes the minute hand with the current seconds count.
- The display also will exit the setting screen automatically if you do not perform any operation for about two or three minutes.