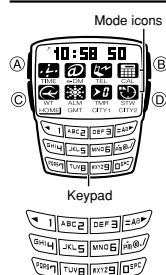
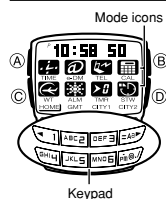


## About This Manual



- The display of this watch uses two LCD panels that make it possible to display mode icons, numbers formed with segments, dot matrix characters, etc.
- Button operations are indicated using the letters shown in the illustration. Keypad keys are indicated by their main keypad markings within square brackets in bold, such as [2].
- 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



- The first thing you need to do when using this watch is to enter the proper mode. To select a mode, first display the Mode Menu screen (by pressing [C]), and then press the keypad key that corresponds to the mode you want.
- Each mode is identified by a mode icon on the Mode Menu. For easy understanding, mode icons are arranged on the Mode Menu in the same relative positions as the keypad keys you need to press to enter the modes.
- When you enter a mode, the corresponding mode icon flashes on the display for about two seconds. After that, the mode screen appears on the display.

### Note

Pressing [C] while the Mode Menu is on the display toggles the key input tone on and off.

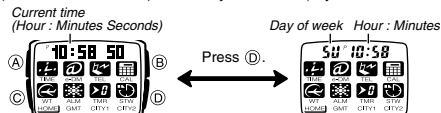
Mode	Key	Mode Icon	Mode	Key	Mode Icon
Timekeeping Mode	[1]		World Time Mode	[4]	
e-DATA MEMORY Mode	[2]		Alarm Mode	[5]	
Telememo Mode	[3]		Countdown Timer Mode	[6]	
Calculator Mode	[=]		Stopwatch Mode	[pm]	

- To exit any mode and return to the Mode Menu, press [C].
- In any mode, press [B] to illuminate the display.

## Mode Menu

The Mode Menu is a screen that gives you access to the watch's different modes. The Mode Menu also displays the current time in your Home City, or in another zone that you select, and you can use it to turn the input tone on and off.

- While the Mode Menu is on the display, press [D] to toggle between the current time screen (hour, minutes, seconds) and the day/time screen (day of the week, hour, minutes).



### Important!

The current time that appears on the Mode Menu screen is based on the Home City you select in the Timekeeping Mode. If the current time is not correct, enter the Timekeeping Mode and set the correct time for your Home City.

### Displaying the Current Time

Normally, the current time in your Home City is shown at the top of the Mode Menu. A simple operation lets you display the current time in another city, or Greenwich Mean Time.



**Time Zone Indicators**  
Indicators along the bottom of the Mode Menu show the various types of time zones you can select. There are actually four different time zone indicators.

- The currently selected zone is underlined on the display by " \_".

Indicator	Meaning
HOME	Home City
GMT	Greenwich Mean Time
CITY1	City selected by you
CITY2	City selected by you

- You can select cities for CITY1 and CITY2 in the Timekeeping Mode.

### To select a time zone on the Mode Menu



While the Mode Menu is on the display, hold down the keypad key that corresponds to the time zone you want to select until " \_" appears under its indicator. See the table below for information about which key you should hold down.

- Note that the arrangement of the keys in the bottom row of the keypad matches that of the indicators along the bottom of the Mode Menu.

Indicator	Key
HOME	[7]
GMT	[8]
CITY1	[9]
CITY2	[0]

### Note

- The zone you select with the above operation remains selected until you select another zone or you exit the Mode Menu. The initial default zone when you display the Mode Menu is always HOME.

### To switch the input tone on and off

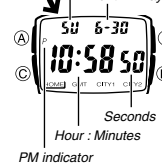
- While the Mode Menu is on the display, press [C] to toggle the input tone on and off.
- The input tone on/off setting is applied to all modes, except the Stopwatch Mode.

## Timekeeping



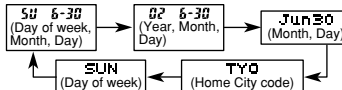
You can use the Timekeeping Mode to configure time and date settings, and to display the current time in another time zone.

- All of the operations in this section are performed in the Timekeeping Mode, which you enter by pressing [1] while the Mode Menu is on the display.



