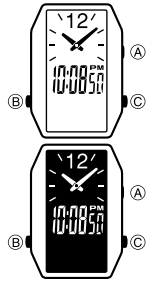


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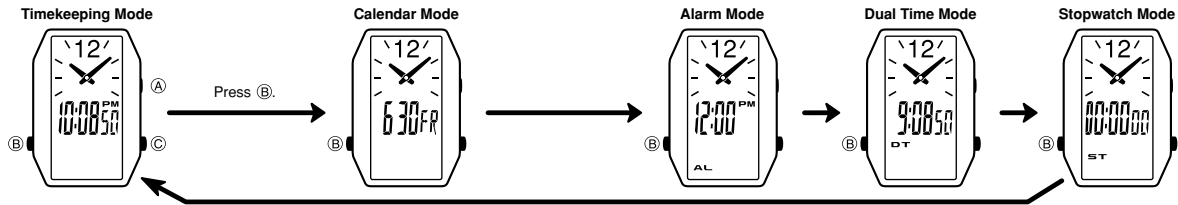
About This Manual



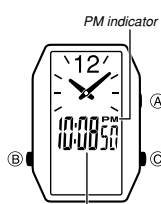
- Depending on the model of your watch, display text appears either as dark figures on a light background or light figures on a dark background. All sample displays in this manual are shown using dark figures on a light background.
- Button operations are indicated using the letters shown in the illustration.
- 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 **(B)** to change from mode to mode.



Timekeeping



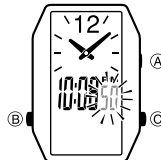
This watch features separate digital and analog timekeeping. The procedures for setting the digital time and analog time are different.

Setting the Digital Time

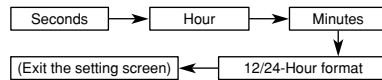
Use the Timekeeping Mode to set and view a digital display of the current time. When setting the digital time, you can also configure settings for the 12/24-hour format.

Hour : Minutes Seconds

To set the digital time



1. In the Timekeeping Mode, hold down **(C)** until the seconds start to flash, which indicates the setting screen.
2. Press **(C)** to move the flashing in the sequence shown below to select the other settings.



3. When the setting you want to change is flashing, use **(B)** to change it as described below.

Screen	To do this:	Do this:
00	Reset the seconds to 00	Press (B) .
10:08:58 PM	Change the hour or minutes	
12 H	Toggle between 12-hour (12H) and 24-hour (24H) timekeeping	

4. Press **(C)** to exit the setting screen.

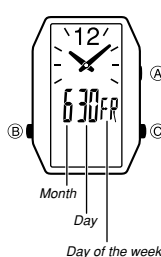
Setting the Analog Time

Perform the procedure below when the time indicated by the analog hands does not match the time of the digital display.

To adjust the analog time

- In any Mode, press **(A)** to advance the analog time setting by 20 seconds.
- Holding down **(A)** advances the analog time setting at high speed.

Calendar



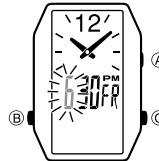
The watch's calendar normally makes allowances for different month lengths. However, you will have to adjust the date manually in the case of leap years.

- All of the operations in this section are performed in the Calendar Mode, which you enter by pressing **(B)**.

Month
Day
Day of the week

Setting the Date

To set the date



1. In the Calendar Mode, hold down **(C)** until the month start to flash, which indicates the setting screen.
2. Press **(C)** to move the flashing in the sequence shown below to select the other settings.

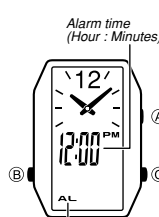


3. When the setting you want to change is flashing, use **(B)** to change it as described below.

Screen	To do this:	Do this:
6:30 FR	Change the month	Press (B) .
	Change the day	
	Change the day of the week	

4. Press **(C)** to exit the setting screen.

Alarm

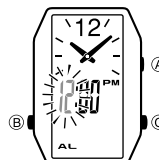


Alarm Mode indicator

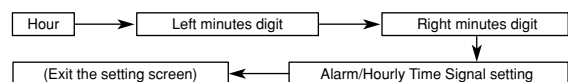
You can set the Daily Alarm. When the alarm is turned on, the alarm tone sounds when the alarm time is reached. You can turn on an Hourly Time Signal that causes the watch to beep twice every hour on the hour.

- All of the operations in this section are performed in the Alarm Mode, which you enter by pressing **(B)**.

To set an alarm time

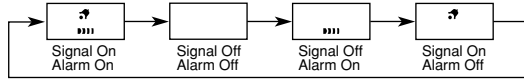


1. In the Alarm Mode, hold down **(C)** until the hour setting of the alarm time starts to flash, which indicates the setting screen.
2. Press **(C)** to move the flashing in the sequence shown below to select the other settings.



3. When the setting you want to change is flashing, use **(B)** to change it as described below.

Screen	To do this:	Do this:
12:00	Change the Hour	Press (B) .
	Change the Left minutes digit	
	Change the Right minutes digit	



4. Press **(C)** to exit the setting screen.

Alarm Operation

The alarm sounds at the preset time for about 20 seconds, regardless of the mode the watch is in.

