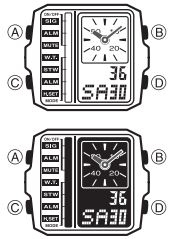


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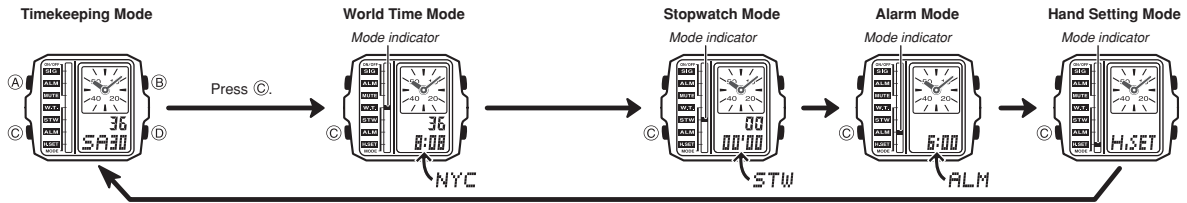
About This Manual



- Depending on the model of your watch, display text appears either as dark figures on a light background or light figures on a dark background. All sample displays in this manual are shown using dark figures on a light background.
- Button operations are indicated using the letters shown in the illustration.
- Each section of this manual provides you with the information you need to perform operations in each mode. Further details and technical information can be found in the "Reference" section.

General Guide

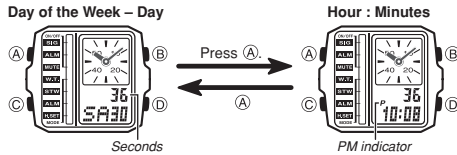
- Press **C** to change from mode to mode.
- In any mode (except when a setting screen is on the display), press **B** to illuminate the face of the watch.



Timekeeping

Use the Timekeeping Mode to set and view a digital display of the current time and date.

- All of the operations in this section are performed in the Timekeeping Mode, which you enter by pressing **C**.
- In the Timekeeping Mode, you can press **A** to change the display format as shown below.



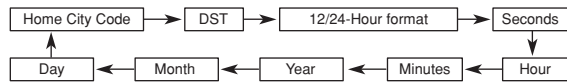
Digital Time and Date

When setting the digital time, you can also configure settings for summer time (Daylight Saving Time or DST), your Home City code (the code for the city where you normally use the watch), and the 12/24-hour format.

- This watch is preset with a number of city codes, each of which represents the time zone where that city is located. When setting the digital time, it is important that you select the correct city code for your Home City. If your location is not included in the preset city codes, select the preset city code that is in the same time zone as your location.
- Note that all of the times for the World Time Mode city codes are displayed in accordance with the digital time and date settings you configure in the Timekeeping Mode.
- After you correctly set your Home City time and date, you can set the watch up for timekeeping with a different city code simply by changing the Home City code in the Timekeeping Mode.

To set the digital time and date

- In the Timekeeping Mode, hold down **A** until the Home City code starts to flash, which indicates the setting screen.
- Use **D** and **B** to select the code you want.
 - Make sure you select your Home City code before changing any other setting.
 - For full information on city codes, see the "City Code Table".
- Press **C** to move the flashing in the sequence shown below to select the other settings.



- When the setting you want to change is flashing, use **D** and **B** to change it as described below.

Screen	To do this:	Do this:
TYO	Change the Home City code	Press D (eastward) and B (westward).
OFF	Toggle between Daylight Saving Time (ON) and Standard Time (OFF)	Press D .
12H	Toggle between 12-hour (12H) and 24-hour (24H) timekeeping	
36	Reset the seconds to 00	
P 10:08	Change the hour or minutes	Press D (+) and B (-).
20 07	Change the year	
6:30	Change the month or day	

- See "Daylight Saving Time (DST) Setting" below for details about the DST setting.

