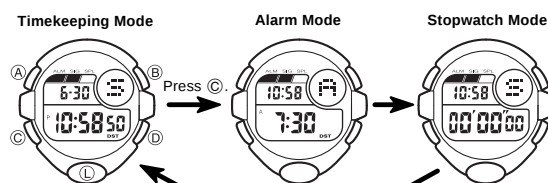


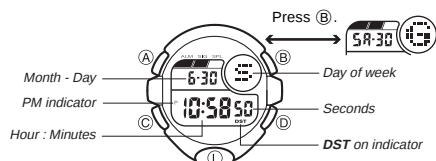
Module No. 2228

GENERAL GUIDE

- Press **C** to change from mode to mode.



TIMEKEEPING MODE



- In the Timekeeping Mode, press **D** to switch between the 12-hour and 24-hour format.
- When the 12-hour format is selected, "p.m." times are indicated on the display by **P**, while "a.m." times are indicated by **A**. No indicators are used with the 24-hour format.
- In the Timekeeping Mode, press **B** to switch between the month-day/day of the week display and day of the week/day/G mark display.

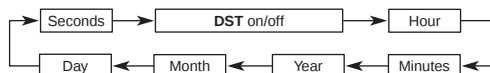
Setting the Time and Date

There are two different ways to set the time and date. The procedure you should use depends on whether you want to make major changes or minor changes to the current setting.

When you want to do this:	Use this procedure:
Make major changes to the time and date setting (before using the watch for the first time, after having the battery replaced, etc.)	"To make major time and date settings"
Make minor adjustments (within about 30 minutes of the current setting) to the time setting	"To zero-reset the minutes and seconds (EASY ADJUST)"

To make major time and date settings

- Hold down **A** until the seconds digits start to flash.
- Press **C** to move the selection around in the following sequence.



- While the seconds digits are selected (flashing), press **D** to reset them to 00. If you press **D** while the seconds count is in the range of 30 to 59, they are reset to 00 and 1 is added to the minutes. If the seconds count is in the range of 00 to 29, the minutes count is unchanged.
- While the **DST*** setting is selected (**DST** on indicator is flashing), press **D** to toggle it on (**on**) and off (**off**).
- While any other digits (besides seconds), are selected (flashing), press **D** to increase the number. Holding down **D** changes the digits at high speed.
- The date can be set with the range of January 1, 2000 to December 31, 2039.
- After you set the time and date, press **A** to return to the Timekeeping Mode.
- If you do not operate any button for a few minutes while a selection is flashing, the flashing stops and the watch goes back to the Timekeeping Mode automatically.
- The day of the week is automatically set in accordance with the date.
- The watch's built-in full automatic calendar automatically makes allowances for different month lengths and leap years. Once you set the date, there should be no reason to change it except after the replacement of the watch's battery.

*Daylight Saving Time (**DST**), which is also sometimes called "summer time" advances the time for one hour, as is the custom in some areas during the summer. Remember that not all countries or even local areas use Daylight Saving Time.

To zero-reset the minutes and seconds (EASY ADJUST)

- Hold down **B** and **D** at the same time on which you want to zero-reset the minutes and seconds arrives.
- The watch beeps to let you know that the minutes and seconds were reset to 00 00.
- If you press **B** and **D** while the minutes count is in the range of 30 to 59, they are reset to 00 and 1 is added to the hour. If the minutes count is in the range of 00 to 29, the hour count is unchanged.
- Release buttons **B** and **D**.
- Though the beep may sound slightly after the point you press both buttons, the zero-reset setting should be correct.

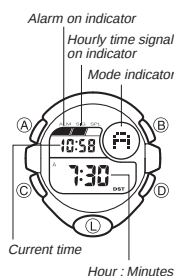
ABOUT THE BACKLIGHT

- In any mode, press **L** to illuminate the display for about 4 seconds. If you turn on the backlight in the Timekeeping Mode, the figures on the display disappear for about the final two seconds the backlight is on.
- The backlight of this watch employs an electro-luminescent (EL) light, which loses its illuminating power after very long term use.
- Frequent use of the backlight shortens the battery life.
- The watch emits an audible sound whenever the display is illuminated. This does not indicate malfunction of the watch.
- 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.

About the animation display

- Turning on the backlight in any mode (except when a setting screen is on the display) causes one of 72 different animated figures to appear on the display. The figure that appears depends on when you press the backlight button.

ALARM MODE



When the Daily Alarm is turned on, an alarm sounds for 20 seconds at the preset time each day. When the Hourly Time Signal is turned on, the watch beeps every hour on the hour.

- If you do not operate any button for a few minutes while in the Alarm Mode, the watch goes back to the Timekeeping Mode automatically.

To set the alarm time

- Hold down **A** until the hour digits start to flash on the display. The hour digits flash because they are selected. At this time the Alarm is automatically turned on.
- Press **C** to change the selection in the following sequence.



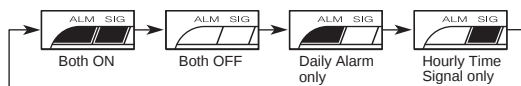
- Press **D** to increase the number. Holding down **D** changes the digits at high speed.
- The format (12-hour and 24-hour) of the alarm time matches the format you select for normal timekeeping.
- When setting the alarm time using the 12-hour format, take care to set the time correctly as morning or afternoon.
- After you set the alarm time, press **A** to return to the Alarm Mode.
- If you do not operate any button for a few minutes while a selection is flashing, the flashing stops and the watch goes back to the Alarm Mode automatically.

To stop the alarm

- Press any button to stop the alarm after it starts to sound.

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

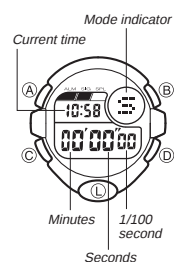
Press **B** while in the Alarm Mode to change the status of the Daily Alarm and Hourly Time Signal in the following sequence.



To test the alarm

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

STOPWATCH MODE



The Stopwatch Mode lets you measure elapsed time, split times, and two finishes. The range of the stopwatch is 59 minutes, 59.99 seconds.

- If you do not operate any button for a few minutes while the all-zero screen is on the display in the Stopwatch Mode, the watch goes back to the Timekeeping Mode automatically.

(a) Elapsed time measurement



(b) Split time measurement



(c) Split time and 1st-2nd place times

