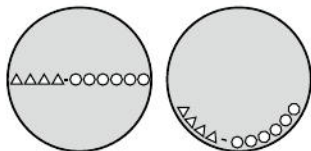







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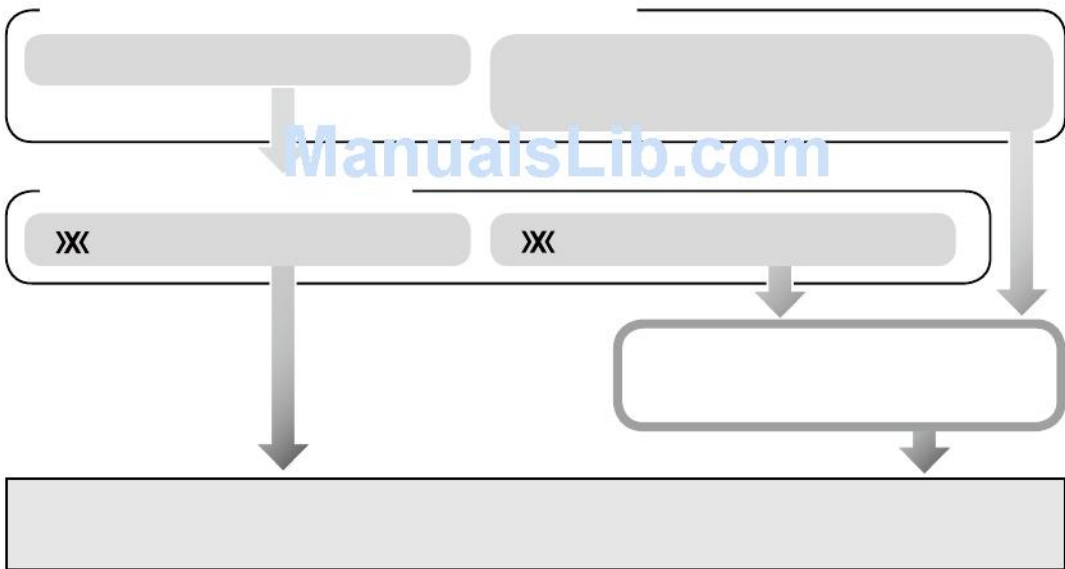


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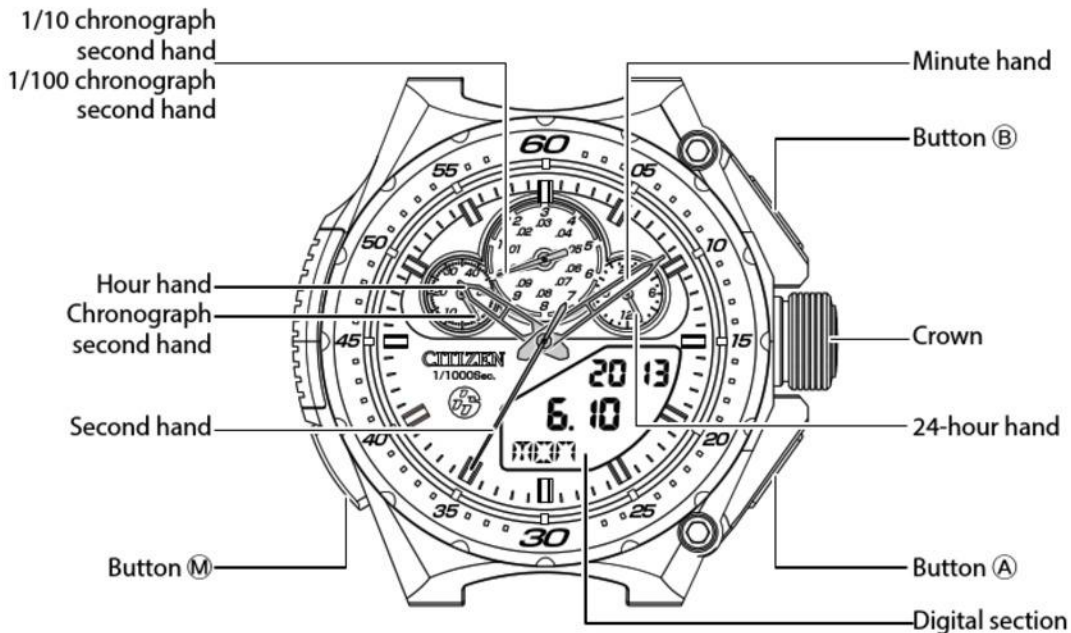


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Component identification



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Changing the mode of the digital section

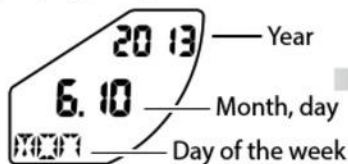
1 Press button (M) repeatedly to change the mode.