### To select the top line information

While in the Timekeeping Mode, press [D] to cycle through the type of information you can display in the top line, as shown below.



- The following shows the month names used by the watch.

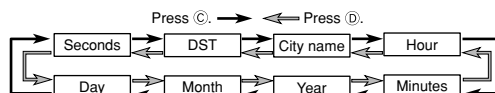
Month	1	2	3	4	5	6
Displayed name	JAN	FEB	MAR	APR	MAY	JUN
Month	7	8	9	10	11	12
Displayed name	JUL	AUG	SEP	OCT	NOV	DEC

### Read This Before You Set the Time and Date!

The times displayed in the Timekeeping Mode and World Time Mode, and on the Mode Menu are linked. Because of this, make sure you select a city name for your Home City (the city where you normally use the watch) before you set the time and date.

### To set the time and date

- In the Timekeeping Mode, make sure that " \_" is located under HOME in the indicators along the bottom of the screen.
  - If it isn't, hold down [7] for about one second until " \_" appears under HOME.
- Hold down [A] until the SECONDS start to flash, which indicates the setting screen.
- Press [C] or [D] to move the flashing in the sequence below to select other settings.



- When the setting you want to change is flashing, use the keypad keys to change it as described below.
  - You must input separate values for each of the two digits of the hour, minutes, year, month, and day settings. If you want to specify 3 o'clock, for example, input 03 for the hour. With the year setting, you can input values for the two rightmost digits.

Screen	To do this:	Do this:
00	Reset the seconds to 00	Press [0].
DST ON	Toggle between Daylight Saving Time (DST ON) and Standard Time (DST OFF)	Press [1] or [=].
TOKYO	Change the city name	<ul style="list-style-type: none"> <li>Use keypad keys [2] through [9].</li> <li>Use [=] (forward) and [1] (back) to scroll through city names.</li> </ul>
10:58:50	Change the hour or minutes	Input values on the keypad keys. The flashing moves to the right each time you input a value.
02 6-30	Change the year, month or day	

\* [2] = ABUDHABI, [3] = DAKAR, [4] = GMT, [5] = JAKARTA, [6] = MADRID, [7] = PANAMA, [8] = TAIPEI, [9] = WARSAW

- For information on city names, see the "City Code Table". City names displayed by this watch are shortened to eight or fewer characters.
- While any selection is flashing, press [B] to toggle between 12-hour format (A or P indicator appears) and 24-hour format (no indicator).
- While the hour, minutes, year, month, or day is flashing, press [pm] to toggle between AM (A indicator appears) and PM (P indicator appears).
- Press [A] to exit the setting screen.
- The 12-hour/24-hour timekeeping format you select in the Timekeeping Mode is applied in all modes.
- The day of the week is automatically displayed in accordance with the date (year, month, and day) settings.

## 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

- In the Timekeeping Mode, make sure that "DST" is located under HOME in the indicators along the bottom of the screen.
    - If it isn't, hold down [7] for about one second until "DST" appears under HOME.
  - Hold down [A] until the seconds start to flash, which indicates the setting screen.
  - Press [C] to display the DST setting screen.
4. Press [1] or [=] to toggle between Daylight Saving Time (DST On) and Standard Time (DST Off).
- Note that you cannot switch between Standard Time and Daylight Saving Time while GMT is selected as the Home City name.
5. Press [A] to exit the setting screen.
- The DST indicator appears on the display to indicate that Daylight Saving Time is turned on.



### To display the current time in another time zone

- In the Timekeeping Mode, hold down the keypad key that corresponds to the time zone whose time you want to view, until "\_\_\_" appears under its indicator. See the table below for information about which key you should hold down.
- See "Time Zone Indicators" for more information about the zone indicators.



Indicator	Key
HOME	[7]
GMT	[8]
CITY1	[9]
CITY2	[0]



- When you select a zone, the city name appears momentarily in the top line of the screen. After a short while, the city name is replaced by the top line information you last selected.

