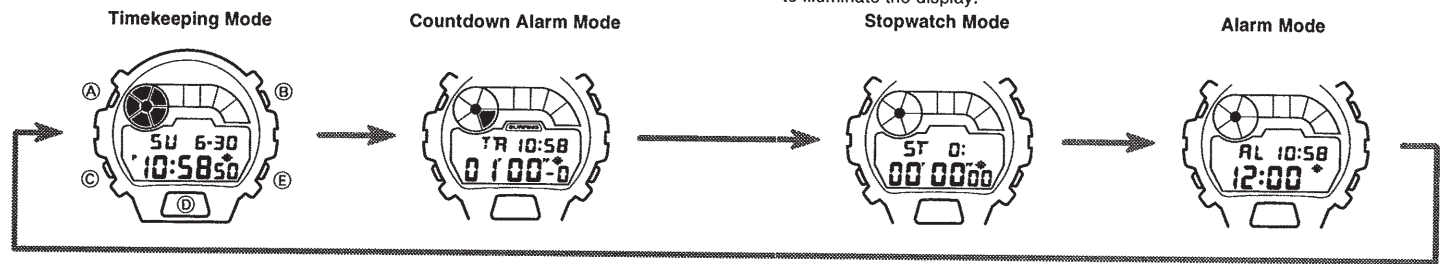


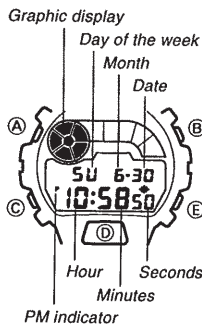
2. OPERATION CHART: QW-1647

GENERAL GUIDE

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



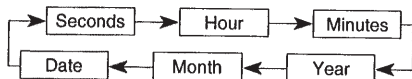
TIMEKEEPING MODE



- In the Timekeeping Mode, press **(B)** to switch between the 12-hour and 24-hour formats.
- In the Timekeeping Mode, the Graphic Display indicates the counting of seconds.

To set the time and date

- Press **(A)** while in the Timekeeping Mode. The seconds digits flash on the display because they are *selected*.
- Press **(C)** to change the selection in the following sequence.



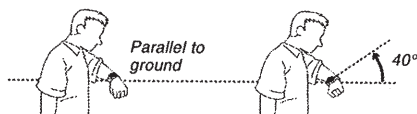
- While the seconds digits are selected (flashing), press **(E)** to reset the seconds to "00". If you press **(E)** while the seconds count is in the range of 30 to 59, the seconds are reset to "00" and 1 is added to the minutes. If the seconds count is in the range of 00 to 29, the minutes count is unchanged.
 - While any other digits (besides seconds) are selected (flashing), press **(E)** to increase the number or **(B)** to decrease it. Holding down either button changes the current selection at high speed.
 - 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.
 - The date can be set within the range of January 1, 1995 to December 31, 2039.
 - 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

About the Auto Backlight Function

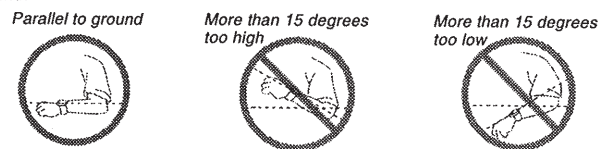
When the auto backlight function is turned on, the backlight automatically turns on for two seconds under the conditions described below. Avoid wearing the watch on the inside of your wrist. Doing so causes the auto backlight to operate when not needed, which shortens battery life.

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.



- In the Timekeeping Mode and Alarm Mode, press **(D)** to illuminate the display for about two seconds. In the Countdown Alarm Mode and Stopwatch Mode, press **(E)** to illuminate the display.

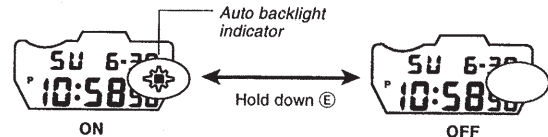
- The backlight may not illuminate if the face of the watch is more than 15 degrees off parallel to the left or right. Make sure that the back of your hand is parallel to the ground.



- Static electricity or magnetic force can interfere with proper operation of the auto backlight function. If the auto 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 turn the face of the watch towards you. This does not necessarily indicate malfunction of the backlight.

To switch the auto backlight function on and off

In the Timekeeping Mode, hold down **(E)** for one or two seconds to turn the auto backlight function on and off.