While calendar or world time is displayed, the digital section is lighted for 2 seconds by pressing button (B).

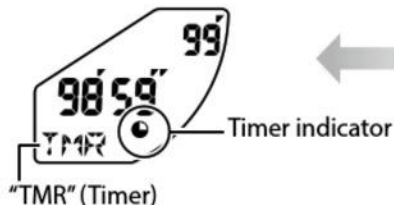
Time and Calendar mode

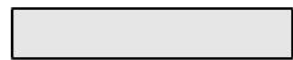
(→ page 20)



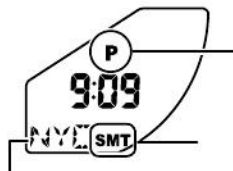
Timer mode

(→ page 36)





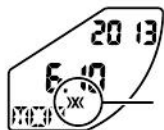
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Adjusting the time and calendar — Time and Calendar mode



Refer to “Table of city names”
(→ page 32) for the selectable
cities.

- The time on the digital section set here is the basic time of the watch—the home time.
- The analog section indicates the home time corresponding to the setting.

1. Press button **M to change the mode to Time and Calendar.**

2. Pull out the crown to position **1.**

The second hand points to the 0 second position, and all hands stop moving.

The city name starts flashing.





Using the chronograph — Chronograph mode

The chronograph hands normally point to “0/.00”, “0 (or 60)”.

You can measure times up to 23 hours 59 minutes 59 seconds 999, per 1/1000 second.

1/10 chronograph second hand
1/100 chronograph second hand



- When the measurement time passes over 23 hours 59 minutes 59 seconds 999, the measurement stops and the measurement time is reset.
- When 60 seconds elapsed after starting /restarting the measurement, the chronograph 1/10 second and 1/100 second hands stop at “0/.00.”
- After the chronograph 1/10 second and 1/100 second hands stop, you can change the mode with the measurement continued (other than the Race mode and Lap Record mode).

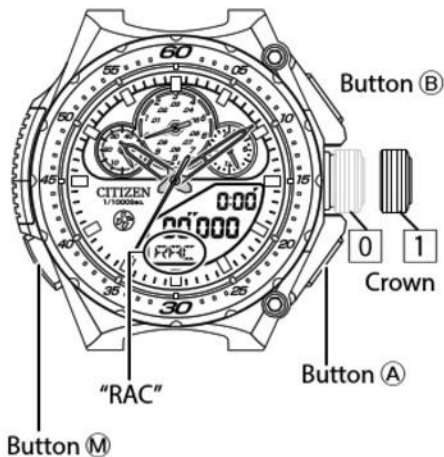
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Measuring lap times — Race mode

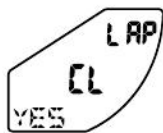
You can measure lap times and the average speed of each lap. The records of the latest 20 laps are stored in the Lap Record mode. (→ page 28)



■ Setting the distance of the course

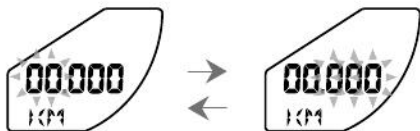
- To calculate speed, set the distance of the course. (Setting range: 0 to 99.999 km)
- When you set the distance, records in the Lap Record mode are deleted. To cancel the setting, push in the crown to position **0** before step **3** on page 21.

1. Press button (M) to change the mode to Race. ("RAC")

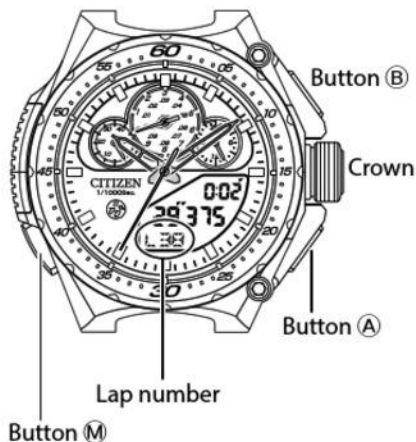


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■ Measuring lap times

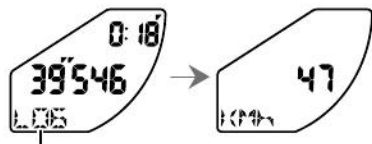


- The records of the latest 20 laps are stored in the Lap Record mode. (→ page 28)
- Set the distance of the course to calculate speed. (→ page 24)
- The largest lap number is “99.” It returns to “01” as you take the 100th lap time.
- You cannot change the mode during the measurement.

