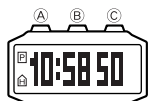


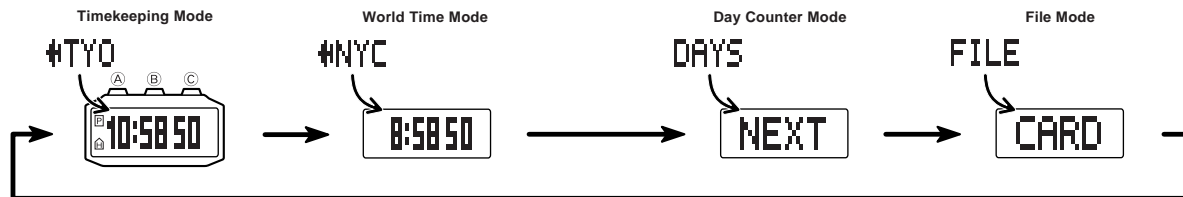
## ABOUT THIS MANUAL



- Button operations are indicated using the letters shown in the illustration.
- Display characters appear either as black-on-white or white-on-black, depending on the model of your watch. All sample displays in this manual are shown as black-on-white.
- 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 (A) to change from mode to mode.
- When you return to the Timekeeping Mode from another mode, the Home City code appears first, followed after a few seconds by the current time. See "TIMEKEEPING MODE" for details.

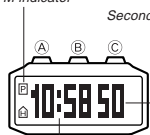


## TIMEKEEPING MODE

In addition to normal timekeeping, use the Timekeeping Mode to set the current time and date. You can also momentarily display the World Time screen.

### Setting the Current Time

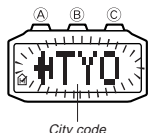
PM indicator



Hour : Minutes

- Use the following procedure to select a city (city code) as your Home City, and then set its time and date.
- The times in the Timekeeping Mode and World Time Mode are linked. Because of this, make sure you select a "Home City" (the city whose time and date you are setting), before you set the time and date.
- Changing the city code setting usually changes the time setting and sometimes changes the date setting.
- Once you select a Home City and set its time, you can view the current time in other cities by simply changing the city code setting.

### To set the current time



City code

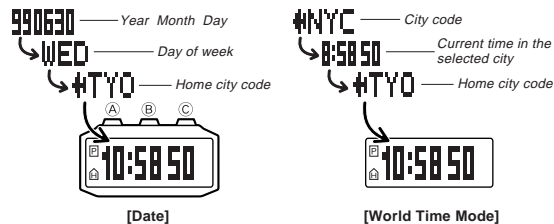
1. In the Timekeeping Mode, hold down (B) until the city code starts to flash.
2. Use (A) and (C) to scroll through the city codes until the one you want to set as your Home City.
3. (C) scrolls forward, while (A) scrolls back through city codes.
- See the "CITY CODE TABLE" at the back of this manual for a complete list of available codes.
3. Press (B) to move the flashing in the sequence shown below to select other settings.



- See "Daylight Saving Time (DST)" for details on DST On/Off setting.
4. Press (B) until the seconds digits are flashing on the display.
5. While the seconds digits are selected (flashing), press (C) to reset the seconds to 00.
- Pressing (C) while the seconds count is in the range of 30 to 59 resets the seconds to 00 and adds 1 to the minutes. In the range of 00 to 29, the minutes count is unchanged.
6. Press (B) until the hour digits are flashing on the display.
7. Press (C) to increase the setting or (A) to decrease it.
8. Repeat steps 6 and 7 to set the minutes, year, month, and day.
9. After you make the settings you want, hold down (B) until the digits on the display stop flashing.

### Viewing the Current Date and World Time Mode Screens

In the Timekeeping Mode, press (B) to display the current date screen, and (C) to display the World Time Mode screen. The screen you select remains on the display for a few seconds, and then the watch returns to the current time.



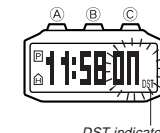
- The six digits of the date screen show the year, month and day. The date indicated in the example above is June 30, 1999.

## Daylight Saving Time (DST)

Daylight Saving Time automatically 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 your Home City time between DST and Standard Time

1. In the Timekeeping Mode, hold down (B) until the city code starts to flash.
2. Press (B) once to move the flashing to the DST On/Off setting.
3. Press (C) to toggle Daylight Saving Time (DST displayed) and Standard Time (STF displayed).
4. After you make the settings you want, hold down (B) until the setting on the display stops flashing.
- The DST indicator appears on the display to indicate that Daylight Saving Time is turned on.



