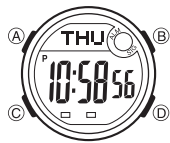


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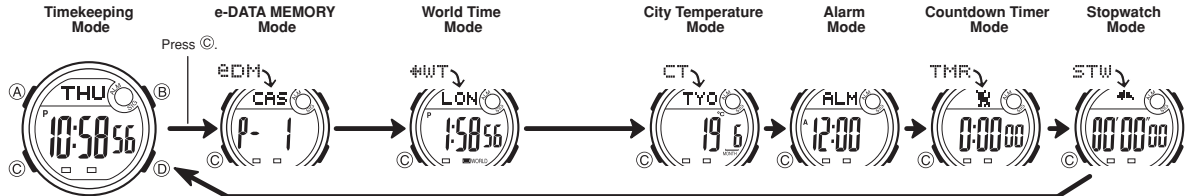
## About This Manual



- 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

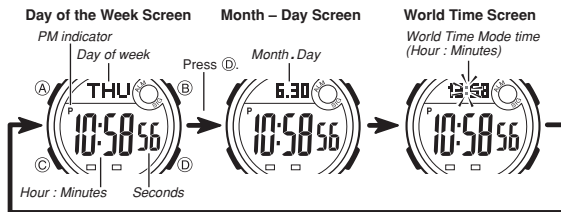
- Press (C) to change from mode to mode.
- In any mode, press (B) to illuminate the display.



## Timekeeping

Use the Timekeeping Mode to set and view the current time and date.

- Pressing (D) in the Timekeeping Mode cycles through available screen formats as shown below.



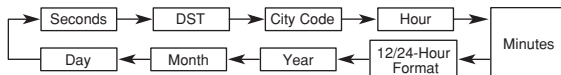
### Read this before you set the time and date !

The times displayed in the Timekeeping Mode and World Time Mode are linked. Because of this, make sure you select a city code for your Home City (the city where you normally use the watch) before you set the time and date.

### To set the time and date



1. In the Timekeeping Mode, hold down (A) 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 other settings.



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

Screen	To do this:	Do this:
56	Reset the seconds to 00	Press (D).
OFF	Toggle between Daylight Saving Time (ON) and Standard Time (OFF)	Press (D).
TYO	Change the city code	Use (D) (east) and (B) (west).
P 10:58	Change the hour or minutes	Use (D) (+) and (B) (-).
12H	Toggle between 12-hour (12H) and 24-hour (24H) timekeeping	Press (D).
2005	Change the year	Use (D) (+) and (B) (-).
6-30	Change the month or day	

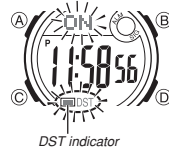
- For full information on city codes, see the "City Code Table".
  - See "Daylight Saving Time (DST)" for details about the DST setting.
4. Press (A) to exit the setting screen.
- With the 12-hour format, the P (PM) indicator appears for times in the range of noon to 11:59 p.m. and the A (AM) indicator 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.
  - The 12-hour/24-hour timekeeping format you select in the Timekeeping Mode is applied in all modes.
  - The day of the week is automatically displayed in accordance with the date (year, month, and day) settings.

## Daylight Saving Time (DST)

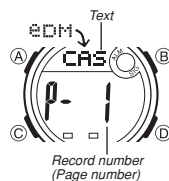
Daylight Saving Time (summer time) advances the time setting by one hour from Standard Time. Remember that not all countries or even local areas use Daylight Saving Time.

### To toggle the Timekeeping Mode time between DST and Standard Time

1. In the Timekeeping Mode, hold down (A) until the seconds start to flash, which indicates the setting screen.
  2. Press (C) to display the DST setting screen.
  3. Press (D) to toggle between Daylight Saving Time (ON) and Standard Time (OFF).
  4. Press (A) to exit the setting screen.
- The DST indicator appears on the display to indicate that Daylight Saving Time is turned on.



## e-DATA MEMORY



You can use the watch's e-DATA MEMORY to store e-mail addresses, Web page URLs, and other text data.

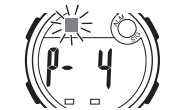
- All of the operations in this section are performed in the e-DATA MEMORY Mode, which you enter by pressing (C).

### e-DATA MEMORY Management

- e-DATA MEMORY can hold up to 315 characters total, while each record can contain up to 63 characters. The maximum number of records depends on the number of characters per record, as shown below.
- 63 characters per record: 5 records
- 7 or fewer characters per record: 40 records

### To create a new e-DATA MEMORY record

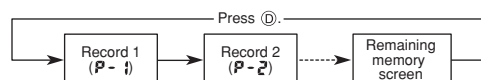
1. In the e-DATA MEMORY Mode, press (D) and (B) at the same time to display the remaining memory screen.
  - If 0% is shown for remaining memory, it means that memory is full. To store another record, you will first have to delete some of the records stored in memory.
2. Hold down (A) until the flashing cursor (|) appears on the display, which indicates the setting screen.
  - The setting screen also shows the record number that is automatically assigned to the new record.
3. Input the text you want.
  - When inputting the text, use (D) (+) and (B) (-) to cycle through characters at the current cursor location, and (C) to move the cursor to the right. See "Inputting Text".



