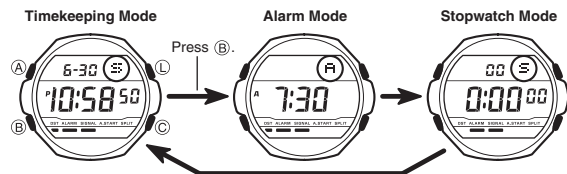


## General Guide

- Press (B) to change from mode to mode.



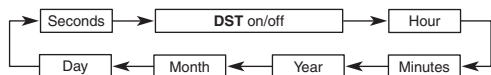
## Timekeeping Mode



- In the Timekeeping Mode, press (C) to switch between the 12-hour and 24-hour format.
- When the 12-hour format is selected, "p.m." times are indicated on the display by P, while "a.m." times are indicated by A. No indicators are used with the 24-hour format.

### To set the time and date

1. Hold down (A) until the second's digits start to flash.
2. Press (B) to move the selection around the display in the following sequence.



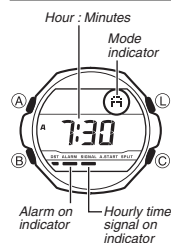
3. While the second's digits are selected (flashing), press (C) to reset them to 00. If you press (C) while the second's count is in the range of 30 to 59, they are reset to 00 and 1 is added to the minutes. If the second's count is in the range of 00 to 29, the minute's count is unchanged.
4. While the DST\* setting is selected (DST on indicator is flashing), press (C) to toggle it on (ON) and off (OFF).
5. While any other setting (besides seconds) is selected (flashing), press (C) to change it. Holding down (C) changes the digits at high speed.
- The date can be set with the range of January 1, 2000 to December 31, 2039.
6. After you set the time and date, press (A) to return to the Timekeeping Mode.
- 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.
- The day of the week is automatically set in accordance with the date.
- The watch's built-in full automatic calendar automatically makes allowances for different month lengths and leap years. Once you set the date, there should be no reason to change it except after the replacement of the watch's battery.

\* Daylight Saving Time (DST), which is also sometimes called "summer time" advances the time for one hour, as is the custom in some areas during the summer. Remember that not all countries or even local areas use Daylight Saving Time.

## About the Multi Illuminator Backlight

- In any mode, press (L) to illuminate the display for about 3 seconds.
- The backlight of this watch employs a "Multi Illuminator" light, which illuminates the display using one of three colors.
- The color of the backlight changes according to function.
- Frequent use of the backlight shortens the battery life.
- The illumination provided by the backlight may be hard to see when viewed under direct sunlight.
- The backlight automatically turns off whenever an alarm sounds.

## Alarm Mode



When the Daily Alarm is turned on, an 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.

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

### To set the alarm time

1. Hold down (A) until the hour digits start to flash on the display. The hour digits flash because they are selected. At this time the Alarm is automatically turned on.
2. Press (B) to change the selection in the following sequence.



3. Press (C) to increase the number. Holding down (C) changes the digits 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.
4. After you set the alarm time, press (A) to return to the Alarm Mode.
- 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 Alarm Mode automatically.

### To stop the alarm

- Press any button 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 following sequence.



### 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 23 hours 59 minutes, 59.99 seconds.

- If you do not operate any button for a few minutes while the all-zero screen is on the display in the Stopwatch Mode, the watch goes back to the Timekeeping Mode automatically.

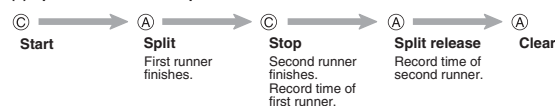
### (a) Elapsed time measurement



### (b) Split time measurement



### (c) Split time and 1st-2nd place times

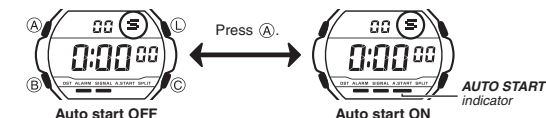


## About the Auto-Start function

With the Auto-Start function, the watch performs a 5-second countdown. When the countdown reaches zero, stopwatch operation starts automatically. During the final three seconds of the countdown, a beeper sounds with each second.

### To turn the Auto-Start function on and off

While the display is showing all zeros in the Stopwatch Mode, press (A) to toggle it on and off.



- To stop the Auto-Start countdown and return to the all-zero display, press (A).
- Pressing (C) while the Auto-Start countdown is in progress immediately starts the stopwatch.