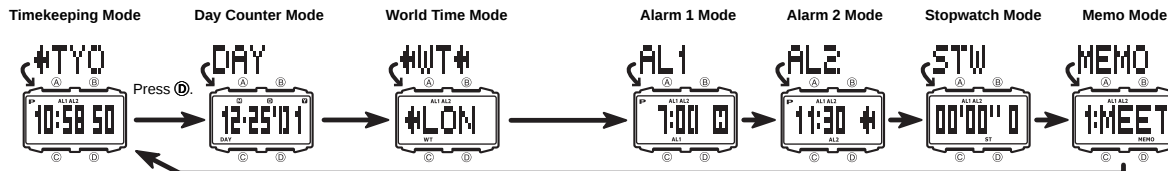
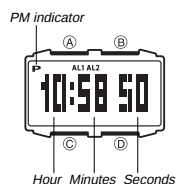


GENERAL GUIDE

- If the display of your watch is continually changing, see "Auto Display Function" for information on how to stop it.
- Press **(A)** to change from mode to mode.
- When you return to the Timekeeping Mode from another mode, the Home City code appears first, followed after a few seconds by the current time. See "TIMEKEEPING MODE" for details.
- In any mode (except for the Memo Mode or when making any settings) press **(A)** to illuminate the display for about 1.5 seconds.



TIMEKEEPING MODE



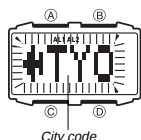
In addition to normal timekeeping, use the Timekeeping Mode to set the current time and date.

Setting the Current Time

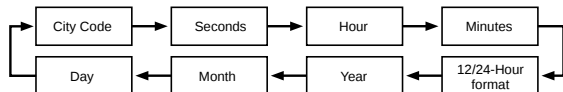
Use the following procedure to select a city (city code) as your Home City, and then set its time and date. You can also specify whether you prefer to use 12-hour or 24-hour timekeeping for all screens that show times.

- Changing the city code setting usually changes the time setting and sometimes changes the date setting. Because of this, you should select your Home City before setting time and date.
- Once you select a Home City and set its time, you can view the current time in other cities by simply changing the city code setting.

To set the current time



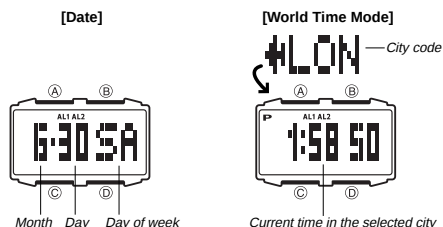
1. In the Timekeeping Mode, hold down **(C)** until the city code starts to flash on the display. The city code flashes because it is selected.
2. Use **(A)** and **(B)** to scroll through the city codes until the one you want to set as your Home City is displayed.
- **(B)** scrolls forward, while **(A)** scrolls back through city codes.
- See the "CITY CODE TABLE" for a complete list of available codes.
3. Press **(D)** to move the flashing in the sequence shown below to select other settings.



4. Press **(D)** until the seconds digits are flashing on the display.
5. While the seconds digits are selected (flashing), press **(B)** to reset the seconds to **00**.
- Pressing **(B)** while the seconds count is in the range of 30 to 59 resets the seconds to **00** and adds 1 to the minutes. If the seconds count is in the range of 00 to 29, the minutes count is unchanged.
6. Press **(D)** until the hour digits are flashing on the display.
7. Press **(B)** increase the setting or **(A)** to decrease it.
8. Repeat steps 6 and 7 to set the minutes, year, month, and day.
- When the 12/24-hour setting is selected, press **(B)** to toggle between 12-hour (12H) and 24-hour (24H) timekeeping.
9. After you make the settings you want, press **(C)** to return to the current time screen.

Viewing the Current Date and World Time Mode Screens

In the Timekeeping Mode, press **(C)** to display the current date screen, and **(B)** to display the World Time Mode screen. The screen you select remains on the display for a few seconds, and then the watch returns to the current time.

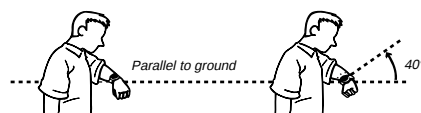


ABOUT THE BACKLIGHT

About the Auto Light Switch Function

When the auto light switch function is turned on, the backlight automatically turns on for 1.5 seconds under the conditions described below. Avoid wearing the watch on the inside of your wrist. Doing so causes the auto light switch to operate when not needed, which shortens battery life.