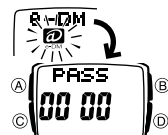
### To specify CITY1 and CITY2 cities

- In the time zones along the bottom of the Timekeeping Mode screen, select CITY1 or CITY2.
    - See "To display the current time in another time zone" for more information.
  - Hold down [A] until the current time starts to flash. This is the setting screen.
3. Use keypad keys [2] through [9] to jump to the city name for that button. Next, use [=] (forward) and [1] (back) to scroll through city names until the one you want is displayed.
- [2] = ABU DHABI, [3] = DAKAR, [4] = GMT, [5] = JAKARTA, [6] = MADRID, [7] = PANAMA, [8] = TAIFEI, [9] = WARSAW
  - City names appear in alphabetical order.
  - For full information on city names, see the "City Code Table".
4. After displaying the name of the city you want to select, press [C] or [D] to change to the DST setting screen, which shows either DST On or DST Off.
- Pressing [C] or [D] returns to the city name setting screen.
5. Press [1] or [=] to toggle between Daylight Saving Time (DST On) and Standard Time (DST Off).
6. Press [A] to exit the setting screen.



## e-DATA MEMORY

- You can use the watch's e-DATA MEMORY to store e-mail addresses, Web page URLs, and other text data. e-DATA MEMORY contents are password protected, which means that no one can view, input, edit, or delete them without inputting the correct password.
- All of the operations in this section are performed in the e-DATA MEMORY Mode, which you enter by pressing [2] while the Mode Menu is on the display.



### Important!

- Entering the e-DATA MEMORY Mode causes a Password screen to appear. Input the correct password to access e-DATA MEMORY data.
- The initial factory default password is "0000", which allows free access to e-DATA MEMORY data without input of a password.
- The figures 0000 on the Password screen indicate that the current password setting is "0000". When another password is set, the - - - is displayed with the first digit flashing in place of 0000. This is the Password Input screen.
- When the password is "0000", you can access e-DATA MEMORY data by pressing [D], without inputting a password. Pressing [D] displays an e-DATA MEMORY record screen or remaining memory screen. After that you can recall, edit, and delete e-DATA MEMORY records.

### Using a Password to Protect e-DATA MEMORY Data

You can register a 4-digit password to keep e-DATA MEMORY data secure.

### Important!

- A password of "0000" allows anyone to access e-DATA MEMORY data. It is the same as leaving e-DATA MEMORY data unlocked.
- Use a 4-digit password that is easy for you to remember, but difficult for others to decipher. If you forget the password, you will not be able to access the e-DATA MEMORY data without have the AC operation performed, which resets the password to "0000" without deleting memory data. To have the AC operation performed, contact the store or dealer where you purchased the watch.

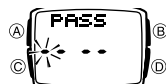
### To register a new password

- While PASS 0000 is on the e-DATA MEMORY Mode screen, hold down [A] for about two seconds until the first (leftmost) digit of the password starts to flash.
- Press a keypad key to input the first digit of the password.
  - This inputs the number whose key you pressed and moves the flashing to the next digit to the right. Input the other three digits of the password.
- Pressing [A] while inputting a new password clears your input and returns to the PASS 0000 screen.
- After all four of the password digits are the way you want, press [D] to register it. This causes PASS - - - - to appear with the first digit flashing. This is the Password Input screen.
- Input the new password again to access e-DATA MEMORY data, or press [C] to return to the Mode Menu.



### To input the password

- When the Password Input screen is on the display, input the password.
  - Use the keypad keys to input all four digits.
  - Pressing [A] while inputting a new password clears your input and returns to the Password Input screen.
- After the password is the way you want, press [D].
  - If the input password matches the one registered, the message PASS OK appears, followed by an e-DATA MEMORY record screen (or the remaining memory screen).
  - If the password does not match, the message PASS ERROR appears, followed by the Password Input screen.



### To change the password

- Enter the e-DATA MEMORY Mode.
- When the Password Input screen appears, hold down [A] for about two seconds until OLD? - - - - appears with the first digit flashing.
- Use the keypad keys to input the password.
- After the password is the way you want, press [D].
  - If the input password matches the one registered, NEW? - - - - appears with the first digit flashing, which is the New Password Input screen.
  - If the password does not match, the message PASS ERROR appears, followed by the current Password Input screen. Return to step 2 and input the correct password.
- Use the keypad keys to input the new password.
- After the new password is the way you want, press [D] to register it.
- This returns to the Password Input screen. Input the password you just registered to access e-DATA MEMORY records. See "To input the password" for more information.



