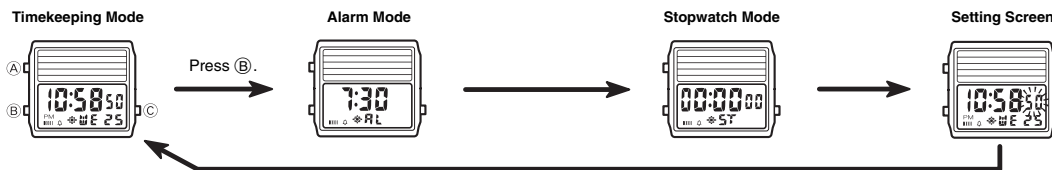


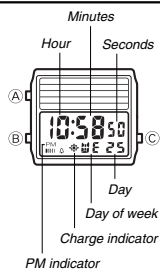
General Guide

- Press (B) to change from mode to mode.
- Pressing (B) after performing some operations in any mode returns to the Timekeeping Mode.

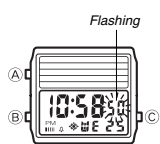
- If you do not perform any operation for a few minutes in the Alarm Mode or Setting Screen, the watch automatically reverts to the Timekeeping Mode.



Timekeeping Mode

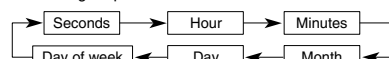


- In the Timekeeping Mode, press (C) to switch between the 12-hour and 24-hour formats.
- When the 12-hour format is selected, the indicator **PM** appears on the display to indicate "P.M." times. There is no indicator for "A.M." times.
 - When the 24-hour format is selected, the indicator **24H** appears on the display.
 - A charge indicator appears on the display of this watch when charging is required.



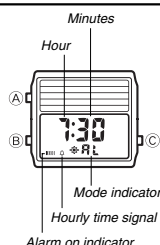
To set the time and date

1. Press (B) three times in the Timekeeping Mode to display the setting screen.
2. Press (A) to move the selection (flashing) in the following sequence.



3. While the seconds setting is selected (flashing), press (C) to reset it to 00. If you press (C) 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.
4. While any other setting is selected (flashing), press (C) to increase the number.
- Holding down (C) changes the setting at high speed.
5. After you set the time and date, press (B) to return to the Timekeeping Mode.

Alarm Mode

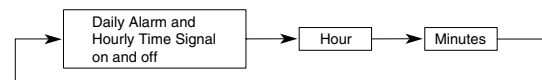


When the Daily Alarm is turned on, the alarm sounds for 20 seconds at the preset time each day. When the Hourly Time Signal is turned on, the watch beeps every hour on the hour.

To set the alarm time

1. Press (A) while in the Alarm Mode. The hour digits flash because they are selected.
- At this time the alarm is automatically turned on.

2. Press (A) to change the selection in the following sequence.



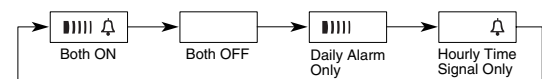
3. Press (C) to increase the selected digits. Holding down (C) changes the number at high speed.
- The format (12-hour and 24-hour) of the alarm time matches the format you select for normal timekeeping.
- When setting the alarm time using the 12-hour format, take care to set the time correctly as morning or afternoon.

To stop the alarm

- Press (A) to stop the alarm after it starts to sound.

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

Press (C) while in the Alarm Mode to change the status of the Daily Alarm and Hourly Time Signal in the sequence shown below.

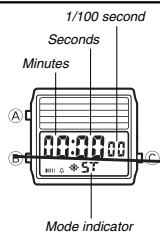


- The alarm and hourly time signal indicator is displayed in all modes.

To test the alarm

Hold down (C) 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.

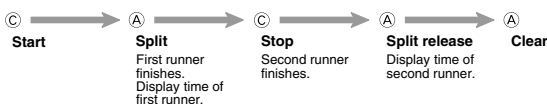
Elapsed time measurement



Split time measurement



Split time and 1st-2nd place times



Power Requirements

This watch works by light energy, so no battery is necessary. Light energy is converted into electric energy by solar cells and stored into the capacitor. Once fully charged, the watch can continue to run for a number of days (Modules 668 and 2168: 4 days, Module 2505: 14 days) without being exposed to light.

Charging light

- The watch will start to work within about two seconds after it is exposed to light (such as general office illumination). Set the time and calendar at this time.
- You can put on the watch after the "charge indicator (⚡)" disappears from the display.
- The beeper sound may be weak and the display may be dim while the charge indicator is on the display.
- Use the information in the table below as a reference how long you need to expose the watch to light when charging it.

Charging Time

Conditions	Charging Time (until charge indicator disappears)		Minimum Daily Charge		Maximum Charging Time	
	Modules 668, 2168	Module 2505	Modules 668, 2168, 2505	Modules 668, 2168	Module 2505	
Direct sunlight (100,000 lux.)	15 min	45 min	4 min	40 min	2 hrs	
At a sunny window (20,000 lux.)	50 min	3 hrs	12 min	2 hrs	6 hrs	
Fluorescent light (5,000 lux.)	4 hrs	12 hrs	50 min	—	—	
General office illumination (700 lux.)	—	—	6 hrs	—	—	

- Note the following to ensure that your watch remains charged and running.
 - * Wear the watch outside your sleeve.
 - * Place the watch in a well-lit location when you are not wearing it.