4. Press (A) to store your data and return to the e-DATA MEMORY record screen (without the cursor).
  - Pressing (A) causes the message SET to appear for about two seconds as the data is stored. After that, the e-DATA MEMORY record screen appears.
  - The text can show only three characters at a time, so longer text scrolls continuously from right to left. The last character is indicated by the symbol 4 after it. Press (A) to stop and restart scrolling.
  - Records are stored in memory in the sequence they are created.

### To recall e-DATA MEMORY records

In the e-DATA MEMORY Mode, press (D) to cycle through e-DATA MEMORY records as shown below.





Remaining Memory Screen

- The value on the remaining memory screen is the percentage of memory that is still available. It does not indicate the number of records that can be stored.

### To edit an e-DATA MEMORY record

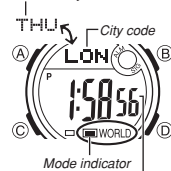
- In the e-DATA MEMORY Mode, use **(D)** to display the record you want to edit.
- Hold down **(A)** until the flashing character appears on the display.
- Use **(C)** to move the flashing to the character you want to change.
- Use **(+)** and **(-)** to change the character.
- After making the changes you want, press **(A)** to store them and return to the e-DATA MEMORY record screen.

### To delete an e-DATA MEMORY record

- In the e-DATA MEMORY Mode, use **(D)** to display the record you want to delete.
- Hold down **(A)** until the flashing cursor appears on the display.
- Press **(B)** and **(D)** at the same time to delete the record.
  - The message CLR appears to indicate that the record is being deleted. After the record is deleted, the cursor appears on the display, ready for input.
- Input data or press **(A)** to return to the remaining memory screen.

## World Time

Current day of week in the zone of the selected city code



Mode indicator

Current time in the zone of the selected city code

World Time shows the current time in 30 cities (27 time zones) around the world.

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

### To view the time in another city code

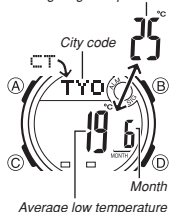
- In the World Time Mode, press **(D)** to scroll through city codes (time zones) to the east.
- For full information about city codes, see the "City Code Table".
- If the current time shown for a city is wrong, check your Timekeeping Mode time and Home City code settings and make the necessary changes.

### To toggle a city code time between Standard Time and Daylight Saving Time

- In the World Time Mode, use **(D)** to display the city code (time zone) whose Standard Time/Daylight Saving Time setting you want to change.
- Hold down **(A)** for about one second to toggle between Daylight Saving Time (DST indicator displayed) and Standard Time (DST indicator not displayed).
- The DST indicator is on the display whenever you display a city code for which Daylight Saving Time is turned on.
- Note that the DST/Standard Time setting affects only the currently displayed city code. Other city codes are not affected.

## City Temperature

Average high temperature



Month

Average low temperature

In the City Temperature Mode, the display shows the average high and low monthly temperatures in 30 cities around the globe.

### Note

- Displayed temperatures are monthly averages. They do not ensure that the temperature on any particular date will fall within the indicated range.
- The average high temperature and low temperature values alternate on the display at two-second intervals.
- The screen that appears first is the one for the city and month that was on the display when you last exited the City Temperature Mode.
- All of the operations in this section are performed in the City Temperature Mode, which you enter by pressing **(C)**.

### To view city temperature data

- In the City Temperature Mode, press **(D)** to scroll through city codes (time zones) to the east.
  - Press **(A)** to display the data for the following month.
- For full information about city codes, see the "City Code Table".

## Alarm



Alarm time (Hour : Minutes)

When the daily alarm is turned on, the alarm tone sounds when the alarm time is reached.

- You can also turn on an Hourly Time Signal that causes the watch to beep twice every hour on the hour.
- Alarm setting (and Hourly Time Signal setting) is available in the Alarm Mode, which you enter by pressing **(C)**.

### To set an alarm time

- In the Alarm Mode, hold down **(A)** until the hour setting of the alarm time starts to flash, which indicates the setting screen.
    - This operation automatically turns on the alarm.
  - Press **(C)** to move the flashing between the hour and minutes.
  - While a setting is flashing, use **(+)** and **(-)** to change it.
- With the 12-hour format, set the time correctly as a.m. (A indicator) or p.m. (P indicator).
- Press **(A)** to exit the setting screen.

