

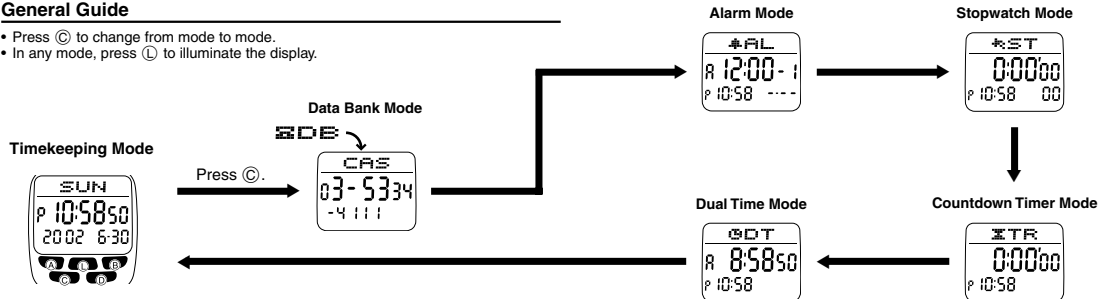
About This Manual



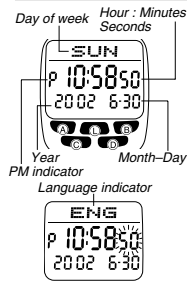
- Button operations are indicated using the letters shown in the illustration.
- Each section of this manual provides you with the information you need to perform operations in each mode. Further details and technical information can be found in the "Reference" section.

General Guide

- Press (C) to change from mode to mode.
- In any mode, press (L) to illuminate the display.



Timekeeping

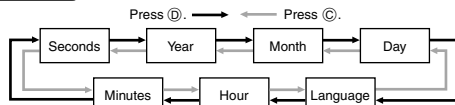


Use the Timekeeping Mode to set the time and date. You can also view the Data Bank Mode screen from the Timekeeping Mode.

Note
This watch is capable of displaying text for the day of the week in any one of 13 different languages (English, Portuguese, Spanish, French, Dutch, Danish, German, Italian, Swedish, Polish, Romanian, Turkish, and Russian).

To set the time and date

1. In the Timekeeping Mode, hold down (A) until the seconds start to flash, which indicates the setting screen.
2. Use (D) and (C) to move the flashing in the sequence shown below to select other settings.



- The currently selected language indicator flashes on the display while the Language (setting) is selected in the above sequence.
3. When the setting you want to change is flashing, use (B) to change it as described below.

To change this setting	Perform this button operation
Seconds	Press (B) to reset to 00.
Year, Month, Day, Hour, Minutes	Use (B) to increase the setting.
Language	Use (B) to change the language setting.

- While the language indicator is flashing on the display, use (B) to cycle through the language indicators as shown below, until the one for the language you want to select is displayed.

Indicator	Language	Indicator	Language	Indicator	Language
ENG	English	DAN	Danish	ROM	Romanian
POR	Portuguese	DEU	German	TUR	Turkish
ESP	Spanish	ITA	Italian	PYC	Russian
FRA	French	SWE	Swedish		
NED	Dutch	POL	Polish		

4. Press (A) to exit the setting screen.
- The day of the week is automatically displayed in accordance with the date (year, month, and day) settings.
 - See the "Day of the Week List" for information on abbreviations used.
 - In addition to the day of the week display, the language setting also affects the type of characters you can input for the name in the Data Bank Mode.
 - Holding down (A) in the Timekeeping Mode displays the indicator for the currently selected language. Keeping (A) depressed for one or two seconds changes to the Timekeeping Mode setting screen (indicated by the seconds flashing). If you accidentally display the setting screen, press (A) again to exit.

To toggle between 12-hour and 24-hour timekeeping

In the Timekeeping Mode, press (D) to toggle between 12-hour timekeeping (indicated by **A** or **P** on the display), or 24-hour timekeeping.

- With the 12-hour format, the **P** (PM) indicator appears on the display for times in the range of noon to 11:59 p.m. and the **A** (AM) indicator appears for times in the range of midnight to 11:59 a.m.
- With the 24-hour format, times are displayed in the range of 0:00 to 23:59, without any indicator.
- The 12-hour/24-hour timekeeping format you select in the Timekeeping Mode is applied in all modes.

Daylight Saving Time (DST)

Daylight Saving Time (summer time) advances the time setting by one hour from Standard Time. Remember that not all countries or even local areas use Daylight Saving Time.