### e-DATA MEMORY Records

e-DATA MEMORY can store up to 50 records, and each record can contain up to 63 characters. Records are stored in alphabetical order. To find a particular record, you can scroll through records on the display, or you can input the first letter of the record text.

- Before you can input, recall, edit or delete an e-DATA MEMORY record, you must first access the data by entering the e-DATA MEMORY Mode.

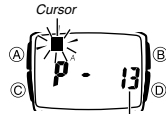
### To create a new e-DATA MEMORY record

- While an e-DATA MEMORY record screen is on the display, press [0] to display the remaining memory screen.
  - The value on the remaining memory screen is the percentage of memory that is still available. It does not indicate the number of records that can be stored.
  - The maximum remaining memory value displayed is 99%, even when memory is empty.
- If Full is shown for remaining memory, it means that memory is full. To store another record, you will first have to delete some of the records stored in memory.



Remaining memory (%)

- Hold down [A] until the flashing cursor appears on the display, which indicates the setting screen.
  - The setting screen also shows the record (page) number that is automatically assigned to the new record.
- Input the text.
  - Use the keyboard keys to input characters. Use [C] (right) and [D] (left) to move the cursor around the display. See "Inputting Text" for more information.



Record (Page) number

- Press [A] to store your data and return to the e-DATA MEMORY record screen (without the cursor).
  - Pressing [A] causes the message SORT to appear as the data is stored for a moment. After that, the e-DATA MEMORY record screen appears.
- Note that the record (page) number of a particular record may change when records are resorted after input of a new record.
- See "Sort Table" for details on how the watch sorts records.

### To recall e-DATA MEMORY records



In the e-DATA MEMORY Mode, use keypad keys [2] through [9] to input the first letter of the record you want to recall.

You can also scroll through records using [=] (forward) and [1] (back).  
 • Pressing a keypad key from [2] through [9] displays the first record whose first character matches the one you input. In this procedure, the letter input keys can input only letters for which there is corresponding data. If you have data starting with the letter "A" and "C" only, for example, each press of [2] cycles between input of "A" and "C" only. "2" and "B" are skipped in this case.

- Pressing the [0] key displays the remaining memory screen.
- Pressing [pm] displays the first record whose text starts with a character that is not an alphabetic character, number, or space.
- You cannot use character input to recall a record whose first character is 0, 1, or a space.
- If there is no record that starts with the character you specify using keys [2] through [9], the message NO RECORD appears for about one second.
- The text can show only five characters at a time, so longer text scrolls continuously from right to left. Scrolling pauses for about one second when the end of the text is reached. Press [0] to stop and restart scrolling.
- Pressing [=] while the last record is on the display or [1] while the first record is on the display displays the remaining memory screen.

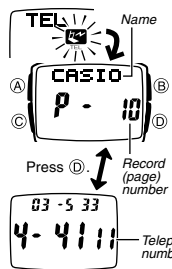
### To edit an e-DATA MEMORY record

1. In the e-DATA MEMORY Mode, display the record you want to edit.
2. Hold down (A) until the flashing cursor appears on the display.
3. Use (C) (right) and (D) (left) to move the flashing to the character you want to change.
  - See "Inputting Text" for more information.
4. Use keypad keys to change the character.
  - See "Inputting Text" for more information.
5. After making the changes you want, press (A) to store them and return to the e-DATA MEMORY record screen.

### To delete an e-DATA MEMORY record

1. In the e-DATA MEMORY Mode, display the record you want to delete.
2. Hold down (A) until the flashing cursor appears on the display.
3. Hold down (B) until the message CLEAR appears on the display.
  - After the record is deleted, the cursor appears on the display.
4. Input data or press (A) to return to the remaining memory screen.