5. Press **A** to exit the setting screen.

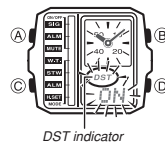
- Resetting the seconds to **00** while the current count is in the range of 30 to 59 causes the minutes to be increased by 1. In the range of 00 to 29, the seconds are reset to **00** without changing the minutes.
- With the 12-hour format, the **P** (PM) indicator appears for times in the range of noon to 11:59 p.m. and no indicator appears for times in the range of midnight to 11:59 a.m.
- With the 24-hour format, times are displayed in the range of 0:00 to 23:59, without any indicator.
- The 12-hour/24-hour timekeeping format you select in the Timekeeping Mode is applied in all modes.
- The year can be set in the range of 2000 to 2099.
- The watch's built-in full automatic calendar makes allowances for different month lengths and leap years. Once you set the date, there should be no reason to change it except after you have the watch's batteries replaced.
- The day of the week is automatically displayed in accordance with the date (year, month, and day) settings.

Daylight Saving Time (DST) Setting

Daylight Saving Time (summer time) advances the digital time setting by one hour from Standard Time. Remember that not all countries or even local areas use Daylight Saving Time.

To toggle the Timekeeping Mode digital time between DST and Standard Time

- In the Timekeeping Mode, hold down **A** until the Home City code setting starts to flash, which indicates the setting screen.
- Press **C** once to display the DST setting screen.
- Press **D** to toggle between Daylight Saving Time (ON displayed) and Standard Time (OFF displayed).
- Press **A** to exit the setting screen.
 - The DST indicator appears to indicate that Daylight Saving Time is turned on.



Analog Timekeeping

The analog time of this watch is synchronized with the digital time. The analog time setting is adjusted automatically whenever you change the digital time.

Note

- The hands for the analog timepiece move to adjust to a new setting whenever any of the following occurs.

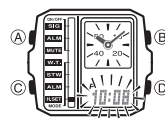
When you change the digital time setting

When you change the Home City code and/or DST setting

- If the analog time does not match the digital time for any reason, use the procedure described under "To adjust the analog time" to match the analog setting to the digital setting.
- Whenever you need to adjust both the digital and the analog time settings manually, make sure you adjust the digital setting first.
- Depending on how much the hands have to move in order to adjust to the digital time, it may take some time before they stop moving.

To adjust the analog time

- In the Timekeeping Mode, press **C** four times to enter the Hand Setting Mode.
- Hold down **A** until the current digital time starts to flash, which indicates the analog setting screen.



3. Use (A) and (B) to adjust the analog setting as described below.

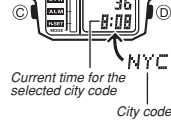
When you want to do this:	Perform this button operation:
Move the hand setting forward 20 seconds	• Press (D).
Move the hand setting a short way forward at high speed	• Hold down (D). • Release (D) when the hands reach the setting you want.
Move the hand setting a long way forward at high speed	• While holding down (D) to move the hands at high speed, press (B) to lock the high-speed hand movement. • To stop the hand movement, press any button. • Hand movement stops automatically if the hour hand makes one full (12-hour) revolution or if a daily alarm or Hourly Time Signal starts to sound.

- 4. Press (A) to exit the setting screen.
- The watch will automatically adjust the minute hand slightly to match its internal second count when you exit the setting screen.
- To return to the Timekeeping Mode, press (C).

World Time

World Time digitally displays the current time in 48 cities (29 time zones) around the world.

- All of the operations in this section are performed in the World Time Mode, which you enter by pressing (C).



Current time for the selected city code
City code

- To view the time in another city**
1. In the World Time Mode, press (D) to display the currently selected city code.
 2. While the city code is displayed, press (D) to scroll eastwardly through the city codes.
 - The city code is displayed for about one second, and then it is replaced with the current time for that city code.
 - For full information about city codes, see the "City Code Table".

- If the current time shown for a city is wrong, it probably means there is a problem with your Timekeeping Mode time and/or Home City code settings. Go to the Timekeeping Mode and make the necessary adjustments.