To toggle the Timekeeping Mode time between DST and Standard Time



Holding down (D) for about two seconds in the Timekeeping Mode toggles between Daylight Saving Time (DST display) and Standard Time (DST not displayed).

- Note that pressing (D) in the Timekeeping Mode also toggles between 12-hour timekeeping and 24-hour timekeeping.
- The DST indicator appears on the display to indicate that daylight saving time is turned on.

To display the Data Bank screen in the Timekeeping Mode

Holding down (B) displays the record you were viewing when you last used the Data Bank Mode.



Data Bank Screen

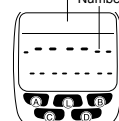
Data Bank

The Data Bank Mode lets you store up to 30 records, each containing name and telephone number data. Records are automatically sorted based on the characters of the name. You can recall records by scrolling through them on the display.

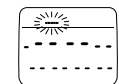
- The characters you can input for the name depend on the language you select in the Timekeeping Mode. See "To set the time and date" for more information. Changing the language setting does not affect names that are already stored.
- See "Sort Table" for details on how the watch sorts records.
- All of the operations in this section are performed in the Data Bank Mode, which you enter by pressing (C).

To create a new Data Bank record

1. In the Data Bank Mode, press (D) to display the new data screen.
 - If the new data screen does not appear when you press (D), it means that memory is full. To store another record, you will first have to delete some of the records stored in memory.
2. Hold down (A) until the flashing cursor (—) appears in the name area of the display.
3. In the name area, use (B) to cycle through characters at the cursor position. The characters cycle in the sequence shown below.

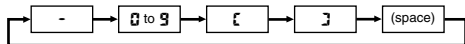


New Data Screen



- The above character sequence is for English input. See "Character List" for the character sequences of other languages.
4. When the character you want is at the cursor position, press (D) to move the cursor to the right.
 5. Repeat steps 3 and 4 until the name is complete.
 - You can input up to eight characters for the name.
 6. After you input the name, press (D) as many times as necessary to move the cursor to the number area.
 - When the cursor is located at the eighth space of the name area, moving the cursor to the right causes it to jump to the first digit of the number. When the cursor is at the 15th digit of the number, moving it to the right (by pressing (D)) causes it to jump to the first character in the name.
 - Pressing (D) moves the cursor the right, while (C) moves it to the left.

- In the number area, use **(B)** to cycle through numbers and symbols (hyphen, brackets, space) at the cursor position. The characters cycle in the sequence shown below.



- When the character you want is at the cursor position, press **(D)** to move the cursor to the right.
- Repeat steps 7 and 8 until you complete number input.
 - You can input up to 15 digits for the number.
 - The number initially contains all hyphens. You can leave the hyphens as they are or replace them with numbers or other symbols (brackets, space).
- Press **(A)** to store your data and return to the Data Bank record screen (without the cursor).
- When you press **(A)** to store data, the name and number you input flash for about one second as Data Bank records are sorted. After the sort operation is complete, the Data Bank record screen appears.
- The name can show only three characters at a time, so longer text scrolls continuously from right to left. The last character is indicated by the symbol **◀** after it.

To recall Data Bank records

- In the Data Bank Mode, use **(B)** to scroll through Data Bank records on the display.
- Pressing **(B)** while the last Data Bank record is on the display displays the new data screen.

To edit a Data Bank record

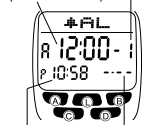
- In the Data Bank Mode, use **(B)** to scroll through the records and display the one you want to edit.
- Hold down **(A)** until the flashing cursor appears on the display.
- Use **(D)** (right) and **(C)** (left) to move the flashing to the character you want to change.
- Use **(B)** to change the character.
- After making the changes that you want, press **(A)** to store them and return to the Data Bank record screen.

To delete a Data Bank record

- In the Data Bank Mode, use **(B)** to scroll through the records and display the one you want to delete.
- Hold down **(A)** until the flashing cursor appears on the display.
- Press **(C)** and **(D)** at the same time to delete the record.
 - The message **CLR** appears to indicate that the record is being deleted. After the record is deleted, the cursor appears on the display, ready for input.
- Input data or press **(A)** to return to the Data Bank record screen.

Alarms

Alarm number
Alarm time
(Hour : Minutes)



Timekeeping Alarm date
Mode time (Month-Day)

You can set up to five independent multi-function alarms with hour, minutes, month, and day. When an alarm is turned on, the alarm tone sounds when the alarm time is reached. One of the alarms can be configured as a snooze alarm or a one-time alarm, while the other four are one-time alarms.

