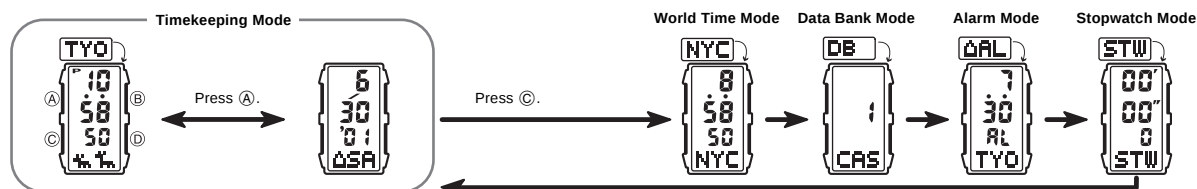


GENERAL GUIDE

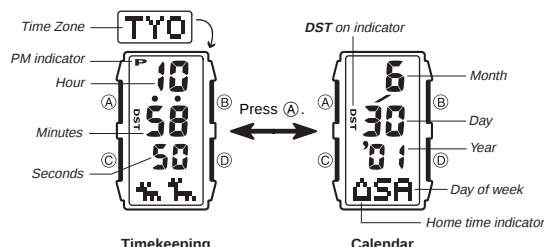
- Press **(C)** to change from mode to mode.
- Some models have a white-on-black display.
- The watch automatically reverts to the Timekeeping Mode if you do not perform any operation in the Data Bank Mode for a few minutes.
- Holding down **(C)** for a few seconds in any mode returns to the Timekeeping Mode.
- Pressing **(B)** in any mode (except when making setting) illuminates the display for about 1.5 seconds.

When you return to the Timekeeping Mode, World Time Mode or Data Bank Mode, the display contents (timekeeping or calendar) are the same as what they were when you last exited the mode.



TIMEKEEPING MODE

The Home Time indicator appears on the calendar display in the Timekeeping Mode.



- Press **(A)** to toggle the display between the time (hour, minutes, seconds, animation) and date (month, day, year, day of the week).
- Your Home Time city code momentarily appears on the display whenever you enter the Timekeeping Mode from another mode.
- Pressing the **(D)** starts the walking cats animation.

To set the time and date

- While in the Timekeeping Mode, hold down **(A)** until the city code flashes on the display.
- Press **(C)** to move the selection (flashing) around the display in the following sequence.



- While the seconds setting is selected (flashing), press **(D)** to reset it to 00. If you press **(D)** while the seconds setting is in the range of 30 to 59, the seconds are reset to 00 and 1 is added to the minutes. If the seconds setting is in the range of 00 to 29, the minutes count is unchanged.
- While the city code is flashing, press **(D)** (+) and **(B)** (-) to scroll through the available codes until the one you want to use as your home time city is displayed.
- Holding down either button changes the setting at high speed.
- While the **DST*** setting is selected (**DST** on indicator is flashing), press **(D)** to toggle it on (**ON**) and off (**OFF**).
- While the 12H/24H setting is flashing, press **(D)** to toggle between 12-hour and 24-hour timekeeping.
- While any other setting is selected (flashing), press **(D)** (+) and **(B)** (-) to change it.
- Holding down either button changes the setting at high speed.
- After you set the time and date, press **(A)** to return to the Timekeeping Mode.
- If you do not press any button for a few minutes while a setting 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 date can be set within the range of January 1, 2000 to December 31, 2039.
- 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.

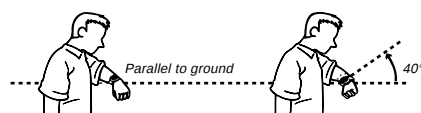
*Daylight Saving Time (**DST**), which is also sometimes called "summer time" advances the time for one hour, as is the custom in some areas during the summer. Remember that not all countries or even local areas use Daylight Saving Time.

ABOUT THE BACKLIGHT

About the Auto Light Switch Function

When the auto light switch function is turned on, the backlight automatically turns on for 1.5 seconds under the conditions described below. Avoid wearing the watch on the inside of your wrist. Doing so causes the auto light switch to operate when not needed, which shortens battery life.