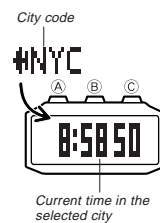
DST indicator

## WORLD TIME MODE

The World Time Mode lets you view the current time in any one of 40 cities around the world. You can also momentarily display the current date in the selected city and the Timekeeping Mode time (Home City time).

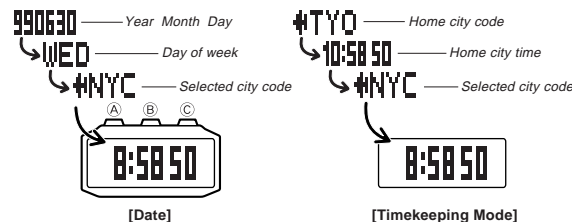
### Selecting the World Time City

1. In the World Time Mode, hold down (B) until the city code starts to flash.
2. Use (A) and (C) to scroll through the city codes until the one you want is on the display.
- (C) scrolls forward, while (A) scrolls back through city codes.
- See the "CITY CODE TABLE" at the back of this manual for a complete list of available codes.
3. Hold down (B) until the setting on the display stops flashing.



### Viewing the Current Date and Timekeeping Mode Screens

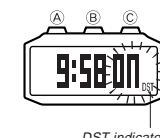
In the World Time Mode, press (B) to display the current date of the selected city code, and (C) to display the Timekeeping Mode screen. The screen you select remains on the display for a few seconds, and then the watch returns to the current time of the selected city code.



- The six digits of the date screen show the year, month and day. The date indicated in the example above is June 30, 1999.

### Viewing the Current Date and Timekeeping Mode Screens

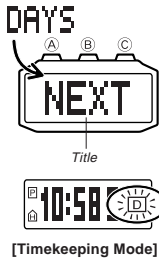
In the World Time Mode, press (B) to display the current date of the selected city code, and (C) to display the Timekeeping Mode screen. The screen you select remains on the display for a few seconds, and then the watch returns to the current time of the selected city code.



DST indicator

1. In the World Time Mode, hold down (B) until the city code starts to flash.
2. Press (B) once to move the flashing to the DST On/Off setting.
3. Press (C) to toggle Daylight Saving Time (DST displayed) and Standard Time (STF displayed).
4. Hold down (B) until the setting on the display stops flashing.
- The DST indicator appears on the display to indicate that Daylight Saving Time is turned on.

**DAY COUNTER MODE**



The Day Counter Mode lets you count the number of days from the Timekeeping Mode's current date to a specific target date. An indicator flashes on the display when the target date is reached.

- There are 10 Day Counter records, each of which can be set with its own title and target date.
- A Day Counter record has a title field, a target date field, and a day counter field.
- When a target date is reached, the [D] indicator flashes on the display in the Timekeeping Mode and World Time Mode. The [D] indicator also flashes in the Day Counter Mode when the screen for the target is on the display.
- The [D] indicator flashes on the target date each year, regardless of the year setting of the target date.

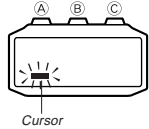
**Recalling Day Counter Data**

In the Day Counter Mode, press [C] to scroll through the Day Counter record titles. When the record you want is on the display, press [B] to view its other data (target date and day counter).

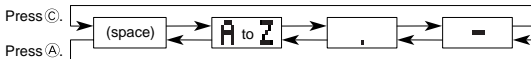


- Holding down [C] scrolls through the titles at high speed.
- The six digits of the target date indicate the year, month, and day. The above display indicates January 1, 2001.
- ----- appears as the title for any Day Counter record that does not have a title assigned to it.
- The above procedure displays all 10 records, regardless of whether or not they contain any data.
- The day counter value has a plus sign (+) in front of it when the corresponding target date comes after the current date, or a minus sign (-) in front of it when the target date comes before the current date.
- Day Counter Mode data reverts to the following defaults whenever the battery of the watch is replaced.  
First Record: Title (NEXT), Target date (010101)  
Records 2 - 10: Titles (-----), Target date (010101)

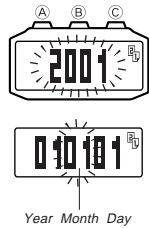
**Setting New Day Counter Data**



1. In the Day Counter Mode, press [C] until a record with ----- (indicating no text) for the title appears.
2. Hold down [B] until the flashing cursor appears on the display.
3. Use [A] and [C] to scroll through the available characters in the following sequence.