- You can also turn on an Hourly Time Signal that causes the watch to beep twice every hour on the hour.
- There are five alarms numbered **1** through **5**. You can configure Alarm **1** as a snooze alarm or a one-time alarm. Alarms **2** through **5** can be used as one-time alarms only.
 - Alarm settings (and Hourly Time Signal settings) are available in the Alarm Mode, which you enter by pressing **(C)**.

Alarm Types

The alarm type is determined by the settings you make, as described below.

• Daily alarm

Set the hour and minutes for the alarm time. This type of setting causes the alarm to sound everyday at the time you set.

• Date alarm

Set the month, day, hour and minutes for the alarm time. This type of setting causes the alarm to sound at the specific time, on the specific date you set.

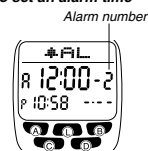
• 1-Month alarm

Set the month, hour and minutes for the alarm time. This type of setting causes the alarm to sound everyday at the time you set, only during the month you set.

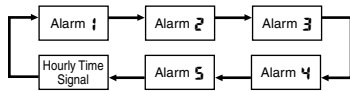
• Monthly alarm

Set the day, hour and minutes for the alarm time. This type of setting causes the alarm to sound every month at the time you set, on the day you set.

To set an alarm time



- In the Alarm Mode, use **(B)** to scroll through the alarm screens until the one whose time you want to set is displayed.



- Each of the five alarm screens has an alarm number. The hourly time signal screen does not have an alarm number.
- After you select an alarm, hold down **(A)** until the hour setting of the alarm time starts to flash, which indicates the setting screen.
 - This operation automatically turns on the alarm.

- Use **(D)** and **(C)** to move the flashing in the sequence shown below to select other settings.



- While a setting is flashing, use **(B)** to increase it.

- To set an alarm that does not include a month (Daily alarm, Monthly alarm), set -- for the month. Use **(B)** until the -- mark appears (between 12 and 1) while month setting is flashing.
- To set an alarm that does not include a day (Daily alarm, 1-Month alarm), set -- for the day. Use **(B)** until the -- mark appears (between the end of the month and 1) while the day setting is flashing.
- When setting the alarm time using the 12-hour format, take care to set the time correctly as a.m. (**A** indicator) or p.m. (**P** indicator).

- Press **(A)** to exit the setting screen.

Alarm Operation

The alarm tone sounds at the preset time for 10 seconds, regardless of the mode the watch is in. In the case of the snooze alarm, the alarm operation is performed a total of seven times, every five minutes, until you turn the alarm off or change it to a one-time alarm.

- Pressing any button stops the alarm tone operation.
- Performing any one of the following operations during a 5-minute interval between snooze alarms cancels the current snooze alarm operation.
 - Displaying the Timekeeping Mode setting screen
 - Displaying the alarm **1** setting screen

To test the alarm

- In the Alarm Mode, hold down **(D)** to sound the alarm.
- Note that pressing **(D)** to test the alarm also cycles through the alarm and hourly time signal settings.

To turn Alarms 2 through 5 and the hourly time signal on and off

Hourly time signal on indicator



Alarm on indicators

- In the Alarm Mode, use **(B)** to select a one-time alarm (alarm number **2** through **5**) or the Hourly Time Signal.
- Press **(D)** to toggle it on and off.
 - The on/off status of Alarms **2** through **5** is shown by indicators along the bottom of the displays (**al2** through **al5**). The **SIG** indicator shows the on (**SIG** displayed)/off (**SIG** not displayed) status of the hourly time signal.
 - The alarm on indicators and hourly time signal indicator are displayed in all modes.
 - While an alarm is sounding, the applicable alarm on indicator flashes on the display.

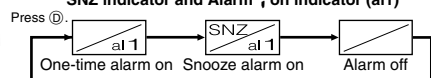
To select the operation of Alarm 1

- In the Alarm Mode, use **(B)** to select Alarm **1**.
- Press **(D)** to cycle through the available settings in the sequence shown below.

SNZ indicator and Alarm 1 on indicator (al1)



Alarm 1 on indicator



- The **SNZ** indicator and Alarm **1** on indicator (**al1**) are displayed in all modes.
- The **SNZ** indicator flashes during the 5-minute intervals between alarms.
- The alarm indicator (**al1** and/or **SNZ**) flashes while the alarm is sounding.