Moving the watch to a position that is parallel to the ground and then tilting it towards you approximately 40 degrees causes the backlight to illuminate.



- The backlight may not illuminate if the face of the watch is more than 15 degrees off parallel to the left or right. Make sure that the back of your hand is parallel to the ground.

Parallel to ground

More than 15 degrees too high

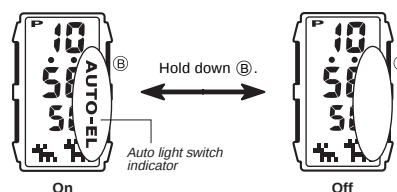
More than 15 degrees too low



- Static electricity or magnetic force can interfere with proper operation of the auto light switch function. If the auto backlight does not illuminate, 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 or less after turning the face of the watch towards you. This does not necessarily indicate malfunction of the backlight.

To switch the auto light switch function on and off

In the Timekeeping Mode, hold down **(B)** for two seconds to turn the auto light switch function on and off.



- The auto light switch indicator is shown on the display in all modes while the auto light switch function is on.
- In order to protect against running down the battery, the auto light switch function is automatically turned off approximately two hours after you turn it on. Repeat the above procedure to turn the auto light switch function back on if you want.
- Pressing **(B)** in any mode (except when making setting) illuminates the display for about 1.5 seconds, regardless of the auto light switch's on/off setting.

Caution

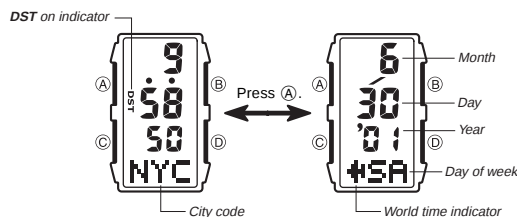
- The backlight of this watch employs an electro-luminescent (EL) light, which loses its illuminating power after very long term use.
- Frequent use of the backlight shortens the battery life.
- The watch emits an audible sound whenever the display is illuminated. This is because the EL light vibrates slightly when lit. It does not indicate malfunction of the watch.

Warning!

- Never try to read your watch when mountain climbing or hiking in areas that are dark or in areas with poor footing. Doing so is dangerous and can result in serious personal injury.
- Never try to read your watch when running where there is the danger of accidents, especially in locations where there might be vehicular or pedestrian traffic. Doing so is dangerous and can result in serious personal injury.
- Never try to read your watch when riding on a bicycle or when operating a motorcycle or any other motor vehicle. Doing so is dangerous and can result in a traffic accident and serious personal injury.
- When you are wearing the watch, make sure that its auto light switch function 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.

WORLD TIME MODE

The World Time Mode lets you view the current time in any one of 27 time zones (40 cities) around the world.



- You cannot change the time setting in the World Time Mode. The time setting you make in the Timekeeping Mode is used to calculate the times in the World Time zones. For daylight saving time (summer time), you must make separate settings for the Timekeeping Mode and World Time Mode.
- The seconds count in the World Time Mode is synchronized with the count in the Timekeeping Mode.
- The 12-hour/24-hour format setting you make in the Timekeeping Mode is applied to all the times in the World Time Mode.
- See the "CITY CODE TABLE" for information about city names and GMT differentials.

City Code Search

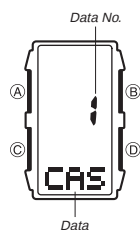
In the World Time Mode, press **(D)** to scroll through the available city codes. Holding down **(D)** scrolls at high speed.

- Pressing **(A)** in the World Time Mode displays the current date (month, day, year, day of the week) in the currently displayed city code city. The world time indicator also appears while the date is displayed. Pressing **(A)** again returns to the city code and time display.

Selecting Daylight Saving Time (Summer Time)

- In the World Time Mode, hold down **(A)** for a few seconds to toggle between daylight saving time (summer time) and standard time. The **DST** indicator is on the display while daylight saving time is turned on.
- The **DST** setting you make is applied to all World Time Mode cities. You cannot make separate settings for each city code.
- Note that the display also switches between the current time and current date display when you hold down **(A)** to change the daylight saving time setting. After making your setting, press **(A)** again to display the information (time or date) you want.