1. Press button (M) to change the mode to Race. (“RAC”)



2. Press button (B) to start measurement.



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Checking the records of lap times — Lap Record mode

After the lap measurement, you can check the records of the latest 20 laps.



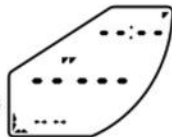
■ Checking the records

The best time, the average time, and the worst time are displayed, calculated from the stored records.

1. Press button (M) to change the mode to Lap Record.

“FAS” is displayed.

- When no record is stored, “--” is displayed.

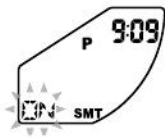


2. Press button (A) to change the record displayed.



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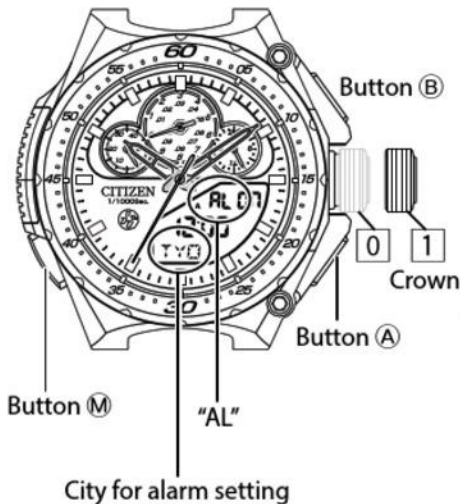


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Using the alarm — Alarm mode

You can set the alarm based on the time of the selected city.



To monitor the alarm sound, press and hold button **(A)** for more than 2 seconds while the crown is set to position **0**. You can monitor it for up to 10 seconds.

- 1. Press button **(M)** to change the mode to Alarm. ("AL")**
- 2. Pull out the crown to position **1**.**



Using the timer — Timer mode

You can set the countdown timer from 1 minute up to 99 minutes per 1 minute.

1. Press button (M) to change the mode to Timer. ("TMR")

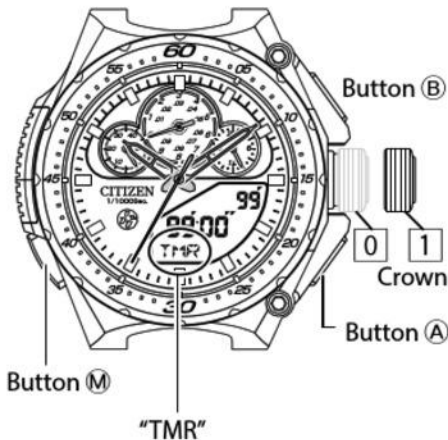
The last timer setting is displayed.

- Go to step 5 if you do not need to change the setting.

2. Pull out the crown to position 1.

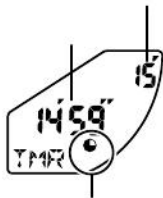
3. Press button (A) or (B) to adjust the time.

- If you press and hold button (A) or (B), the figure changes continuously.

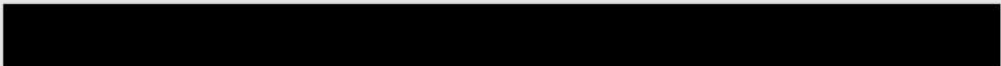




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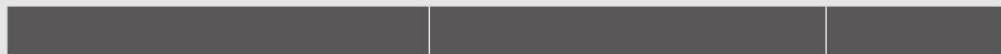


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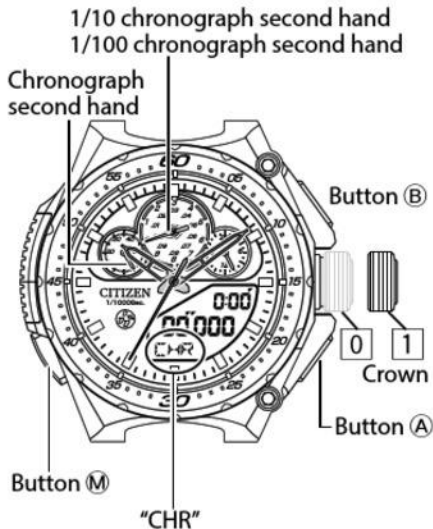


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Checking and correcting the current reference position

■ Checking the reference position

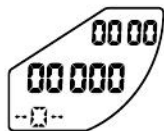
Check whether the reference position is correct or not.