Moving the watch to a position that is parallel to the ground and then tilting it towards you approximately 40 degrees causes the backlight to illuminate.



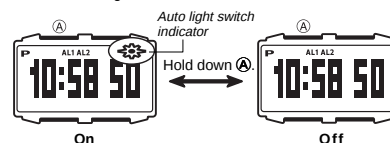
- The backlight may not illuminate if the face of the watch is more than 15 degrees off parallel to the left or right. Make sure that the back of your hand is parallel to the ground.



- Static electricity or magnetic force can interfere with proper operation of the auto light switch function. If the backlight does not illuminate, try moving the watch back to the starting position (parallel with the ground) and then tilt it back toward you again. If this does not work, drop your arm all the way down so it hangs at your side, and then bring it back up again.
- Under certain conditions the backlight may not light until about one second or less after turning the face of the watch towards you. This does not necessarily indicate malfunction of the backlight.

To switch the auto light switch function on and off

In any mode (except for the Memo Mode or when making any settings), hold down **(A)** for two seconds to turn the auto light switch function on and off.



- The auto light switch indicator is shown on the display in all modes while the auto light switch function is on.
- In order to protect against running down the battery, the auto light switch function is automatically turned off approximately five hours after you turn it on. Repeat the above procedure to turn the auto light switch function back on if you want.
- In any mode (except for the Memo Mode or when making any settings) press **(A)** to illuminate the display for about 1.5 seconds, regardless of the auto light switch's on/off setting.

Caution

- 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 is because the EL light vibrates slightly when lit. It does not indicate malfunction of the watch.

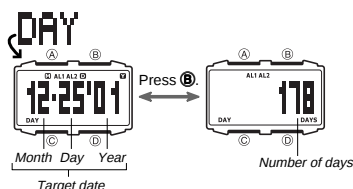
Warning!

- Never try to read your watch when mountain climbing or hiking in areas that are dark or in areas with poor footing. Doing so is dangerous and can result in serious personal injury.
- Never try to read your watch when running where there is the danger of accidents, especially in locations where there might be vehicular or pedestrian traffic. Doing so is dangerous and can result in serious personal injury.
- Never try to read your watch when riding on a bicycle or when operating a motorcycle or any other motor vehicle. Doing so is dangerous and can result in a traffic accident and serious personal injury.
- When you are wearing the watch, make sure that its auto light switch function is turned off before riding on a bicycle or operating a motorcycle or any other motor vehicle. Sudden and unintended operation of the auto light switch can create a distraction, which can result in a traffic accident and serious personal injury.

DAY COUNTER MODE

The Day Counter Mode lets you count the number of days from the Timekeeping Mode's current date to a specific target date.

- "DAY" flashes on the display the day before the target date, while "H-DAY" flashes on the display during the target date. These indicators flash in all modes, regardless of the year setting.
- The initial default date for Day Counter is 2001/12/25.
- Press **(B)** to toggle the display between the target date display and the number of days display.



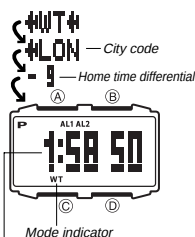
To set the target date

1. Hold down **(C)** until the year starts to flash on the screen. This indicates the input screen.
 2. Press **(B)** to move the flashing in the sequence shown below.
- ```

graph LR
 Year[Year] --> Month[Month]
 Month --> Day[Day]
 Day --> Year

```
3. Press **(B)** to increase the setting or **(A)** to decrease it.
  - Press **(B)** and **(A)** at the same time to set today's date as the target date. You can then make any changes in the date you want.
  4. After you make the settings you want, press **(C)** to exit the input screen.
  - The date can be set within the range of January 1, 1940 to December 31, 2039.

## WORLD TIME MODE



Current time in the selected city

### Viewing the Time in Another City

In the World Time Mode, press **(B)** to scroll forward through the city codes.

- If you leave a city code on the display for a few seconds, the contents of the display change to show the home time differential and current time.
- If the currently selected city code is also the Home City, the indicator **HOME** appears above the current time.