## Alarm Operation

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

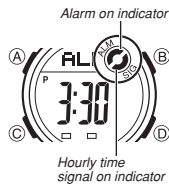
- To stop the alarm tone after it starts to sound, press any button.

### To test the alarm

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

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

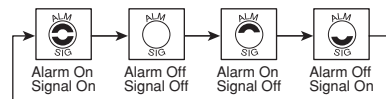
In the Alarm Mode, press **(D)** to cycle through the on and off settings as shown below.



Alarm on indicator

Hourly time signal on indicator

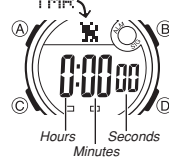
### Alarm On Indicator/Hourly Time Signal On Indicator



- The alarm on indicator flashes while the alarm is sounding.
- The alarm on indicator and Hourly Time Signal on indicator are displayed in all modes.

## Countdown Timer

### To use the countdown timer



Hours Minutes Seconds

You can set the countdown timer within a range of one minute to 24 hours. An alarm sounds when the countdown reaches zero.

- You can also select auto-repeat, which automatically restarts the countdown from the original value you set whenever zero is reached.
- Countdown timer functions are available in the Countdown Timer Mode, which you can enter using **(C)**.

### To use the countdown timer

- Press **(D)** while in the Countdown Timer Mode to start the countdown timer.
- When the end of the countdown is reached and auto-repeat is turned off, the alarm sounds for 10 seconds or until you stop it by pressing any button. The countdown time is automatically reset to its starting value after the alarm stops.
- When the end of the countdown is reached and auto-repeat is turned on, the alarm sounds, but the countdown starts again automatically whenever the countdown reaches zero.
- The countdown timer measurement operation continues even if you exit the Countdown Timer Mode.
- Press **(D)** while a countdown operation is in progress to pause it. Press **(D)** again to resume the countdown.
- To completely stop a countdown operation, first pause it (by pressing **(D)**), and then press **(A)**. This returns the countdown time to its starting value.

### To set up the countdown timer



Hours Minutes Seconds

- While the countdown start time is on the display in the Countdown Timer Mode, hold down **(A)** until the hour setting of the countdown start time starts to flash, which indicates the setting screen.
- If the countdown start time is not displayed, use the procedure under "To use the countdown timer" to display it.
- Press **(C)** to move the flashing in the sequence shown below to select other settings.

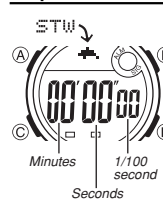


- While a setting is flashing, use **(D)** and **(B)** to change it as described below.

Screen	To do this:	Do this:
0:00	Change the hours or minutes	Use <b>(+)</b> and <b>(-)</b> .
OFF	Toggle auto-repeat on (ON) and off (OFF)	Press <b>(D)</b> .

- To specify a countdown start time of 24 hours, set **0:00**.
- Press **(A)** to exit the setting screen.
- The auto-repeat indicator (r) appears on the display while this function is turned on.
- Frequent use of auto-repeat and the alarm can run down battery power.

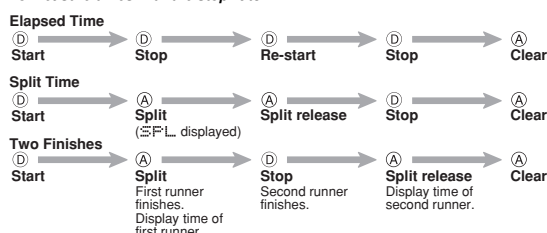
## Stopwatch



The stopwatch lets you measure elapsed time, split times, and two finishes.

- 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.
- Exiting the Stopwatch Mode while a split time is frozen on the display clears the split time and returns to elapsed time measurement.
- All of the operations in this section are performed in the Stopwatch Mode, which you enter by pressing (C).

### To measure times with the stopwatch



The time on the screen may not appear to stop immediately when you press a button to stop timing or to perform a split operation. Despite this, the time recorded by your button operation is accurate.

## 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 Display



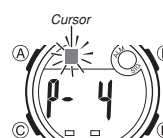
Auto Display continually changes the contents of the digital display.

**To turn off Auto Display**  
 Press any button (except for (B)) to turn off Auto Display.

**To turn on Auto Display**  
 In the Timekeeping Mode, hold down (C) for about three seconds until the watch beeps.

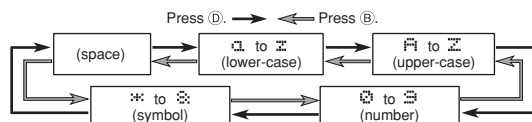
- Note that Auto Display cannot be performed while a setting screen is on the display.