DATA BANK MODE



The Data Bank Mode lets you store up to 15 records (data No.: 1-15), each containing a text of up to 24 characters. The watch automatically reverts to the Timekeeping Mode if you leave it in the Data Bank Mode without performing any operation for a few minutes.

- When you enter the Data Bank Mode, the first record that appears is the one that was on the display the last time you exited the mode.

Inputting Data

- Use **(D)** to scroll to an empty record or to an existing record whose data you want to replace.
- Hold down **(A)** for a few seconds until the cursor appears on the text area.
- Use **(D)** (+) and **(B)** (-) to scroll through characters at the current cursor position. Holding down either button scrolls the setting at high speed.

- The following shows the scroll cycle when **(D)** is pressed.



- When the character you want is displayed, press **(C)** to advance to the next position.
- Repeat steps 3 and 4 as many times as necessary to input all of the text.
- After inputting the text you want, press **(A)** to store it.
- The watch automatically cancels the input operation and returns to the Data Bank Mode screen if you do not input anything for a few minutes.

Searching for Data Bank Mode Data

In the Data Bank Mode, press **(D)** to scroll through data. Holding down **(D)** scrolls at high speed.

- When the data text has more than three characters, the text scrolls from right to left on the screen. The end of the text data is indicated by the symbol **◀**.
- Pressing **(A)** pauses the right-to-left scrolling of the Data Bank Mode data. Press **(A)** again to resume scrolling.

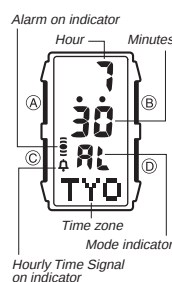
Editing Data

- In the Data Bank Mode, use **(D)** to display the record whose data you want to edit.
- Hold down **(A)** for a few seconds until the first data character starts to flash.
- Use **(C)** to move the flashing to a character you want to change.
- Use **(D)** or **(B)** to scroll through available characters until the one you want is displayed.
- Repeat steps 3 and 4 to make the rest of the corrections you want.
- After everything is the way you want, press **(A)** to store the new data.

Deleting Data Bank Mode Data

- In the Data Bank Mode, use **(D)** to display the record whose data you want to delete.
- Hold down **(A)** for a few seconds until the first data character starts to flash.
- Hold down **(C)** and **(D)** at the same time until **CLR** appears on the screen, indicating that the data is deleted.
- At this point you could input new data if you want.
- Press **(A)** to return to Data Bank Mode screen.

ALARM MODE



When the Daily Alarm is turned on, the alarm sounds for 10 seconds at the preset time each day. Press any button to stop the alarm after it starts to sound. When the Hourly Time Signal is turned on, the watch beeps every hour on the hour.

- You can also specify a time zone for the Daily Alarm. The alarm sounds when the alarm time matches the current time in the time zone you specify.
- The Hourly Time Signal also sounds in accordance with the time zone you specify.
- The mode indicator that appears when you enter the Alarm Mode depends on whether your Home Time or a World Time Zone is currently selected in the Alarm Mode.

This Indicator	Means This:
🏠 AL	Home time zone is selected.
✈️ AL	World time zone is selected.

When you are in the Alarm Mode, there is no indication whether the currently displayed time zone is for your Home Time or World Time.

- If the **DST** on indicator is on the display in the Alarm Mode, it means that Daylight Saving Time (summer time) is turned on for the time zone whose alarm you are setting.

To set the alarm time

- While in the Alarm Mode, hold down **(A)** until the city code flashes on the display, indicating the setting screen.
- At this time, the alarm is turned on automatically.
- Press **(C)** to move the flashing in the sequence shown below.



