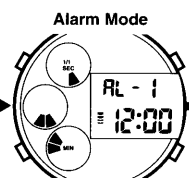
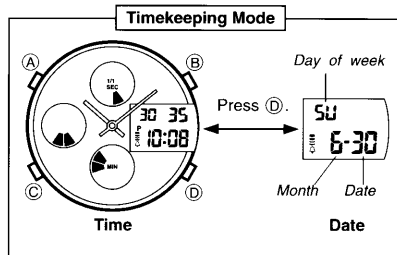


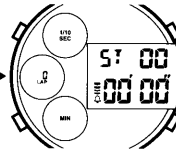
2. OPERATION CHART: MODULE QW-1391

GENERAL GUIDE

- Press (C) to change from mode to mode. After you perform an operation in any mode, pressing (C) returns to the Timekeeping Mode.



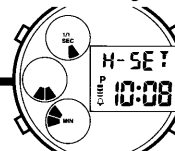
Stopwatch Mode



Recall Mode



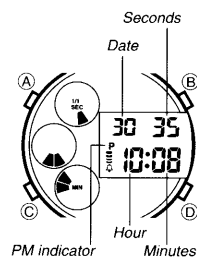
Hand Setting Mode



Countdown Alarm Mode



TIMEKEEPING MODE



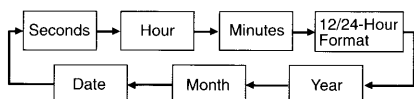
Use the Timekeeping Mode to set the digital time, and to switch the digital time between summer time (Daylight Saving Time) and standard time.

- In the Timekeeping Mode, press (D) to switch between time and date displays.

To set the digital time and date

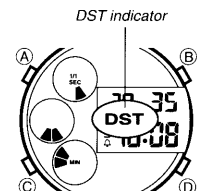
1. Hold down (A) while in the Timekeeping Mode until the seconds digits start to flash on the display. The seconds flash because they are selected.

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



3. While the seconds digits are selected (flashing), press (D) to reset the seconds to 00. If you press (D) while the seconds count is in the range of 30 to 59, the seconds are reset to 00 and 1 is added to the minutes. If the seconds count is in the range of 00 to 29, the minutes count is unchanged.
 4. While any other digits (besides seconds) are selected (flashing), press (D) to increase the number or (B) to decrease it. Holding down either button changes the current selection at high speed.
 - While the 12/24-hour setting is selected, press (D) to switch between the two formats.
 - When the 12-hour format is selected, the indicator P appears on the display to indicate "p.m." times. There is no indicator for "a.m." times.
 5. After you set the time and date, press (A) to return to the Timekeeping Mode.
- If you use the above procedure to set the time on the digital display, the hands of the analog timepiece normally adjust according to your setting. If, for any reason, the analog time does not match the digital time, use the procedure described under "Hand Setting Mode" to match the analog setting with the digital display.
- The day of the week is automatically set in accordance with the date.
 - The date can be set within the range of January 1, 1995 to December 31, 2039.
 - If you do not operate any button for a few minutes while a selection is flashing, the flashing stops and the watch goes back to the Timekeeping Mode automatically.

To switch between standard time and daylight saving time



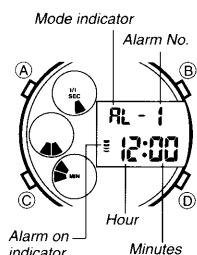
In the Timekeeping Mode, hold down (D) for one or two seconds to switch between standard time and daylight saving time (DST).

- Switching to daylight saving time advances the current time setting by one hour.
- A DST indicator appears on the display to indicate that daylight saving time is selected.

About the backlight

- In any mode, press (B) to illuminate the display for about four seconds.
- The backlight automatically stops illuminating whenever an alarm sounds.
 - The backlight of the watch employs an electro-luminescent (EL) light, which loses illuminating power after very long use.
 - The illumination provided by the backlight may be hard to see when viewed under direct sunlight.
 - The watch will emit an audible sound whenever the display is illuminated. This is caused by a transistor that vibrates when the EL panel lights up. It does not indicate malfunction of the watch.