- The auto backlight indicator is shown on the display in all modes while the auto backlight function is on.
- In order to protect against running down the battery, the auto backlight function is automatically turned off approximately three hours after you turn it on. Repeat the above procedure to turn the auto backlight function back on if you want.
- Pressing **(D)** (Timekeeping Mode, Alarm Mode) or **(E)** (Countdown Alarm Mode, Stopwatch Mode) illuminates the display for about two seconds, regardless of the backlight's on/off setting.

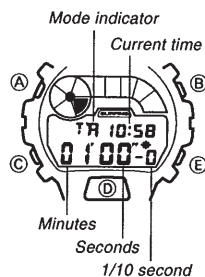
Caution

- 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 on a roadside or in any other location 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 backlight 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 backlight can create a distraction, which can result in a traffic accident and serious personal injury.

COUNTDOWN ALARM MODE



The countdown timer can be set within a range of 1 minute to 60 minutes. When the countdown reaches zero, an alarm sounds for 10 seconds or until you press any button.

To set the countdown time

Press **B** to increase the selected number. Holding down **B** changes the selection at high speed.

To use the countdown timer

1. Press **D** while in the Countdown Alarm Mode to start the countdown timer.
2. Press **D** again to stop the countdown timer.
- You can continue countdown timer operation by pressing **D**.

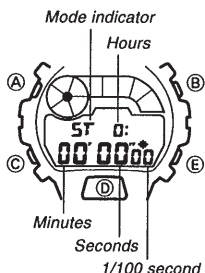
3. Stop the timer and then press **B** to reset the countdown time to its starting value.
- The countdown time is automatically reset to its starting value after the alarm stops.

About countdown indicators

An audible beep keeps you informed about the progress of the countdown as noted in the following table.

Remaining	Audible beep
Start (pressing D)	1 second
5' 00"	1 second
4' 00" ~ 1' 00"	1 second
Time up (00' 00")	10 seconds

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.

To measure elapsed time

1. Press **D** to start the stopwatch.
2. Press **D** to stop the stopwatch.
- You can resume the measurement operation by pressing **D** again.
3. Press **B** to clear the stopwatch to all zeros (0H 00'00"00).

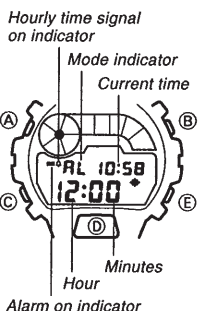
To record split times

1. Press **D** to start the stopwatch.
2. Press **B** to display the timing up to that point. Stopwatch timing continues internally.
3. Press **B** to clear the split time and to continue time measurement on the display.
- You can repeat steps 2 and 3 as many times as you want.
4. Press **D** to stop the time measurement.
5. Press **B** to clear the stopwatch to all zeros.

To time first and second place finishes

1. Press **D** to start the stopwatch.
2. Press **B** when the first finisher crosses the line, and record the time.
3. Press **D** when the second finisher crosses the line.
4. Press **B** to display the finishing time of the second finisher.
5. Press **B** again to clear the stopwatch to all zeros.

ALARM MODE



When the Daily Alarm is switched on, the alarm sounds for 20 seconds at the preset time each day. Press any button to stop the alarm after it starts to sound.
When the Hourly Time Signal is switched on, the watch beeps every hour on the hour.

To set the alarm time

1. Press **A** while in the Alarm Mode. The hour digits flash on the display because they are *selected*.
- At this time the Daily Alarm is switched on automatically.

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

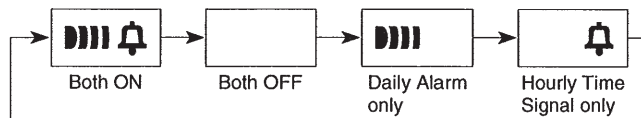


3. Press **E** to increase the selected digits and **B** to decrease them. Holding down either button changes the selection at high speed.
- The format (12-hour and 24-hour) of the alarm time matches the format you select for normal timekeeping.
- When setting the alarm time using the 12-hour format, take care to set the time correctly as morning or afternoon (**P**).
4. After you set the alarm time, press **A** to return to the Alarm Mode.

To switch the Daily Alarm and Hourly Time Signal on and off

Press **E** while in the Alarm Mode to change the status of the Daily Alarm and Hourly Time Signal in the following sequence.

[Alarm ON Indicator/Hourly Time Signal ON Indicator]



To test the alarm

Hold down **B** while in the Alarm Mode to sound the alarm.