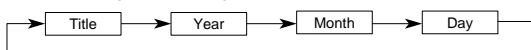
4. When the character you want is at the cursor position, press [B] to move the flashing cursor to the right.
5. Repeat the steps 3 and 4 until your title is complete.
- You can input up to eight characters for your title.



6. After you input your title, press [B] until the year setting appears, with the year digits flashing.
- The title field has spaces for eight characters, so you must press [B] to move the cursor goes past the 8th character in order to get to the year setting.
7. Press [C] to increase the setting or [A] to decrease it.
- The year can be set in the range 1940 to 2039.
8. After you set the year, press [B] so the month digits are flashing.
9. Press [C] to increase the setting or [A] to decrease it.
10. After you set the month, press [B] so the day digits are flashing.
11. Press [C] to increase the setting or [A] to decrease it.
12. Hold down [B] until the digits on the display stop flashing.

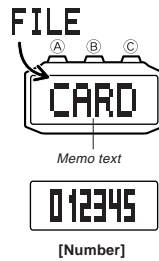
**Changing Day Counter Mode Data**

1. In the Day Counter Mode, scroll through the titles until the one you want to change is on the display.
2. Hold down [B] until the flashing cursor appears on the display.
3. Use [B] to move the flashing to the location you want to change. Each press of [B] shifts the flashing in the following sequence.



- The title field has spaces for eight characters, so you must press [B] to move the cursor goes past the 8th character in order to get to the year setting.
- 4. Use [A] and [C] to change the character or the setting.
- For details on setting the data, see "Setting New Day Counter Data" (steps 3 for title input and 7 for year, month, and day).
- Pressing [A] and [C] at the same time while the cursor is flashing in the title clears the title and changes the target date so it matches the current Timekeeping Mode date.
- Pressing [A] and [C] at the same time while the year, month, or day digits are flashing changes the target date so it matches the current Timekeeping Mode date.
- 5. Hold down [B] until the digits on the display stop flashing.

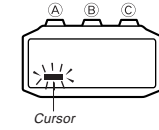
**FILE MODE**



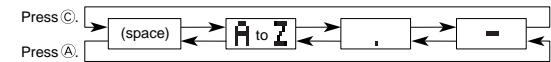
The File Mode lets you input up to 10 records of memo text and number data for instant recall when you need them.

- A File Mode record has a text field and a number field.
- Inputting data into the number field without inputting anything in the text field causes the text field to show ----- on the display, which can be mistaken for an empty record. Because of this, it is a good idea to always input both text and number data for each record.
- **Remember that credit card and other sensitive data can be misused when the watch is in the hands of another party.**
- **To protect against the misuse of the data, input them in coded form that cannot be understood by others.**

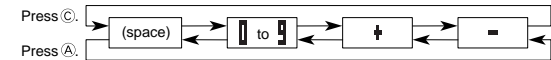
**Inputting New File Data**



1. In the File Mode, press [C] until a record with ----- (indicating no text in the text field) appears.
2. Hold down [B] until the flashing cursor appears on the display.
3. Use [A] and [C] to scroll through the available characters in the following sequence.



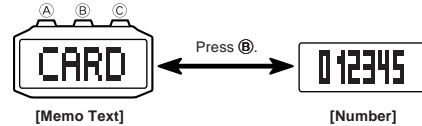
4. When the character you want is at the cursor position, press [B] to move the cursor to the right.
5. Repeat the steps 3 and 4 until your memo text is complete.
- You can input up to eight characters for your memo text.
6. After you input your memo text, use [B] to move the cursor to the number field.
- You tell when you are in the text field because of the long cursor (-----). The number field has a short cursor (-).
- The memo text field has spaces for eight characters, so you must press [B] to move the past the 8th character in order to get to the number field.
- The number field has spaces for 24 digits. Pressing [B] until the cursor moves past the 24th digit causes it to jump back to the first character of the memo text field.
7. Use [A] and [C] to change the character (space, number, plus symbol, or hyphen) at the cursor position in the number field. The character changes in the following sequence.



8. When the character you want is at the cursor position, press [B] to move the cursor to the right.
9. Repeat steps 7 and 8 until you complete number input.
- You can input up to 24 digits for number.
10. Hold down [B] until the cursor disappears from the display.

**Recalling File Data**

1. In the File Mode, press [C] to scroll through the records.
- Holding down [C] scrolls through the records at high speed.
- Only memory text data (field) appears when you scroll through File Data records.
- All 10 File Mode records appear, regardless of whether or not they contain data.
2. Press [B] to toggle the screen between the memo text and number fields.