To toggle a city code time between Standard Time and Daylight Saving Time

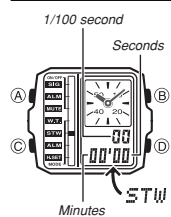
1. In the World Time Mode, use (D) to display the city code whose Standard Time/Daylight Saving Time setting you want to change.
2. Hold down (A) for about one second to toggle between Daylight Saving Time (DST indicator displayed) and Standard Time (DST indicator not displayed).



DST indicator

- The DST indicator is on the display whenever you display a city code for which Daylight Saving Time is turned on.
- Note that the DST/Standard Time setting affects only the currently displayed city code. Other city codes are not affected.
- Note that you cannot use the World Time Mode to change the DST setting of the Home City code you currently have selected in the Timekeeping Mode. See "To toggle the Timekeeping Mode digital time between DST and Standard Time" for information about turning the Home City code DST setting on and off.

Stopwatch



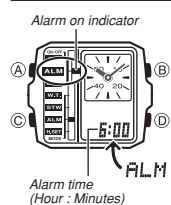
To measure times with the stopwatch

Elapsed Time



- The stopwatch lets you measure elapsed time.
- The display range of the stopwatch is 59 minutes, 59.99 seconds.
 - The stopwatch continues to run, restarting from zero after it reaches its limit, until you stop it.
 - The stopwatch measurement operation continues even if you exit the Stopwatch Mode.
 - All of the operations in this section are performed in the Stopwatch Mode, which you enter by pressing (C).

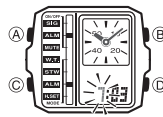
Alarm



Alarm time (Hour : Minutes)

- When the alarm is turned on, the alarm tone sounds when the alarm time is reached.
- You can turn on an Hourly Time Signal that causes the watch to beep twice every hour on the hour.
- All of the operations in this section are performed in the Alarm Mode, which you enter by pressing (C).

To set an alarm time



1. In the Alarm Mode, hold down (A) until the hour setting of the alarm time starts to flash, which indicates the setting screen.
- This operation automatically turns on the alarm.
2. Press (C) to move the flashing between the hour and minute settings.
3. While a setting is flashing, use (D) (+) and (B) (-) to change it.
- When setting the alarm time using the 12-hour format, take care to set the time correctly as a.m. (no indicator) or p.m. (P indicator).
4. Press (A) to exit the setting screen.

Alarm Operation

The alarm sounds at the preset time for about 10 seconds, regardless of the mode the watch is in.

- To stop the alarm tone after it starts to sound, press any button.

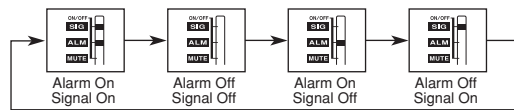
To test the alarm

In the Alarm Mode, hold down (D) to sound the alarm.

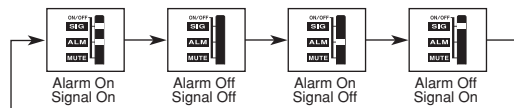
To turn the daily alarm and the Hourly Time Signal on and off

In the Alarm Mode, press (D) to cycle through the settings shown below.

Dark figures on a light background

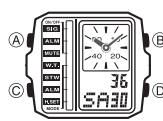


Light figures on a dark background



- The alarm on indicator and the Hourly Time Signal on indicator are shown on the display in all modes while these functions are turned on.

Illumination



Two LEDs (light-emitting diodes) illuminate the face of the watch for easy reading in the dark.

Illumination Precautions

- Illumination may be hard to see when viewed under direct sunlight.
- Illumination automatically turns off whenever an alarm sounds.
- Frequent use of illumination runs down the batteries.

To illuminate the face of the watch

In any mode (except when a setting screen is on the display), press (B) to turn on illumination.

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.

Button Operation Tone

The button operation tone sounds any time you press one of the watch's buttons. You can turn the button operation tone on or off as desired.

- Even if you turn off the button operation tone, the alarm, and Hourly Time Signal all operate normally.



MUTE indicator

To turn the button operation tone on and off

In any mode (except when a setting screen is on the display), hold down (C) to toggle the button operation tone on (MUTE indicator not displayed) and off (MUTE indicator displayed).