### Making a City Your Home City

1. In the World Time Mode, display the city code that you want to make your Home City.
2. To make the displayed city your Home City, hold down **(C)** for about one second until the **HOME** indicator appears.
- The time displayed in the Timekeeping Mode changes in accordance with the city you select with the above procedure.

### Daylight Saving Time (DST)

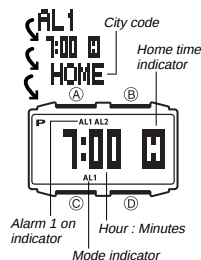
Daylight Saving Time automatically advances the time setting by one hour from Standard Time.

### To switch between Standard Time and Daylight Saving Time manually



1. In the World Time Mode, display the city code whose standard time/daylight saving time setting you want to change.
2. Hold down **(A)** and **(C)** simultaneously to toggle between daylight saving time (**DST** displayed) and standard time (**DST** not displayed).
- The **DST** indicator appears whenever daylight saving time is selected for the city code whose time is currently on the display.

## ALARM MODES

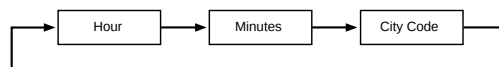


You can set up to two daily alarms named Alarm 1 and Alarm 2, and even specify a city code for the alarm.

- When you enter the Alarm 1 or Alarm 2 Mode, the alarm time setting and the city code currently assigned to that alarm appear on the display.
- The home time indicator (**H**) appears when **HOME** is selected as the city code assigned to the alarm. Assigning any other city code causes the home time indicator to be replaced by the world time indicator (**WT**).
- Pressing **(A)** in the Alarm 1 or 2 Mode turns on the backlight and displays the city code assigned to the alarm.

### Setting the Alarm Time

1. In the Alarm 1 or Alarm 2 Mode, hold down **(C)** until the hour digits start to flash on the display.
- The hour digits flash because they are selected.
- This operation automatically turns on the Daily Alarm.
2. Press **(B)** to move the flashing in the sequence shown below to select other setting.



3. While any setting is selected (flashing), press **(B)** to increase the setting or **(A)** to decrease it.
- Select **HOME** (between **RIO** and **GMT**) for the City Code setting if you want the alarm to operate in accordance with your Home City. **HOME** ensures that the alarm always sounds in accordance with your home city time, even if you change to a different home city.
- You can also select a city code for the City Code setting. When you do, the alarm sounds in accordance with the current time in that city.
- See the "CITY CODE TABLE" for a complete list of available codes.
- When setting the alarm time using the 12-hour format, take care to set the time correctly as a.m. or p.m.
4. After the alarm time is the way you want it, press **(C)** to return to the initial Alarm Mode screen (Alarm 1 or Alarm 2 Mode).

### Daily Alarm Operation

The alarm sounds at the preset time each day for about 10 seconds, or until you stop it by pressing any button. Note that the sound for Alarm 1 is different from that for Alarm 2.

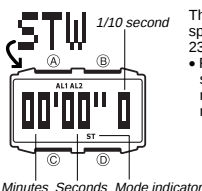
### To test the alarm

In the Alarm 1 or Alarm 2 Mode, hold down **(B)** to sound the alarm.

### Turning the Daily Alarm On and Off

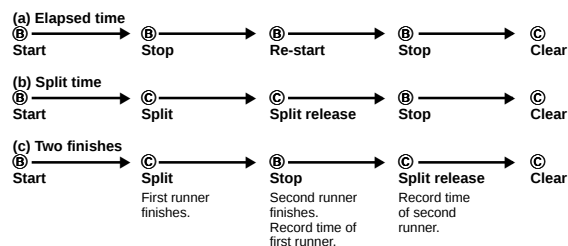
1. Enter the mode for the alarm (Alarm 1 or Alarm 2 Mode) you want to turn on or off.
2. Press **(B)** to toggle on (alarm on indicator displayed) and off (alarm on indicator not displayed).
- The **AL1** indicator indicates that Alarm 1 is on, while **AL2** indicates Alarm 2 is on.
- Alarm on indicators are displayed in all modes.

## STOPWATCH MODE

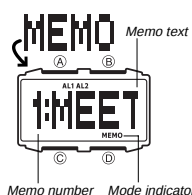


The Stopwatch Mode lets you measure elapsed time, split times, and two finishes. The range of the stopwatch 23 hour, 59 minutes, 59 seconds.