- To stop the alarm tone after it starts to sound, press any button.

To test the alarm and select an alarm tone

In any mode (except when a setting screen is on the display), hold down **(B)** to sound the alarm. Each time you test the alarm, a four different alarm tones. The alarm tone you select is used for the Daily Alarm and Hourly Time Signal.

- Note that holding down **(B)** also changes the mode.

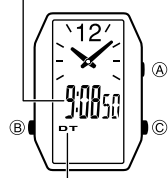
Dual Time

The Dual Time Mode lets you keep a different time.

- In the Dual Time Mode, the seconds count is synchronized with the seconds count of the current digital time.
- All of the operations in this section are performed in the Dual Time Mode, which you enter by pressing **(B)**.

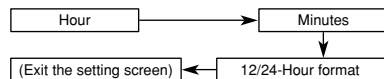
To set the Dual Time

Dual time
(Hour : Minutes Seconds)



Dual Time indicator

1. In the Dual Time Mode, hold down **(C)** until the hour setting starts to flash, which indicates the setting screen.
2. Press **(B)** to move the flashing in the sequence shown below to select the other settings.



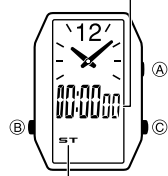
3. When the setting you want to change is flashing, use **(B)** to change it as described below.

Screen	To do this:	Do this:
9:00	Change the hour	Press (B) .
	Change the minute	
12 H	Toggle between 12-hour (12H) and 24-hour (24H) timekeeping	
12 H		

4. Press **(C)** to exit the setting screen.

Stopwatch

Minutes : Seconds
1/100 second



Stopwatch Mode indicator

The stopwatch lets you measure elapsed time.

- The display range of the stopwatch is 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.
- All of the operations in this section are performed in the Stopwatch Mode, which you enter by pressing **(B)**.

To measure times with the stopwatch



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 Return Feature

If you leave a screen with flashing digits on the display for two or three minutes without performing any operation, it automatically changes to the Timekeeping Mode.

Scrolling

The **(B)** button is used in various modes and setting screens to scroll through data on the display. In most cases, holding down **(B)** during a scroll operation scrolls through the data at high speed.

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.
- With the 12-hour format, the PM indicator appears on the display for times in the range of noon to 11:59 p.m. and no indicator appears for times in the range of midnight to 11:59 a.m.
- With the 24-hour format, times are displayed in the range of 0:00 to 23:59, without any indicator.

City Code Table

City Code	City	UTC Differential	Other major cities in same time zone
PPG	Pago Pago	-11.0	
HNL	Honolulu	-10.0	Papeete
ANC	Anchorage	-09.0	Nome
YVR	Vancouver	-08.0	San Francisco, Las Vegas, Seattle/Tacoma, Dawson City
LAX	Los Angeles		
YEA	Edmonton	-07.0	Ei Paso
DEN	Denver		
MEX	Mexico City	-06.0	Houston, Dallas/Fort Worth, New Orleans
YWG	Winnipeg		
CHI	Chicago		
MIA	Miami	-05.0	Montreal, Detroit, Boston, Panama City, Havana, Lima, Bogota
YTO	Toronto		
NYC	New York		
CCS	Caracas	-04.0	La Paz, Santiago, Port Of Spain
YHZ	Halifax		
YYT	St. Johns	-03.5	
RIO	Rio De Janeiro	-03.0	Sao Paulo, Buenos Aires, Brasilia, Montevideo
RAI	Praia	-01.0	
LIS	Lisbon	+00.0	Dublin, Casablanca, Dakar, Abidjan
LON	London		
BCN	Barcelona	+01.0	Amsterdam, Algiers, Hamburg, Frankfurt, Vienna
MAD	Madrid		
PAR	Paris		
MIL	Milan		
ROM	Rome		
BER	Berlin		
STO	Stockholm		
ATH	Athens	+02.0	Helsinki, Istanbul, Beirut, Damascus, Cape Town
CAI	Cairo		
JRS	Jerusalem		
MOW	Moscow	+03.0	Kuwait, Riyadh, Aden, Addis Ababa, Nairobi
JED	Jeddah		
THR	Tehran	+03.5	Shiraz
DXB	Dubai	+04.0	Abu Dhabi, Muscat
KBL	Kabul	+04.5	
KHI	Karachi	+05.0	Male
DEL	Delhi	+05.5	Mumbai, Kolkata
DAC	Dhaka	+06.0	Colombo
RGN	Yangon	+06.5	
BKK	Bangkok	+07.0	Jakarta, Phnom Penh, Hanoi, Vientiane
HKG	Hong Kong	+08.0	Singapore, Kuala Lumpur, Beijing, Taipei, Manila, Perth, Ulaanbaatar
SEL	Seoul	+09.0	Pyongyang
TYO	Tokyo		
ADL	Adelaide	+09.5	Darwin
GUM	Guam	+10.0	Melbourne, Rabaul
SYD	Sydney		
NOU	Noumea	+11.0	Port Vila
WLG	Wellington	+12.0	Christchurch, Nadi, Nauru Island

*Based on data as of December 2005.