Stopwatch

Minutes
Hours Seconds



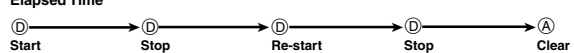
Timekeeping Mode time
1/100 second

The stopwatch lets you measure elapsed time, split times, and two finishes.

- The display range of the stopwatch is 23 hours, 59 minutes, 59.99 seconds.
- The stopwatch continues to run, restarting from zero after it reaches its limit, until you stop it.
- The stopwatch measurement operation continues even if you exit the Stopwatch Mode.
- Exiting the Stopwatch Mode while a split time is frozen on the display clears the split time and returns to elapsed time measurement.
- All of the operations in this section are performed in the Stopwatch Mode, which you enter by pressing **(C)**.

To measure times with the stopwatch

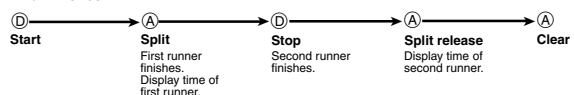
Elapsed Time



Split Time



Two Finishes



Countdown Timer

Minutes
Hours Seconds



Timekeeping Mode time

The countdown timer can be set within a range of one minute to 24 hours. An alarm sounds when the countdown reaches zero.

- Countdown timer functions are available in the Countdown Timer Mode, which you enter by pressing **(C)**.

To set the countdown start time

- In the Countdown Timer Mode, hold down **(A)** until the hour setting of the countdown start time starts to flash, which indicates the setting screen.
- Press **(C)** or **(D)** to move the flashing between the hour and minute settings.

- While a setting is flashing, use **(B)** to increase it.
- To set the starting value of the countdown time to 24 hours, set **0:00**.
- Press **(A)** to exit the setting screen.

To use the countdown timer

- Press **(D)** while in the Countdown Timer Mode to start the countdown timer.
- When the end of the countdown is reached, the alarm sounds for 10 seconds or until you stop it by pressing any button. The countdown time is automatically reset to its starting value after the alarm stops.
 - Press **(D)** while a countdown operation is in progress to pause it. Press **(D)** again to resume the countdown.
 - To completely stop a countdown operation, first pause it (by pressing **(D)**), and then press **(A)**. This returns the countdown time to its starting value.
 - The countdown timer measurement operation continues even if you exit the Countdown Timer Mode.

Dual Time

Dual time
(Hour : Minutes Seconds)



Timekeeping Mode time

The Dual Time Mode lets you keep track of time in a different time zone. You can select Standard Time or Daylight Saving Time for the Dual Time Mode time, and a simple operation lets you view the Data Bank Mode screen.

- The seconds count of the Dual Time is synchronized with the seconds count of the Timekeeping Mode.
- All of the operations in this section are performed in the Dual Time Mode, which you enter by pressing **(C)**.

To set the Dual Time

- In the Dual Time Mode, hold down **(A)** until the hour setting starts to flash, which indicates the setting screen.
- Press **(C)** or **(D)** to move the flashing between the hour and minute settings.
- While a setting is flashing, use **(B)** to increase it.
- Press **(A)** to exit the setting screen.

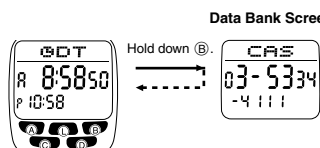
To toggle Dual Time Mode time between DST and Standard Time

Holding down **(D)** for about two seconds in the Dual Time Mode toggles between Daylight Saving Time (DST display) and Standard Time (DST not displayed).

- The DST indicator on the display indicates that daylight saving time is turned on.

To display the Data Bank screen in the Dual Time Mode

Holding down **(B)** displays the record you were viewing when you last used the Data Bank Mode.



Backlight

Auto light switch on indicator



The backlight uses an LED (light-emitting diode) and a light guide panel that causes the entire display to glow for easy reading in the dark. The watch's auto light switch automatically turns on the backlight when you angle the watch towards your face.

- The auto light switch must be turned on (indicated by the auto light switch on indicator) for it to operate.
- See "Backlight Precautions" for other important information about using the backlight.

To turn on the backlight manually

- In any mode, press **(L)** to illuminate the display for about one second.
- The above operation turns on the backlight regardless of the current auto light switch setting.

About the Auto Light Switch

Turning on the auto light switch causes the backlight to turn on for about one second, whenever you position your wrist as described below in any mode.

Moving the watch to a position that is parallel to the ground and then tilting it towards you more than 40 degrees causes the backlight to turn on.



Warning!