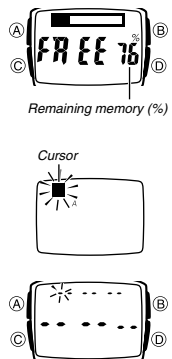
### Telememo



The Telememo Mode lets you store up to 300 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 or by inputting the first character of the name.

- See "Sort Table" for details on how the watch sorts records.
- All of the operations in this section are performed in the Telememo Mode, which you enter by pressing [3] while the Mode Menu is on the display.

### To create a new Telememo record

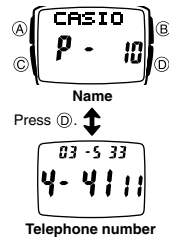


1. In the Telememo Mode, press [0] to display the remaining memory screen.
  - The value on the remaining memory screen is the percentage of memory that is still available. It does not indicate the number of records that can be stored.
  - The maximum remaining memory value displayed is 99%, even when memory is empty.
  - If FULL is shown for remaining memory, 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 on the display. This is the name input screen.
3. Input up to eight characters for the name.
  - Use the keyboard keys to input characters. Use (C) (right) and (D) (left) to move the cursor around the display. See "Inputting Text" for more information.
4. After you input the name, press (C) as many times as necessary to move the cursor to the number input screen.
  - When the cursor is located at the eighth space of the name input screen, moving the cursor to the right causes the number input screen to appear. When the cursor is at the 12th digit of the number input screen, moving it to the right (by pressing (C)) causes the name input screen to appear.

- Pressing (C) moves the cursor the right, while (D) moves it to the left.
- 5. Use the keypad keys to input the telephone number.
  - Use [=] to input a space and [pm] to input a hyphen.
  - The number area initially contains all hyphens. You can leave the hyphens or replace them with numbers or spaces.
  - If you make a mistake while inputting numbers, use (C) and (D) to move the cursor to the location of the error and input the correct data.
- 6. After the contents of the record are the way you want, press (A) to store them.
  - When you press (A) to store the record, the message SORT appears on the display for a moment. After that, the cursor appears in the name input screen, ready for input a new Telememo record.
- 7. Input more records (starting from step 3) or press (A) again to return to the Telememo record screen (without the cursor).
- The record (page) number is automatically assigned whenever you create a new record.

### To recall Telememo records

In the Telememo Mode, use keypad keys [2] through [9] to input the first letter of the name of you want to recall. You can also scroll through records using [=] (forward) and [1] (back).



- Press (D) to toggle between the name and telephone number screens.
- Pressing a keypad key from [2] through [9] displays the first record whose first character matches the one you input. In this procedure, the letter input keys can input only letters for which there is corresponding data. If you have data starting with the letter "A" and "C" only, for example, each press of [2] cycles between input of "A" and "C" only. "2" and "B" are skipped in this case.
- Pressing the [0] key displays the remaining memory screen.
- Pressing the [pm] key displays the first record whose name starts with a character that is not an alphabetic character, number, or space.
- You cannot use character input to recall a record whose first character is 0, 1, or a space.

- If there is no record whose name starts with the character you specify using keys [2] through [9], the message NO RECORD appears for about one second.
- The name display can show only five characters at a time, so longer names scroll continuously from right to left. Scrolling pauses for about one second when the end of the name is reached.
- Pressing [=] while the last Telememo record is on the display, or pressing [1] while the first record is on the display displays the remaining memory screen.

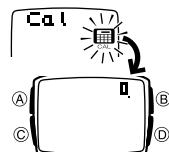
### To edit a Telememo record

1. In the Telememo Mode, display the record you want to edit.
2. Hold down (A) until the flashing cursor appears on the display.
3. Use (C) (right) and (D) (left) to move the flashing to the character you want to change.
  - See "Inputting Text" for more information.
4. Use keypad keys to change the character.
  - See "Inputting Text" for more information.
5. After making the changes you want, press (A) to store them and return to the Telememo record screen.

### To delete a Telememo record

1. In the Telememo Mode, display the record you want to delete.
2. Hold down (A) until the flashing cursor appears on the display.
3. Hold down (B) until the message CLEAR appears on the display.
  - After the record is deleted, the cursor appears on the display.
4. Input data or press (A) to return to the remaining memory screen.

