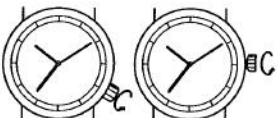
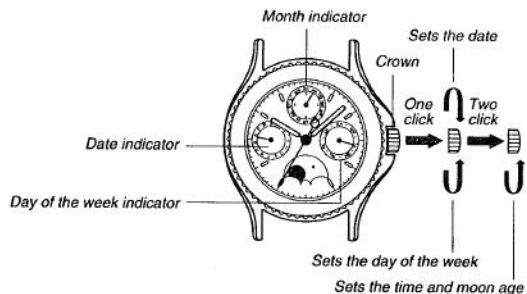


## SETTING THE TIME AND DATE

Some water resistant models (especially 10 and 20 meter 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 settings.



### To set the time and moon age



1. Slowly pull out the crown as far as it will go (it should click twice). When you do, the second hand will stop moving.
2. Turn the crown forward (as noted in the illustration) to set the hour and minutes. As you do, the moon age display changes accordingly.
  - See "Reading the Moon Age Display" for details on what the movement of this display means.
  - After setting the moon age, carefully set the time, making sure to distinguish between AM and PM.
  - To correctly set the time, move the hour hand clockwise and go about four or five minutes past the time you want to set. Then back up (counter clockwise) to bring the hour hand to the setting you want to make.
  - When you move the hands counter clockwise, the hour and minute hands move, but the moon age display does not change.
3. After you finish the setting, push the crown back in.

### Setting the date and day of the week

1. Slowly pull out the crown until it clicks once.
2. To set the date, rotate the crown backward (see illustration). To set the day of the week rotate the crown forward (see illustration).
  - If the watch is equipped with a month indicator, advance the date to change the month. The month changes each time the date passes 31.
3. After you finish the setting, push the crown back in.
  - The date indicator shows 31 days, you have to adjust this setting at the end of each month that does not have 31 days (February, April, June, September, November).
  - Do not attempt to change the date setting between 7:30 PM and 2:00 AM. Doing so can result in the date not changing correctly.

## ABOUT THE MOON AGE DISPLAY

- You can use the moon age display to tell the current moon phase or the current status of the tides.
- The moon age display shows the current age of the moon only. It does not show the actual shape of the moon.
- A moon's age has a cycle of about 29.5 days, repeating as: new moon — full moon — new moon. In the case of a new moon, the Earth, moon, and sun are aligned, and so the moon is not visible from Earth.
- Check the weather section of a local newspaper in your area for the moon age where you live.

### Reading the Moon Age Display

The moon age is indicated by the shape and location of the moon in the moon age display.

Moon age 0	Moon age 7	Moon age 15	Moon age 22
High Tide (New Moon)	Low Tide	High Tide (Full Moon)	Low Tide

- Some models are equipped with Elapsed Time Bezels. You can use a Elapsed Time Bezel to keep track of elapsed time. Rotate the bezel so that the ▼ mark is aligned with the minute hand. Then you can tell how much time has elapsed as the minute hand moves.