### Inputting Text



The following describes how to input text in the e-DATA MEMORY Mode.

**To input characters**  
 1. When the cursor is on the display, use (D) and (B) to cycle through the available letters, numbers and symbols, in the sequence shown below.



2. When the character you want is at the cursor position, press (C) to move the cursor to the right.  
 3. Repeat steps 1 and 2 to input the rest of the characters you want.

- See the "Character List" for information about the characters you can input.

### Auto Return Features

- If you leave the watch in the e-DATA MEMORY, City Temperature, or Alarm Mode for two or three minutes without performing any operation, it automatically changes to the Timekeeping Mode.
- If you leave a screen with flashing digits or a cursor on the display for two or three minutes without performing any operation, the watch automatically saves any settings you have made up to that point and exits the setting screen.

### Scrolling

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

### Initial Screens

When you enter the e-DATA MEMORY, World Time, or City Temperature Mode, the data you were viewing when you last exited the mode appears first.

### 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.
- The year can be set in the range of 2000 to 2039.
- The watch's built-in full automatic calendar makes allowances for different month lengths and leap years. Once you set the date, there should be no reason to change it except after you have the watch's battery replaced.

## World Time

- The seconds count of the World Time is synchronized with the seconds count of the Timekeeping Mode.
- The World Time that appears in the upper part of the Timekeeping Mode screen always uses 24-hour format, regardless of the watch's current 12/24-hour setting.
- 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.
- The GMT differential is the time difference of the time zone where the city is located from Greenwich Mean Time.
- GMT differential is calculated by this watch based on Universal Time Coordinated (UTC) data.

### Backlight Precautions

The backlight uses an EL (electro-luminescent) panel that causes the entire display to glow for easy reading in the dark.

In any mode, press (B) to illuminate the display for about two seconds.

- The electro-luminescent panel that provides illumination loses power after very long use.
- The illumination provided by the backlight may be hard to see when viewed under direct sunlight.
- The watch may emit an audible sound whenever the display is illuminated. This is due to vibration of the EL panel used for illumination, and does not indicate malfunction.
- The backlight automatically turns off whenever an alarm sounds.
- Frequent use of the backlight shortens the battery life.

## Character List

a	ā	ñ	ñ	À	Á	Ñ	Ñ	0	⊙	@	⊗
b	ē	ō	ō	B	E	O	O	1	1	~	~
c	ċ	p	p	C	C	P	P	2	2	/	/
d	d	q	q	D	D	Q	Q	3	3	\	\
e	ē	r	r	E	E	R	R	4	4	#	#
f	f	s	s	F	F	S	S	5	5	.	.
g	g	t	t	G	G	T	T	6	6	:	:
h	h	u	u	H	H	U	U	7	7	;	;
i	i	v	v	I	I	V	V	8	8	'	'
j	j	w	w	J	J	W	W	9	9	,	,
k	k	x	x	K	K	X	X	*	*	"	"
l	l	y	y	L	L	Y	Y	-	-	^	^
m	m	z	z	M	M	Z	Z	_	_	&	&

## City Code Table

City Code	City	GMT Differential	Other major cities in same time zone
PPG	Pago Pago	-11.0	
HNL	Honolulu	-10.0	Papeete
ANC	Anchorage	-09.0	Nome
LAX	Los Angeles	-08.0	San Francisco, Las Vegas, Vancouver, Seattle, Dawson City
DEN	Denver	-07.0	El Paso, Edmonton
CHI	Chicago	-06.0	Houston, Dallas/Fort Worth, New Orleans, Mexico City, Winnipeg
NYC	New York	-05.0	Montreal, Detroit, Miami, Boston, Panama City, Havana, Lima, Bogota
CCS	Caracas	-04.0	La Paz, Santiago, Port Of Spain
RIO	Rio De Janeiro	-03.0	Sao Paulo, Buenos Aires, Brasilia, Montevideo
LON	London	+00.0	Dublin, Lisbon, Casablanca, Dakar, Abidjan
PAR	Paris	+01.0	Milan, Rome, Madrid, Amsterdam, Algiers, Hamburg, Frankfurt, Vienna, Stockholm
BER	Berlin	+02.0	Athens, Helsinki, Istanbul, Beirut, Damascus, Cape Town
CAI	Cairo	+02.0	
JRS	Jerusalem	+03.0	
JED	Jeddah	+03.0	Kuwait, Riyadh, Aden, Addis Ababa, Nairobi, Moscow
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
RYG	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	+09.5	
ADL	Adelaide	+09.5	Darwin
SYD	Sydney	+10.0	Melbourne, Guam, Rabaul
NOU	Noumea	+11.0	Port Vila
WLG	Wellington	+12.0	Christchurch, Nadi, Nauru Island

\*Based on data as of June 2004.