- Since (C) is also the mode change button, holding it down to turn the button operation tone on or off also causes the watch's current mode to change.
- The MUTE indicator is displayed in all modes when the button operation tone is turned off.

Auto Return Features

- If you leave the watch in the Alarm Mode or Hand Setting Mode for two or three minutes without performing any operation, it automatically changes to the Timekeeping Mode.
- If you leave a screen with flashing digits on the display for two or three minutes without performing any operation, the watch automatically saves any settings you have made up to that point and exits the setting screen.

Scrolling

The (D) and (B) buttons are used in various modes and setting screens to scroll through data on the display. In most cases, holding down these buttons during a scroll operation scrolls at high speed.

Initial Screens

When you enter the World Time, the data you were viewing when you last exited the mode appears first.

World Time

- The seconds count of the World Time is synchronized with the seconds count of the Timekeeping Mode.
- All World Time Mode times are calculated from the current Home City time in the Timekeeping Mode using UTC time differential values.
- The UTC differential is a value that indicates the time difference between a reference point in Greenwich, England and the time zone where a city is located.
- The letters "UTC" is the abbreviation for "Coordinated Universal Time", which is the world-wide scientific standard of timekeeping. It is based upon carefully maintained atomic (cesium) clocks that keep time accurately to within microseconds. Leap seconds are added or subtracted as necessary to keep UTC in sync with the Earth's rotation.

City Code Table

City Code	City	UTC Differential	Other major cities in same time zone
PPG	Pago Pago	-11.0	
HNL	Honolulu	-10.0	Papeete
ANC	Anchorage	-09.0	Nome
YVR	Vancouver	-08.0	San Francisco, Las Vegas, Seattle/Tacoma, Dawson City
LAX	Los Angeles		
YEA	Edmonton	-07.0	El Paso
DEN	Denver		
MEX	Mexico City	-06.0	Houston, Dallas/Fort Worth, New Orleans
YWG	Winnipeg		
CHI	Chicago		
MIA	Miami	-05.0	Montreal, Detroit, Boston, Panama City, Havana, Lima, Bogota
YTO	Toronto		
NYC	New York		
CCS	Caracas	-04.0	La Paz, Santiago, Port Of Spain
YHZ	Halifax		
YYT	St. Johns	-03.5	
RIO	Rio De Janeiro	-03.0	Sao Paulo, Buenos Aires, Brasilia, Montevideo
RAI	Praia	-01.0	
LIS	Lisbon	+00.0	Dublin, Casablanca, Dakar, Abidjan
LON	London		
BCN	Barcelona	+01.0	Amsterdam, Algiers, Hamburg, Frankfurt, Vienna
MAD	Madrid		
PAR	Paris		
MIL	Milan		
ROM	Rome		
BER	Berlin		
STO	Stockholm		
ATH	Athens	+02.0	Helsinki, Istanbul, Beirut, Damascus, Cape Town
CAI	Cairo		
JRS	Jerusalem		
MOW	Moscow	+03.0	Kuwait, Riyadh, Aden, Addis Ababa, Nairobi
JED	Jeddah		
THR	Tehran	+03.5	Shiraz
DXB	Dubai	+04.0	Abu Dhabi, Muscat
KBL	Kabul	+04.5	
KHI	Karachi	+05.0	Male
DEL	Delhi	+05.5	Mumbai, Kolkata, Colombo
DAC	Dhaka	+06.0	
RGN	Yangon	+06.5	
BKK	Bangkok	+07.0	Jakarta, Phnom Penh, Hanoi, Vientiane
HKG	Hong Kong	+08.0	Singapore, Kuala Lumpur, Beijing, Taipei, Manila, Perth, Ulaanbaatar
SEL	Seoul	+09.0	Pyongyang
TYO	Tokyo		
ADL	Adelaide	+09.5	Darwin
GUM	Guam	+10.0	Melbourne, Rabaul
SYD	Sydney		
NOU	Noumea	+11.0	Port Vila
WLG	Wellington	+12.0	Christchurch, Nadi, Nauru Island

*Based on data as of June 2006.