- For the first 60 minutes, the screen shows minutes, seconds, and 1/10 second (**MM'SS.S**). After 60 minutes, the screen format changes to show hours, minutes, and seconds (**HH:MM'SS**).



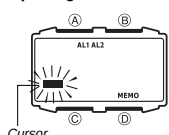
## MEMO MODE



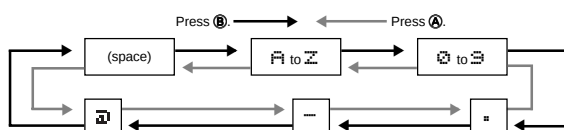
The Memo Mode lets you input up to 30 memos for instant recall when you need them.

- Memos are numbered from 1 to 30, and are stored in sequential order starting from 1. There cannot be a blank memo number between two memo numbers that contain data.
- Any memo text longer than three characters automatically scrolls from right to left on the display.
- The memo text on the display when you exit the Memo Mode appears first the next time you enter the Memo Mode.

## Inputting New Memo Text



1. In the Memo Mode, use **B** or **A** to scroll through memos until you find one that is blank (does not contain any text).
- If the message **FULL** appears on the display, it means that memory is full. To store more data, you will first have to delete some of the data.
2. Hold down **C** until the flashing cursor appears on the display.
3. Use **A** and **B** to scroll through the available letters, numbers, and symbols in the following sequence.



4. When the character you want is at the cursor position, press **D** to move the cursor to the right.
5. Repeat the steps 3 and 4 until your text is complete.
- You can input up to 16 characters for the memo text.
6. After inputting your data, press **C** to store it and return to the memo text screen (without the cursor).

## Recalling a Memo Text

In the Memo Mode, press **B** or **A** to scroll through stored memo text.

## Editing Memo Text

1. In the Memo Mode, scroll through the memo text and display the one you want to edit.
2. Hold down **C** until the flashing cursor appears on the display.
3. Use **D** to move the cursor to the character you want to change.
4. Use **A** and **B** to change the character.
- For details on inputting characters, see "Inputting New Memo Text".
5. After making the changes, press **C** to store them and return to the memo text screen (without the cursor).

## Deleting Memo Text

1. In the Memo Mode, scroll through the memo text and display the one you want to delete.
2. Hold down **C** until the flashing cursor appears on the display.
3. Hold down **A** and **B** at the same time until the message **CLR** (clear) appears on the display to delete the text.
- After the text is deleted, the flashing cursor appears on the display.
4. Input memo text or press **C** to return to the memo text screen (without the cursor).
- Whenever you delete memo text, any memos following it are renumbered accordingly. If you have memos numbered 1 through 5 and delete memo number 3, for example, the remaining memos are renumbered so 4 becomes 3 and 5 becomes 4.

## REFERENCE

This section contains more detailed and technical information about watch operation. It also contains important precautions and notes about the various features and functions of this watch.

## Auto Return Feature

- After you perform an operation in any mode, pressing **D** returns to the Timekeeping Mode.
- If you leave a screen with flashing digits or cursor on the display for two or three minutes without performing any operation, the watch automatically saves anything you have input up to that point and exits the setting screen.

## Data and Setting Scrolling

The **A** and **B** buttons are used in various modes and screens to scroll through available settings on the display. In most cases, holding down these buttons scrolls at high speed.

## 12-hour/24-hour Timekeeping Format

The 12-hour/24-hour timekeeping format you select in the Timekeeping Mode is also applied in the World Time, Alarm 1, and Alarm 2 Modes.

- When 12-hour format is selected, the **P** appears on the display to indicate "p.m." times.

## Timekeeping Mode Notes

- The day of the week is automatically displayed in accordance with the year, month, and day settings.
- The year can be set in the range of 2000 to 2039.
- The watch's built-in full automatic calendar automatically make allowances for different months lengths and leap years. Once you set the date (year, month, day), there should be no reason to change it except after the replacement of the watch's battery.
- Standard Time/Daylight Saving Time settings for your Home City can be made in the World Time Mode. See "WORLD TIME MODE" for details.

## World Time Mode Notes

- The current time in all the World Time Mode cities is calculated in accordance with the Greenwich Mean Time (GMT) differential for each city, based on the current Home City time setting in the Timekeeping Mode.
- GMT differential is calculated by this watch based on Universal Time Coordinated (UTC) data.
- The seconds count of the World Time is synchronized with the seconds count of the Timekeeping Mode.