### Calculator



The Calculator Mode lets you perform addition, subtraction, multiplication, and division using 8-digit values (7 digits for negative values, because one digit is used by the minus sign).

- All of the operations in this section are performed in the Calculator Mode, which you enter by pressing [=] while the Mode Menu is on the display.

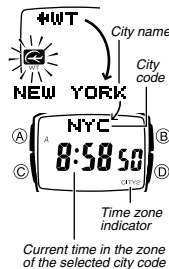
### To use the calculator

Use the keypad keys and the (D) button to input the calculation you want to perform, and then press [=] to calculate the result. Be sure to press (A) to clear the calculator before beginning each calculation.

- Use the keypad keys to input values. Press [pm] to input a decimal point.

- Use (D) to input an arithmetic operator. Each press of (D) cycles through operators in the following sequence: + → - → × → ÷ → + → -, etc.
- If the result of a calculation exceeds 8 digits, an E (error) indicator appears on the display. You can press (A) and continue with the calculation using the most significant eight digits of the current value, if you want.

### World Time



World Time shows the current time in 100 cities\* (26 time zones) around the world.

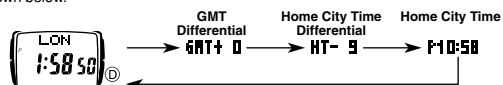
\*Also included in the 100 cities are the U.S. time zones: Central (CST), Mountain (MST), Pacific (PST), and Eastern (EST), and Greenwich Mean Time (GMT).

- When the city (or time zone) that is currently selected in the World Time Mode is inside one of the time zone indicator zones, the corresponding time zone indicator appears. See "Displaying the Current Time" for more information.
- All of the operations in this section are performed in the World Time Mode, which you enter by pressing [4] while the Mode Menu is on the display.

### To view the time in another city code

In the World Time Mode, use keypad keys [2] through [9] to jump to the following city names: ABUDHABI, DUBAI, GMT, JAKARTA, MADRID, PANAMA, TAIFEI, WARSAW. Pressing [0] displays your Home City. Next, use [=] (forward) and [1] (reverse) to scroll through city names until the one you want is displayed.

- Pressing (D) cycles the information in the top line of the screen in the sequence shown below.



- World Time Mode city names are arranged in alphabetic order.
- For full information on city names and city codes, see the "City Code Table".
- If the current time shown for a city is wrong, check your Timekeeping Mode time and Home City name settings and make the necessary changes.

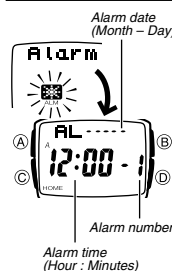
### To toggle a city code time between Standard Time and Daylight Saving Time



- In the World Time Mode, display the city code (time zone) whose Standard Time/Daylight Saving Time setting you want to change.
- Hold down (A) for about two seconds to toggle between Daylight Saving Time (DST displayed) and Standard Time (DST not displayed).

- The DST indicator is on the display whenever you display a city code for which Daylight Saving Time is turned on.
- Note that the DST/Standard Time setting affects only the currently displayed city code. Other city codes are not affected.
- Note that you cannot switch between Standard Time and Daylight Saving Time while CHT is selected as the city code.

### Alarms



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 is a snooze alarm, while the other four are one-time alarms. You can also input reminder text.

- You can turn on an Hourly Time Signal that causes the watch to beep twice every hour on the hour.
- There are five alarm screens numbered 1 through 4 for the one-time alarm, a snooze alarm screen indicated by 5n. The Hourly Time Signal screen is indicated by :00.
  - All of the operations in this section are performed in the Alarm Mode, which you enter by pressing [5] while the Mode Menu is on the display.
  - Holding down the [7] keypad key in the Alarm Mode displays the Timekeeping Mode time in the top line of the screen.

### 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.

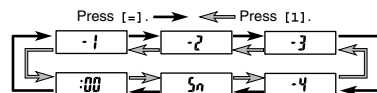
#### • Monthly alarm

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 [=] and [1] to scroll through the alarm screens until the one whose time you want to set is displayed.



