



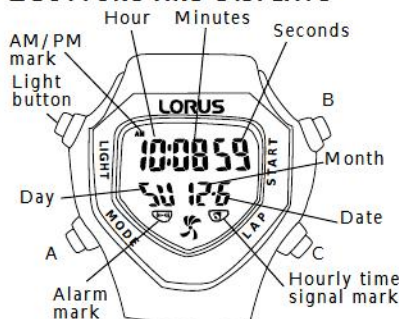
# INSTRUCTION MANUAL

CAL. W100 (RBM SERIES)

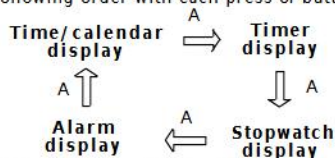
## CHARACTERISTICS

- Time/calendar display:** Hour, minutes, seconds, month, date and day of the week.
  - Fully automatic calendar:** Calendar adjusts automatically for odd and even months including February of leap years from the year 1998 to the end of 2048.
  - Time indication:** Changeover between 12- and 24-hour indications is possible.
- Stopwatch:** Measures up to 10 hours with 1/100 second readout.
  - Lap time measurement:** When the fastest lap time is measured, a beep sounds and the display is illuminated.
  - Auto start function:** The stopwatch can be set to start automatically at a desired time.
- Countdown timer:**
  - Preset timer:** Five different lengths of time (3, 10, 15, 30 and 45 minutes) have been preset for the timer.
  - Adjustable timer:** Up to 23 hours and 59 minutes can be set in minute increments.
- Daily alarm:** The alarm can be set to ring on a 24-hour basis.
  - Hourly time signal:** Can be set to ring every hour on the hour.
- Dual time:** Time of a different time zone can be set and displayed.
- Illuminating light:** The light illuminates the display in the dark.

## BUTTONS AND DISPLAYS



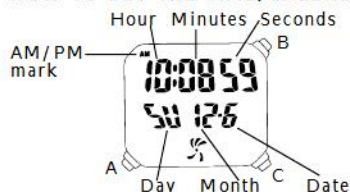
The selection of the display can be made in the following order with each press of button "A".



With each press of button "B" in the time/calendar display, the display changes over between the time/calendar and dual time alternately.



## HOW TO SET THE TIME/CALENDAR



- Press button "A" to show the time/calendar display.
- Press button "A" for 2 seconds to show the time/calendar setting display. The second digits start flashing.
- Selection of the digits to be adjusted (flashing) is made in the following order by pressing button "B".  
 Seconds → Minutes → Hour → Year  
 ↙ 12-/24-hour indication ← Date ← Month ↘
- Press button "C" to set the flashing digits. One digit is advanced with each press of button "C". Digits except seconds and 12-/24-hour indication move quickly by keeping button "C" pressed.
- After all the adjustments are completed, press button "A" to return to the time/calendar display.

## Seconds setting

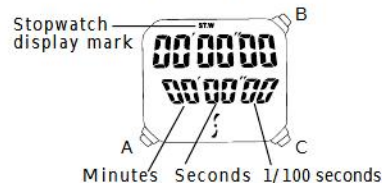
When the seconds digits are flashing, press button "C" in accordance with a time signal. The seconds are reset to "00" and start immediately. When the seconds count any number from "30" to "59" and button "C" is pressed, one minute is added and the seconds are immediately reset to "00".

## Notes:

- When setting the hour digits in the 12-hour indication, check that AM/PM is properly set. In the 24-hour indication, there is no indication.
- Once the year, month and date have been set, the day of the week is set automatically.
- If the watch is left untouched in the time/calendar setting display with the digits flashing, it will automatically return to the time/calendar display in 2 minutes.

## HOW TO USE THE STOPWATCH

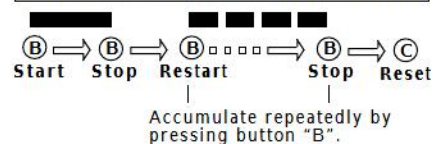
- The stopwatch can measure up to 10 hours in 1/100 seconds.
- Even if the stopwatch display is changed to another while the measurement is in progress, it continues counting properly. After the stopwatch is used, however, be sure to reset it as the battery energy is consumed enormously to shorten the battery life.



## Stopwatch Operation

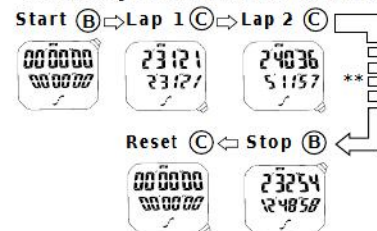
Press button "A" to show the stopwatch display.

## Accumulated elapsed time measurement



## Lap time measurement

- "Lap time" refers to an elapsed time required to cover a given section of the whole distance.



\*\* Can repeat by pressing button "C".

**Note:** When a lap time measured is the fastest among the lap times previously measured, a beep rings and the display is illuminated.



