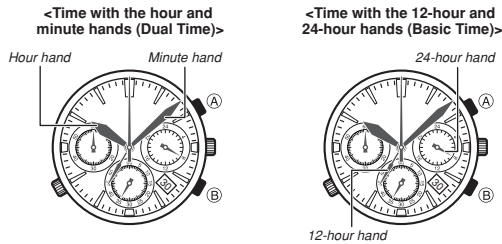


Operation Guide 4391

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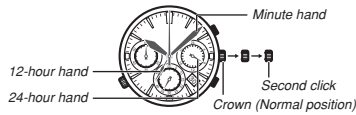
Setting the Time and Day

Your watch lets you set two different times: one time with the hour and minute hands, and another time with the 12-hour and 24-hour hands.



The time indicated by the hour hand and minute hand (Dual Time) can be set to the time you want without stopping watch operation. You can set the 12-hour and 24-hour hands to your basic time (the current time in the time zone where you normally use the watch), and change the hour hand to any other time (Dual Time) you want (current time in a city you are visiting, etc.). When setting the time, make sure that the date setting is correct. If it isn't, correct the date setting.

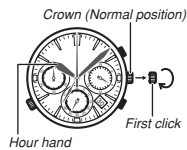
To change the time setting



- As the second hand reaches the 12 o'clock position, pull the crown out to the second click. This will cause the second hand to stop.
- Rotate the crown to move the minute hand to adjust the 12-hour hand, 24-hour hand and minute hand. Though the minute, hour, 12-hour, and 24-hour hand movements are coordinated with each other, the hour hand can be moved independently to indicate a second time (Dual Time). For more information about setting the hour hand, see "To adjust the hour hand setting (Dual Time)" below.
 - Carefully set the time, making sure to distinguish between AM and PM.
- Push the crown back in to the normal position to restart timekeeping.

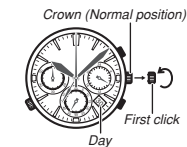
To adjust the hour hand setting (Dual Time)

- Pull out the crown to the first click. Normal timekeeping will continue at this time.
- Rotate the crown towards you (in the direction of the arrow in the illustration) to adjust the hour hand setting.
 - The position of the hour hand depends on the current minute.
 - Carefully set the hour hand time, making sure to distinguish between AM and PM.
- Push the crown back in to the normal position.



To change the day setting

- Pull the crown out to the first click.
- Set the day by rotating the crown away from you (in the direction of the arrow in the illustration).
 - Avoid changing the day setting while the hour hand time is between 9:00 p.m. and 1:00 a.m.
- Push the crown back in to the normal position.

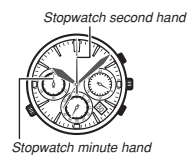


Using the Stopwatch

The stopwatch lets you measure elapsed time up to 59 minutes, 59 seconds.

To measure elapsed time

- Press (A) to start the stopwatch.
- Press (A) to stop the stopwatch.
 - You can resume the measurement operation by pressing (A) again.
- Check the elapsed time.
 - Press (B) to reset the stopwatch.



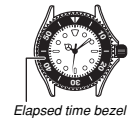
Notes:

- Do not try to perform stopwatch operations while the crown is pulled out either to the first or second click.
- If the starting positions of the stopwatch minute hand and second hand become misaligned, use the following procedures to adjust the positions of the hands so they point to 12 o'clock when the stopwatch is reset.

To adjust the positions of the stopwatch second hand

- Press (B) to reset the stopwatch, and check the alignment of the stopwatch second hand.
- Pull out the crown to the second click.
- Press (A) to move the stopwatch second hand.
- To return the minute hand to the 12 o'clock position, press (B).
- After making the adjustments you want, push the crown back in to its normal position.

- For a watch with an elapsed time bezel: Rotate the elapsed time bezel to align the ∇ mark with the minute hand. After certain amount of time elapsed, read the graduation on the elapsed time bezel which the minute hand points to. The elapsed time is indicated.



- Some water resistant models are equipped with a screw lock crown.
- With such models, you must unscrew the crown in the direction noted in the illustration to loosen it before you can pull it out. Do not pull too forcibly on such crowns.
- Also note that such watches are not water resistant while their crowns are loosened. Be sure to screw the crowns back in as far as they will go after making any setting.