- To set a one-time alarm, display one of the screens indicated by an alarm number from -1 through -4. To set the snooze alarm, display the screen indicated by 5n.
- After you select an alarm, hold down (A) until the left hour digit of the alarm time starts to flash, which indicates the setting screen.
  - This operation automatically turns on the alarm.
  - Use (C) and (D) to move the flashing in the sequence shown below to select other settings.



- Selecting the text causes the text input cursor (■) to appear. There are eight spaces in the text, so you have to press (C) eight times to move to the Hour setting.
- While a setting is flashing, use the keys and buttons to change it as described below.

Screen	To do this:	Do this:
AL..... 12:00	Change the hour and minutes	Use the keypad to input values.
AL0?.... 3:00	Change the month and day	Use the keypad to input values. • To set an alarm that does not include a month and/or day, leave the month or day settings as --, or press [pm] to input --. Next, press (C) to advance to the next setting.
■ 3:00	Input reminder text	• Use keypad keys to input characters. • Use (C) and (D) to move the cursor. • See "Inputting Text".

- You must input separate values for each of the two digits of the hour, minutes, month, and day settings.
- While hour or minutes is flashing, press [pm] to toggle between AM (A indicator appears) and PM (P indicator appears).
- Holding down (B) for about one second while inputting reminder text clears the currently input reminder text.

#### One-time alarm on indicator



- Press (A) to exit the setting screen.
- Pressing (D) toggles the top line of the alarm screen between the alarm date and the reminder text.
- Reminder text appears on the Alarm Mode screen only. If the reminder text is more than five characters long, it scrolls from right to left when displayed.

### Alarm Operation

The alarm sounds at the preset time for about 20 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.

- Pressing any button or key 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 5n setting screen

### To test the alarm

In the Alarm Mode, hold down (D) to sound the alarm.

### To turn an alarm on and off

- In the Alarm Mode, use [=] and [1] to select an alarm.
  - Press (A) to toggle it on and off.
- Turning on a one-time alarm (1 through 4) displays the one-time alarm on indicator (■■■) on its Alarm Mode screen. Turning on the snooze alarm displays the snooze alarm on indicator (■■■■) on its Alarm Mode screen.
  - The applicable alarm on indicator (■■■) or (■■■■) is displayed in all modes when an alarm is turned on.
  - The applicable alarm on indicator (■■■) or (■■■■) flashes while the alarm is sounding.
  - The SNZ indicator flashes during the 5-minute intervals between alarms.

### To turn the Hourly Time Signal on and off

- In the Alarm Mode, use [=] and [1] to select the Hourly Time Signal (:00).
  - Press (A) to toggle it on (Δ displayed) and off (Δ not displayed).
- The Hourly Time Signal on indicator (Δ) is shown on the display in all modes while this function is turned on.

### Countdown Timer



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

- You can also select auto-repeat, which automatically restarts the countdown from the original value you set whenever zero is reached.
- The countdown timer measurement operation continues even if you exit the Countdown Timer Mode.
- All of the operations in this section are performed in the Countdown Timer Mode, which you enter by pressing [6] while the Mode Menu is on the display.
- Holding down the [7] keypad key in the Countdown Timer Mode displays the Timekeeping Mode time in the top line of the screen.

### To set the countdown start time

- In the Countdown Timer Mode, hold down (A) until the left hour digit of the countdown start time starts to flash, which indicates the setting screen.
- Use the keypad keys to input the countdown start time.
  - You can also use (C) and (D) to move the flashing between the digits.
  - To set the start time to 24 hours, set 00:00.
- Press (A) to exit the setting screen.

### To use the countdown timer

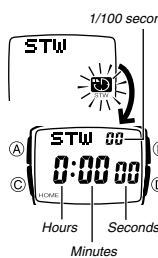
- Press (D) while in the Countdown Timer Mode to start the countdown timer.
- When the end of the countdown is reached and auto-repeat is turned off, the alarm sounds for 10 seconds or until you stop it by pressing any button. The countdown time is automatically reset to its starting value after the 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.