ALARM MODE

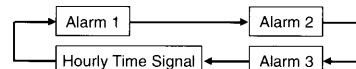


Three independent daily alarms can be set. Each alarm lets you set the hour and minutes. When the Daily Alarm is on, the alarm sounds for 20 seconds at the preset time each day. Press any button to stop the alarm after it starts to sound. When the Hourly Time Signal is on, the watch beeps every hour on the hour.

- If you do not operate any button for a few minutes while in the Alarm Mode, the watch automatically goes back to the Timekeeping Mode.

To set an alarm

1. Press (D) while in the Alarm Mode to select Alarm 1 through Alarm 3.



2. Hold down (A) until the hour digits start to flash on the display. The hour digits flash because they are selected.

- This operation will switch the Daily Alarm on automatically.

3. Press (C) to change the selection in the following sequence.



4. While the hour or minutes digits are selected (flashing), press (D) to increase the number or (B) to decrease it. Holding down either button changes the current selection at high speed.
 - While the On/Off setting is selected, press (D) to switch the alarm on (≡ indicator appears) and off (no indicator).
 - 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 (no indicator) or afternoon (P).
 5. After you set the alarm, press (A) to return to the Alarm Mode.
- The alarm on indicator (≡) is shown on the display in all modes when any alarm is on.

To switch the Hourly Time Signal on and off

1. In the Alarm Mode, press (D) to select the Hourly Time Signal.
2. Hold down (A) until the 00 digits start to flash on the display.
3. Press (D) to switch the Hourly Time Signal on (Δ indicator appears) and off (no indicator).
4. Press (A) to return to the Alarm Mode.



About the alarm

You can select from among eight different alarm sounds. The alarm sound you select is used for both the Daily Alarms and the Countdown Alarm.

To test the alarm

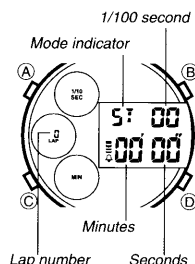
Hold down (C) while in any mode to sound the alarm.

- Note that pressing (C) also changes the mode.

To change the alarm sound

1. Hold down (C) to sound the alarm.
 2. While the alarm is sounding (because you are holding down (C)), press (D) to change the alarm.
- The sound last being produced when you press (D) is the one used for the alarm.

STOPWATCH MODE



The Stopwatch Mode can record elapsed time and lap times up to 59 minutes, 59.99 seconds. Measured times are automatically stored into memory. If you preset a lap distance, the watch automatically calculates the speed of each lap.

- The term lap time refers to the amount of time that it takes to complete a specific segment of a race (such as each lap of a track race).

To measure elapsed time

- Press (D) to start the stopwatch.
- Press (D) to stop the stopwatch.
- You can resume the measurement operation by pressing (D) again.
- Press (A) to clear the stopwatch to 00:00.00.

To measure lap times

- Press (D) to start an elapsed time measurement.
- Press (A) to record the time of the first lap.
- At this time, the measured lap time stays on the display for about seven seconds, after which the display automatically changes back to the stopwatch time.
- Repeat step 2 to record more lap times and store them in memory.
- The watch can store up to 20 lap times, and so the display shows up to 20 lap numbers. After lap 20, the indicator starts over from lap 1, which indicates that the oldest lap times in memory are being replaced by the newest measured times.
- Press (D) to stop the stopwatch.
- Press (A) to clear the stopwatch to 00:00.00.
- Pressing (A) clears the lap time reading to 00:00.00, without changing the current lap number reading. The lap number will return to 1 when you perform the next elapsed time measurement operation with the stopwatch.
- For details on recalling lap times, see "RECALL MODE".
- Lap times are kept in memory until you clear the stopwatch (by pressing (A)) and then start a new elapsed time measurement operation.

About time memories

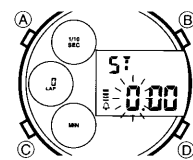
This watch can store up to 20 lap times per stopwatch operation. Once 20 lap times are stored, pressing (A) again (to record the 21st lap time) replaces the oldest lap time measurement with the newest one. All lap times in memory are automatically cleared whenever you clear the stopwatch to 00:00.00 and then start a new elapsed time measurement operation.

About speed calculations

Once you preset a lap distance, the watch automatically calculates the speed of each lap (in kilometers or miles per hour) in accordance with times measured by the stopwatch. This function is useful in the timing of motor sports events.