**Editing File Data**

1. In the File Mode, scroll through the records and display the text field of the one you want to edit.
2. Hold down [B] until the cursor appears on the display.
3. Use [B] to move the cursor to the character you want to change.
4. Use [A] and [C] to change the character.
- For details on inputting characters, see "Inputting New File Data" (steps 3 for memo text input and 7 for number).
5. Hold down [B] until the cursor disappears from the display.

**Deleting File Data**

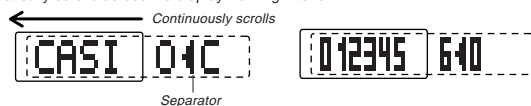
1. In the File Mode, scroll through the records and display the text field of the one you want to delete.
2. Hold down [B] until the cursor appears on the display.
3. Press [A] and [C] at the same time to delete the data item.
- After the data item is deleted, the cursor appears on the display.
4. Hold down [B] until the cursor disappears from the display.

## 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.

### Display Text

Up to four characters of Day Counter Mode title and File Mode memo text can be shown on the display. Up to six digits of numeric data can be shown in the File Mode. Text data longer than four characters and number data longer than six digits automatically scrolls across the display from right to left.



- A separator is inserted automatically between the last and first character or digit.

### Auto Return Feature

- If you leave a screen with flashing digits or cursor on the display for one or two minutes without performing any operation, the watch automatically saves anything you have input up to that point and exits the setting screen.
- If you leave the watch in Day Counter Mode and File Mode for one or two minutes without performing any operation, it automatically changes to the Timekeeping Mode.

### Data and Setting Scrolling

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

### 12-hour/24-hour Timekeeping

You can select either 12-hour or 24-hour timekeeping independently for the Timekeeping Mode and World Time Mode.

#### To toggle between the 12-hour and 24-hour formats

In the Timekeeping Mode or World Time Mode, hold down **(C)** for about two seconds to toggle between 12-hour and 24-hour timekeeping.

- With the 12-hour format, the **P** (PM) indicator appears to the left of the hour digits for times in the range of noon to 11:59 pm. No indicator is shown from midnight to 11:59 am.
- With the 24-hour format, times are indicated in the range of 00:00 to 23:59, with no indicator.
- With 24-hour timekeeping, only the tens digit of the seconds count appears on the display. The units digit is not shown. 50 seconds, for example, is indicated as **50** in 12-hour timekeeping and as **-5** in 24-hour timekeeping.

### Timekeeping Mode

- The day of the week is automatically displayed in accordance with the date (year, month, and day) settings.
- The year can be set in the range of 1995 to 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.

### World Time Mode

- 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.
- GMT differential is calculated by this watch based on Universal Time Coordinated (UTC) data.
- The seconds count of the World Time is synchronized with the seconds count of the Timekeeping Mode.
- The city code that is displayed when you leave the World Time Mode will still be displayed when you enter the World Time Mode again.

## CITY CODE TABLE

City Code	City	GMT differential
ADL	ADELAIDE	+9.5
ANC	ANCHORAGE	-09
BER	BERLIN	+01
BKK	BANGKOK	+07
CAI	CAIRO	+02
CCS	CARACAS	-04
CHI	CHICAGO	-06
DAC	DHAKA	+06
DEL	DELHI	+5.5
DEN	DENVER	-07
DXB	DUBAI	+04
GUM	GUAM	+10
HKG	HONG KONG	+08
HNL	HONOLULU	-10
IST	ISTANBUL	+02
JED	JEDDAH	+03
JRS	JERUSALEM	+02
KBL	KABUL	+4.5
KHI	KARACHI	+05
LAX	LOS ANGELES	-08
LON	LONDON	+00
MEX	MEXICO CITY	-06
MIA	MIAMI	-05
MIL	MILAN	+01
MLE	MALE	+05
NOU	NOUMEA	+11
NYC	NEW YORK	-05
PAR	PARIS	+01
PPG	PAGO PAGO	-11
RGN	YANGON	+6.5
RIO	RIO DE JANEIRO	-03
ROM	ROME	+01
SEL	SEOUL	+09
SFO	SAN FRANCISCO	-08
SIN	SINGAPORE	+08
SYD	SYDNEY	+10
THR	TEHRAN	+3.5
TYO	TOKYO	+09
WLG	WELLINGTON	+12
YVR	VANCOUVER	-08

\*Based on data as of June 1998.