### To turn auto-repeat on and off

#### Auto-repeat on indicator

- In the Countdown Timer Mode, hold down (A) until the left hour digit of the countdown start time starts to flash, which indicates the setting screen.
  - Press (B) to toggle auto-repeat on (TRF displayed) and off (TRF displayed).
  - Press (A) to exit the setting screen.
- When auto-repeat is turned on, the alarm sounds and countdown starts again whenever the countdown reaches zero. You can stop the countdown by pressing (D) and manually reset to the countdown start time by pressing (A).
  - Frequent use of auto-repeat and the alarm shortens the battery life.

### Stopwatch



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 [pm] while the Mode Menu is on the display.
- Holding down the [7] keypad key in the Stopwatch Mode displays the Timekeeping Mode time in the top line of the screen.

### To measure times with the stopwatch

#### Elapsed Time



#### Split Time



#### Two Finishes



### Backlight

#### Auto light switch on indicator



The backlight uses an EL (electro-luminescent) 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.

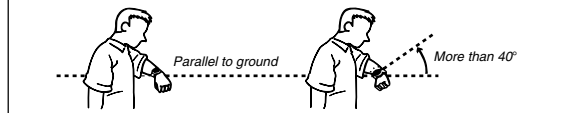
#### To turn on the backlight manually

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

- While the Mode Menu or Timekeeping Mode screen is on the display, hold down (D) for about two seconds to toggle the auto light switch on (AFL displayed) and off (AFL not displayed).
- The auto light switch on indicator (AFL) is on the display in all modes while the auto light switch is turned on.
- In order to protect against running down the battery, the auto light switch automatically turns off approximately six hours after you turn it on. Repeat the above procedure to turn the auto light switch back on if you want.

### 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 (B)) or key to turn off Auto Display.

#### To turn on Auto Display

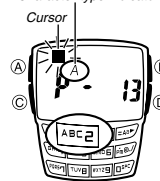
- Hold down (C) for about three seconds.
- Note that Auto Display cannot be performed while a setting screen is on the display.

### Inputting Text

The following describes how to input text in the e-DATA MEMORY, Telememo and Alarm Modes.

#### To input characters

##### Character type indicator



Press the keypad keys to input characters at the cursor position. You can input upper alpha characters (F through Z), lower alpha characters (a through z), numbers (0 through 9), and various symbols.

- Each key is assigned more than one character. Each press of a key sequentially changes the character at the cursor position in the sequence: z -> F -> E -> C -> z, etc. The letters and number that a key can input are printed on the key itself. Symbols are not marked on the key.

- Each press of [0] toggles input between zero and a space. Pressing [pm] cycles through the various symbols that can be input.
- The (B) button acts as a delete button during text input. Move the cursor to the character you want to delete, and then press (B). Characters to the right of the deleted character are shifted left to fill the space.
- To switch between upper case and lower case characters, press [=] during text input. The character type indicator shows A when upper case is selected, and a for lower case.
- See the "Character List" for information about all the characters that are assigned to each key.

#### Auto Return Features

- If you leave the watch without performing any operation in the e-DATA MEMORY, Telememo, or Alarm Mode for two or three minutes, or in the Calculator Mode for six or seven minutes, it automatically changes to the Mode Menu.
- 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 (C) and (D) buttons and the [1] and [=] keys 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 at high speed.

#### Initial Screens

- When you enter the e-DATA MEMORY, Telememo, World Time, or Alarm Mode, the data you were viewing when you last exited the mode appears first.
- When you enter the Timekeeping Mode from the Mode Menu, the Home City time appears first. The information that appears in the top line of the screen is the same type of information that was displayed when you last exited the Timekeeping Mode.

#### 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 2099.
- 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.

#### World Time

- The current time in all World Time Mode cities is calculated in accordance with the Greenwich Mean Time (GMT) differential for each city, based on the current Home City time setting in the Timekeeping Mode.
- The GMT differential is the time difference of the time zone where the city is located from Greenwich Mean Time.
- GMT differential is calculated by this watch based on Universal Time Coordinated (UTC) data.

#### Backlight Precautions

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



- The backlight may not light if the face of the watch is more than 15 degrees above or below parallel. Make sure that the back of your hand is parallel to the ground.
- The backlight turns off in about two seconds, even if you keep the watch pointed towards your face.
- 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.