- Always make sure you are in a safe place whenever you are reading the display of the watch using the auto light switch. Be especially careful when running or engaged in any other activity that can result in accident or injury. Also take care that sudden illumination by the auto light switch does not surprise or distract others around you.
- When you are wearing the watch, make sure that its auto light switch is turned off before riding on a bicycle or operating a motorcycle or any other motor vehicle. Sudden and unintended operation of the auto light switch can create a distraction, which can result in a traffic accident and serious personal injury.

To turn the auto light switch on and off

In the Timekeeping Mode, hold down **(L)** for about two seconds to toggle the auto light switch on (light icon displayed) or off (light icon not displayed).

- In order to protect against running down the battery, the auto light switch is automatically turned off approximately six hours after you turn it on. Repeat the above procedure to turn the auto light switch back on if you want.
- The auto light switch on indicator (light icon) is on the display in all modes while the auto light switch is turned on.

Reference

This section contains more detailed and technical information about watch operation. It also contains important precautions and notes about the various features and functions of this watch.

Auto Display



Auto Display continually changes the contents of the digital display.

To turn off Auto Display

Press any button (except for **(L)** and **(B)**) to turn off Auto Display. This returns to the Timekeeping Mode.

To turn on Auto Display

- Hold down **(C)** for about two seconds until the watch beeps.
- Note that Auto Display cannot be performed while a setting screen is on the display.

Auto Return Features

- After you perform any button operation (except for the backlight button) in any mode, pressing **(C)** returns directly to the Timekeeping Mode.
- If you leave the watch in the Data Bank Mode for two or three minutes without performing any operation, it automatically changes to the Timekeeping Mode.
- If you leave a screen with flashing digits or a cursor on the display for two or three minutes without performing any operation, the watch automatically saves any settings you have made up to that point and exits the setting screen.

Scrolling

The **(B)**, **(C)**, and **(D)** buttons are used in various modes and setting screens to scroll through data on the display. In most cases, holding down these buttons during a scroll operation scrolls through the data at high speed.

Initial Screens

When you enter the Data Bank or Alarm Mode, the data you were viewing when you last exited the mode appears first.

Timekeeping

- Resetting the seconds to **00** while the current count is in the range of 30 to 59 causes the minutes to be increased by 1. In the range of 00 to 29, the seconds are reset to **00** without changing the minutes.
- The year can be set in the range of 2000 to 2039.
- The watch's built-in full automatic calendar makes allowances for different month lengths and leap years. Once you set the date, there should be no reason to change it except after you have the watch's battery replaced.

Backlight Precautions

- The illumination provided by the backlight may be hard to see when viewed under direct sunlight.
- The backlight automatically turns off whenever an alarm sounds.
- Frequent use of the backlight shortens the battery life.

Auto light switch precautions

- Wearing the watch on the inside of your wrist and movement or vibration of your arm can cause the auto light switch to activate and illuminate the display. To avoid running down the battery, turn off the auto light switch whenever engaging in activities that might cause frequent illumination of the display.

More than 15 degree too high



- Static electricity or magnetic force can interfere with proper operation of the auto light switch. If the backlight does not light, try moving the watch back to the starting position (parallel with the ground) and then tilt it back toward you again. If this does not work, drop your arm all the way down so it hangs at your side, and then bring it back up again.
- Under certain conditions, the backlight may not light until about one second after you turn the face of the watch towards you. This does not necessarily indicate malfunction of the backlight.

Day of the Week List

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ENG	SUN	MON	TUE	WED	THU	FRI	SAT
POR	DOM	SEG	TER	QUA	QUI	SEX	SAB
ESP	DOM	LUN	MAR	MIÉ	JUE	VIE	SÁB
FRA	DIM	LUN	MAR	MER	JEU	VEN	SAM
NED	ZON	MAA	DIN	WOE	DON	VRI	ZAT
DAN	SØN	MAN	TIR	ONS	TOR	FRE	LØR
DEU	SON	MON	DIE	MIT	DON	FRE	SAM
ITA	DOM	LUN	MAR	MER	GIO	VEN	SAB
SVE	SØN	MÅN	TIS	ONS	TOR	FRE	LØR
POL	NIE	PON	WTO	ŚRO	CZW	PIĄ	SOB
ROM	DUM	LUN	MAR	MIE	JOI	VIN	SÂM
TUR	PAZ	PZT	SAL	ŞAR	PER	CUM	CTS
PYC	BC	PH	BT	CP	ЧТ	ПТ	СБ