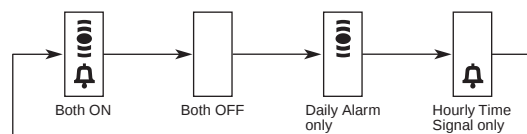
- While the time zone is flashing, press **(D)** to toggle between the city code which you selected in the Timekeeping Mode and the one you selected in the World Time Mode.
- While the hour or minutes digits of the alarm time are flashing, press **(D)** to increase it or **(B)** to decrease it. Holding down either button changes the setting at high speed.
- After you make the settings you want, press **(A)** to exit the setting screen.
- The format (12-hour and 24-hour) of the alarm time matches the format you select in the Timekeeping Mode.
- When setting the alarm time using the 12-hour format, take care to set the time correctly as morning or afternoon.
- Changing the Home Time zone or the World Time city after setting an alarm causes the alarm time to change as well.

To stop the alarm

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

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

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



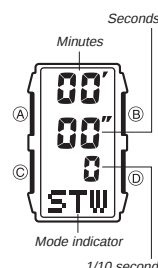
To test the alarm

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

- Holding down **(D)** to test the alarm also changes the Daily Alarm and Hourly Time Signal on/off settings.

STOPWATCH MODE

The Stopwatch Mode lets you measure elapsed time, split times, and two finishes. The range of the stopwatch is 59 minutes, 59.9 seconds.



Elapsed time measurement



Split time measurement



Split time and 1st-2nd place times



CITY CODE TABLE

GMT differential	City Code	City	Other major cities in same time zone
-11	PPG	PAGO PAGO	
-10	HNL	HONOLULU	PAPEETE
-09	ANC	ANCHORAGE	NOME
-08	YVR	VANCOUVER	LAS VEGAS, SEATTLE, DAWSON CITY
	SFO	SAN FRANCISCO	
	LAX	LOS ANGELES	
-07	DEN	DENVER	EL PASO, EDMONTON
-06	MEX	MEXICO CITY	HOUSTON, DALLAS/FORT WORTH, NEW ORLEANS, WINNIPEG
	CHI	CHICAGO	
-05	MIA	MIAMI	MONTREAL, DETROIT, BOSTON, LIMA, PANAMA CITY, HAVANA, BOGOTA
	NYC	NEW YORK	
-04	CCS	CARACAS	LA PAZ, SANTIAGO, PORT OF SPAIN
-03	RIO	RIO DE JANEIRO	SAO PAULO, BUENOS AIRES, BRASILIA, MONTEVIDEO
+00	LON	LONDON	DUBLIN, LISBON, CASABLANCA, DAKAR, ABIDJAN
+01	PAR	PARIS	MADRID, AMSTERDAM, ALGIERS, HAMBURG, FRANKFURT, VIENNA, STOCKHOLM
	MIL	MILAN	
	ROM	ROME	
	BER	BERLIN	
+02	IST	ISTANBUL	ATHENS, HELSINKI, BEIRUT, DAMASCUS, CAPE TOWN
	CAI	CAIRO	
	JRS	JERUSALEM	
+03	JED	JEDDAH	MOSCOW, KUWAIT, RIYADH, ADEN, ADDIS ABABA, NAIROBI
+3.5	THR	TEHRAN	SHIRAZ
+04	DXB	DUBAI	ABU DHABI, MUSCAT
+4.5	KBL	KABUL	
+05	KHI	KARACHI	
	MLE	MALE	
+5.5	DEL	DELHI	MUMBAI, CALCUTTA
+06	DAC	DHAKA	COLOMBO
+6.5	RGN	YANGON	
+07	BKK	BANGKOK	JAKARTA, PHNOM PENH, HANOI, VIENTIANE
+08	SIN	SINGAPORE	KUALA LUMPUR, BEIJING, TAIPEI, MANILA, PERTH, ULAANBAATAR
	HKG	HONG KONG	
+09	SEL	SEOUL	PYONGYANG
	TYO	TOKYO	
+9.5	ADL	ADELAIDE	DARWIN
+10	GUM	GUAM	MELBOURNE, RABAU
	SYD	SYDNEY	
+11	NOU	NOUMEA	PORT VILA
+12	WLG	WELLINGTON	CHRISTCHURCH, NADI, NAURU ISLAND

*Based on data as of June 2000.