## Auto Display Function



The Auto Display function of this watch continually changes the contents of the digital display. Note that you cannot use any of the watch's other functions (except for backlight) while the Auto Display function is operating.

## Turning the Auto Display Off

Hold down **D** for about two seconds until the watch beeps.

## Turning the Auto Display On

Hold down **D** for about two seconds until the watch beeps.

- Note that the Auto Display function cannot be performed while you are making settings.

## CITY CODE TABLE

| GMT differential | City Code | City           | Other major cities in same time zone                              |
|------------------|-----------|----------------|-------------------------------------------------------------------|
| -11              | PPG       | PAGO PAGO      |                                                                   |
| -10              | HNL       | HONOLULU       | PAPEETE                                                           |
| -09              | ANC       | ANCHORAGE      | NOME                                                              |
| -08              | YVR       | VANCOUVER      | LAS VEGAS, SEATTLE, DAWSON CITY                                   |
|                  | SFO       | SAN FRANCISCO  |                                                                   |
|                  | LAX       | LOS ANGELES    |                                                                   |
| -07              | DEN       | DENVER         | EL PASO, EDMONTON                                                 |
| -06              | MEX       | MEXICO CITY    | HOUSTON, DALLAS/FORT WORTH, NEW ORLEANS, WINNIPEG                 |
|                  | CHI       | CHICAGO        |                                                                   |
| -05              | MIA       | MIAMI          | MONTREAL, DETROIT, BOSTON, LIMA, PANAMA CITY, HAVANA, BOGOTA      |
|                  | NYC       | NEW YORK       |                                                                   |
| -04              | CCS       | CARACAS        | LA PAZ, SANTIAGO, PORT OF SPAIN                                   |
| -03              | RIO       | RIO DE JANEIRO | SAO PAULO, BUENOS AIRES, BRASILIA, MONTEVIDEO                     |
| +01              | LON       | LONDON         | DUBLIN, LISBON, CASABLANCA, DAKAR, ABIDJAN                        |
|                  | PAR       | PARIS          | MADRID, AMSTERDAM, ALGIERS, HAMBURG, FRANKFURT, VIENNA, STOCKHOLM |
|                  | MIL       | MILAN          |                                                                   |
|                  | ROM       | ROME           |                                                                   |
| +02              | BER       | BERLIN         |                                                                   |
|                  | IST       | ISTANBUL       | ATHENS, HELSINKI, BEIRUT, DAMASCUS, CAPE TOWN                     |
|                  | CAI       | CAIRO          |                                                                   |
| +03              | JRS       | JERUSALEM      |                                                                   |
|                  | JED       | JEDDAH         | MOSCOW, KUWAIT, RIYADH, ADEN, ADDIS ABABA, NAIROBI                |
| +3.5             | THR       | TEHRAN         | SHIRAZ                                                            |
| +04              | DXB       | DUBAI          | ABU DHABI, MUSCAT                                                 |
| +4.5             | KBL       | KABUL          |                                                                   |
|                  | KHI       | KARACHI        |                                                                   |
| +05              | MLE       | MALE           |                                                                   |
|                  | DEL       | DELHI          | MUMBAI, CALCUTTA                                                  |
| +5.5             | DAC       | DHAKA          | COLOMBO                                                           |
| +6.5             | RGN       | YANGON         |                                                                   |
| +07              | BKK       | BANGKOK        | JAKARTA, PHNOM PENH, HANOI, VIENTIANE                             |
|                  | SIN       | SINGAPORE      | KUALA LUMPUR, BEIJING, TAIPEI, MANILA, PERTH, ULAANBAATAR         |
| +08              | HKG       | HONG KONG      |                                                                   |
|                  | SEL       | SEOUL          | PYONGYANG                                                         |
| +09              | TYO       | TOKYO          |                                                                   |
|                  | ADL       | ADELAIDE       | DARWIN                                                            |
| +10              | GUM       | GUAM           | MELBOURNE, RABAU                                                  |
|                  | SYD       | SYDNEY         |                                                                   |
| +11              | NOU       | NOUMEA         | PORT VILA                                                         |
| +12              | WLG       | WELLINGTON     | CHRISTCHURCH, NADI, NAUO ISLAND                                   |

\*Based on data as of June 2000.