Check and adjust the reference position also in the following cases:

- The correct time is not displayed on the analog section even after the time setting.
- Each chronograph hand does not point to "0/.00", "0 or 60" even after resetting the measurement time.

1. Press button (M) to change the mode to Chronograph. ("CHR")



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■ Adjusting the reference position

Adjust the reference position in the following cases:



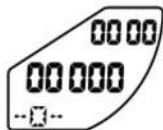
- The correct time is not displayed on the analog section even after the time setting.
- Each chronograph hand does not point to "0/.00", "0 (or 60)" even after resetting the measurement.

1. Press button (M) to change the mode to Chronograph. ("CHR")

2. Pull out the crown to position 1.

"0" is displayed and all hands move to indicate the current reference position.

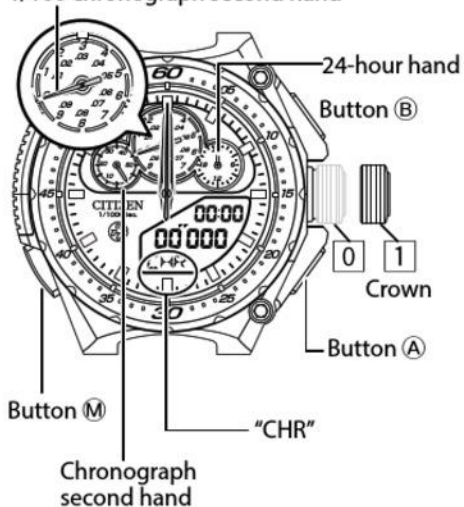
- Go to step 5 on page 45 when the reference position is correct. (0:00:00/measurement time: 0)



Continued on the next page

Checking and correcting the current reference position

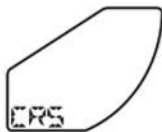
1/10 chronograph second hand
1/100 chronograph second hand



The illustration shows the correct reference position.

3. Press button (B) for more than 2 seconds.

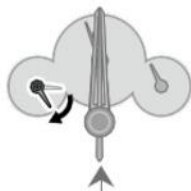
"CRS" is displayed.



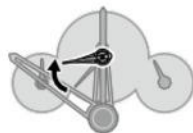
4. Press button (M) to select hands, and press button (A) or (B) to adjust the position of the selected hands.

Checking and correcting the current reference position

Chronograph second hand ("CRS")



Chronograph 1/10 second and 1/100 second hands ("CRM")



Hour and 24-hour hands ("HR")



Second and minute hands ("MIN")



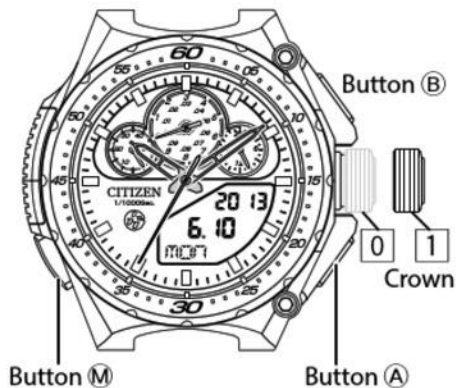
- Each time you press button (M), the adjustable hands move.
- If you press and hold button (A) or (B), the hands move continuously.
- Use button (B) for the chronograph hands.
- While adjusting the chronograph 1/10 second and 1/100 second hands or the hour and 24-hour hands, the second and minute hands move backward by 3 minutes and 30 seconds so that the hands to adjust can be seen.

5. Push in the crown to position 0 after the adjustment.

The current time is indicated on the analog section.

All Reset

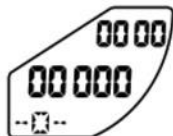
The watch may not work properly if it is affected by static electricity or shock. In this case, reset the watch.



Caution

If you reset the watch, the indication of each mode changes as the table on the right and the records in the Lap Record mode are deleted.

- 1. Pull out the crown to position 1.**
- 2. Press buttons (A), (B) and (M) simultaneously.**
The confirmation tone sounds and "0" is displayed.

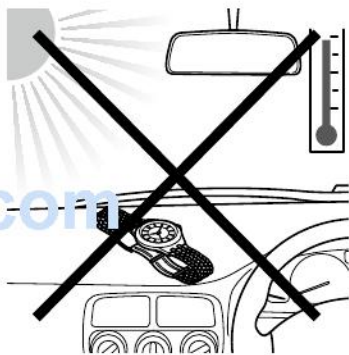


- 3. Correct the reference position.**
Follow step 3 to step 5 on page 44.

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