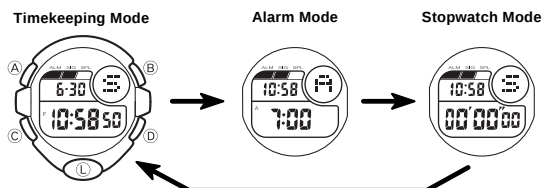


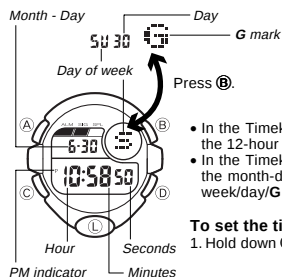
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GENERAL GUIDE

- Press **C** to change from mode to mode.



TIMEKEEPING MODE

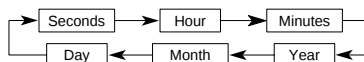


- In the Timekeeping Mode, press **B** to switch between the 12-hour and 24-hour format.
- In the Timekeeping Mode, press **B** to switch between the month-day/day of the week display and day of the week/day/G mark display.

To set the time and date

- Hold down **A** until the seconds digits start to flash.

- Press **C** to move the selection around the display in the following sequence.

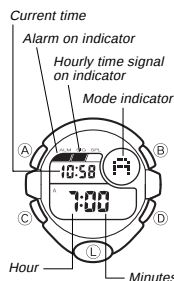


- While the seconds digits are selected (flashing), press **B** to reset them to 00. If you press **B** while the seconds count is in the range of 30 to 59, they are reset to 00 and 1 is added to the minutes. If the seconds count is in the range of 00 to 29, the minutes count is unchanged.
- While any other digits (besides seconds), are selected (flashing), press **B** to increase the number. Holding down **B** changes the digits at high speed.
- The date can be set with the range of January 1, 1995 to December 31, 2039.
- After you set the time and date, press **A** to return to the Timekeeping Mode.
- The day of the week is automatically set in accordance with the date.
- 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.

ABOUT THE BACKLIGHT

- In any mode, press **L** to illuminate the display for about 4 seconds. If you turn on the backlight in the Timekeeping Mode, the figures on the display disappear for about the final two seconds the backlight is on.
- The backlight of this watch employs an electro-luminescent (EL) light, which loses its illuminating power after very long term use.
- Frequent use of the backlight shortens the battery life.
- The watch emits an audible sound whenever the display is illuminated. This does not indicate malfunction of the watch.
- 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.

- 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.
- Press **C** to change the selection in the following sequence.



- Press **B** to increase the number. Holding down **B** 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.
- 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 **B** while in the Alarm Mode to change the status of the Daily Alarm and Hourly Time Signal in the following sequence.

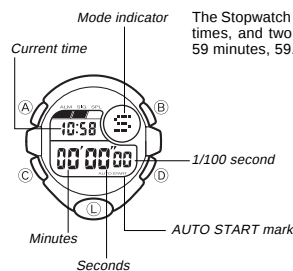


To test the alarm

Hold down **B** 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.



(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 automatically. During the final three seconds of the countdown, a beeper sounds with each second. When the countdown reaches zero, stopwatch operation starts.

To turn the Auto-Start function on and off

While the display is showing all zeros in the Stopwatch Mode, press **B** to toggle Auto-Start on and off.

- AUTO START** mark is shown while Auto-Start function is turned on. **AUTO START** mark is not shown while Auto-Start function is turned off.
- To stop the Auto-Start countdown and return to the all-zero display, press **B**.
- Pressing **B** while the Auto-Start countdown is in progress immediately starts the stopwatch.