- You can view calculated speeds in the Recall Mode.
- Speeds can be calculated up to 999 (km/h or mph).

To preset the lap distance



- Note that the following explanation applies to both kilometers and miles, and no adjustment is necessary to switch between the two distance units.
- Note that you will not be able to preset the lap distance unless the elapsed time on the Stopwatch Display is cleared to 00:00.00.

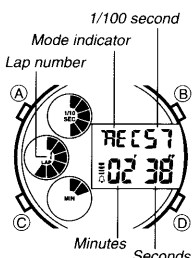
- Hold down (A) while in the Stopwatch Mode until the digits of the distance value to the left of the decimal point start to flash. The digits flash because they are selected.
- Press (C) to change the selection in the following sequence.



- Press (D) to increase the selected digit or (B) to decrease it. Holding down either button changes the current selection at high speed.
- The maximum lap distance you can preset is 99.99.
- After you set the lap distance, press (A) to return to the Stopwatch Mode.

RECALL MODE

The Recall Mode lets you look up data that you recorded in the Stopwatch Mode. You can also delete data in the Recall Mode.



To recall times

- Whenever you enter the Recall Mode, the display shows the time for the oldest lap.
- Press (D) to scroll forward through the lap times.
- The message "REC LAP" appears on the display when between the display of the last (newest) and the oldest lap time.



(Speed display)

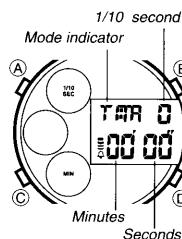
- When you recall data that includes a time and speed, the display alternately shows the time and speed.
- The speed display shows the message "REC Err" whenever you recall data whose speed is greater than 999.

To clear lap times

In the Recall Mode, hold down (A) until the watch beeps to clear all the lap times in memory.

- Clearing a lap time causes the displayed time and lap number to become zero.

COUNTDOWN ALARM MODE

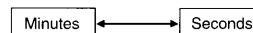


The countdown timer can be set within a range of 1 second to 60 minutes. When the countdown reaches zero, an alarm sounds for 10 seconds or until you press any button.

- If you do not operate any button for a few minutes while in the Countdown Alarm Mode, the watch automatically goes back to the Timekeeping Mode.

To set the countdown start time

- Hold down (A) until the minutes digits start to flash on the display. The minutes digits flash because they are selected.
- Press (C) to change the selection in the following sequence.

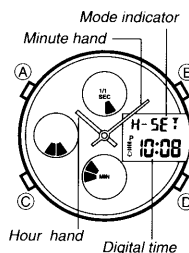


- Press (D) to increase the selected number or (B) to decrease it. Holding down either button changes the selection at high speed.
- To set the starting value of the countdown time to 60 minutes, set 00:00.
- After you set the countdown start time, press (A) to return to the Countdown Alarm Mode.

To use the countdown timer

- Press (D) while in the Countdown Alarm Mode to start the countdown timer.
- Press (D) again to stop the countdown timer.
- You can continue countdown timer operation by pressing (D).
- Stop the timer and then press (A) to reset the countdown time to its starting value.
- The countdown time is automatically reset to its starting value after the alarm stops.

HAND SETTING MODE



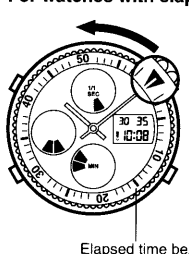
When the time shown on the display does not match the analog setting, use this mode to correct this situation by changing the analog setting.

- If you do not operate any button for a few minutes while in the Hand Setting Mode, the watch automatically goes back to the Timekeeping Mode.

To set the analog time

- Hold down (A) while in the Hand Setting Mode until the digital time (hour and minutes) starts to flash on the display.
- The following step changes the hands of the analog time-piece without changing the flashing digital time.
- Press (D) to advance the hand setting of the analog time-piece. Holding down (D) changes the hand setting at high speed.
- After you set the analog time, press (A) to return to the Hand Setting Mode.

For watches with elapsed time bezel



Rotate the elapsed time bezel to align the ▼ mark with the minute hand. Later, you can tell approximately how much time has passed by observing how much the minute hand has moved from the ▼ mark.