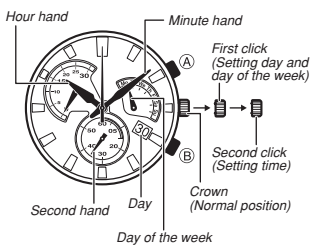


- The configuration of your watch may differ somewhat from that shown in the illustration.




**To set the time**

1. Pull the crown out to the second click when the second hand stops.
2. Set the hands by rotating the crown. Rotate the crown to move the hands clockwise. Move the minute hand four or five minutes past the time you want to set, and then back it up to the proper setting.
  - Carefully set the time, making sure to distinguish between AM and PM.
3. Push the crown back in to the normal position to restart timekeeping.


**To set the day**

1. Pull the crown out to the first click.
2. Set the day by rotating the crown away from you (in the direction indicated by the arrow in the illustration).
3. Push the crown back in to the normal position.
  - Avoid changing the date setting while the current time is between 9:00 p.m. and 1:00 a.m.

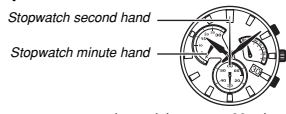


**To set the day of the week**

1. Pull the crown out to the first click.
2. Set the day of the week by rotating the crown towards you (in the direction indicated by the arrow in the illustration).
3. Push the crown back in to the normal position.
  - Avoid changing the day of the week setting while the current time is between 11:00 p.m. and 2:00 a.m.



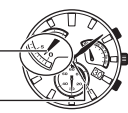
**Using the Stopwatch**



The stopwatch lets you measure elapsed time up to 29 minutes, 59 seconds.

**To measure elapsed time**

1. Press (A) to start the stopwatch.
2. Press (A) to stop the stopwatch.
  - You can resume the measurement operation by pressing (A) again.
3. Check the elapsed time.
  - The example below shows an elapsed time of two minutes, 25 seconds.



• Press (B) to reset the stopwatch. This will enter the Timekeeping Mode.

**Notes:**

- Do not try to perform stopwatch operations while the crown is pulled out either to the first or second click. If you try to press a button, you might accidentally cause the crown to rotate and change the current time or day setting.
- Perform the following procedure if the stopwatch minute hand and/or second hand do not return to their proper positions when you press (B) to reset the stopwatch.

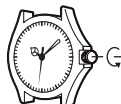
**To adjust the positions of the stopwatch hands**

1. Press (B) to reset the stopwatch, and check the alignment of the stopwatch minute hand and second hand.
2. Pull out the crown to the second click.
3. Press (A) to move the stopwatch minute hand and second hand.
  - Use (A) to advance the stopwatch second hand by one second. Holding down (A) will advance the hand at high speed.
  - To return the stopwatch minute hand to the proper position, press (B).
4. After making the adjustments you want, push the crown back in to its normal position.
  - Note that pulling the crown out also stops the timekeeping second hand. After performing the above procedure, you should also adjust the timekeeping setting.

- For a watch with an elapsed time bezel  
Rotate the elapsed time bezel to align the ▽ mark with the minute hand.  
After certain amount of time elapsed, read the graduation on the elapsed time bezel which the minute hand points to.  
The elapsed time is indicated.



- Some water resistant models are equipped with a screw lock crown.
- With such models, you must unscrew the crown in the direction noted in the illustration to loosen it before you can pull it out. Do not pull too forcibly on such crowns.
- Also note that such watches are not water resistant while their crowns are loosened. Be sure to screw the crowns back in as far as they will go after making any setting.



## Specifications

**Accuracy at normal temperature:** ± 20 seconds a month

**Display:** 3 analog hands (timekeeping hour, minutes, and stopwatch seconds),  
3 dials (timekeeping seconds, stopwatch minutes, and day of the week), day

**Stopwatch function:** Measuring capacity: 29'59"/Measuring unit: 1 second  
Measuring mode: Elapsed time

**Battery:** One silver oxide battery (Type: SR626SW)  
Approximately 2 years on type SR626SW (assuming one stopwatch operation 60 min./day)