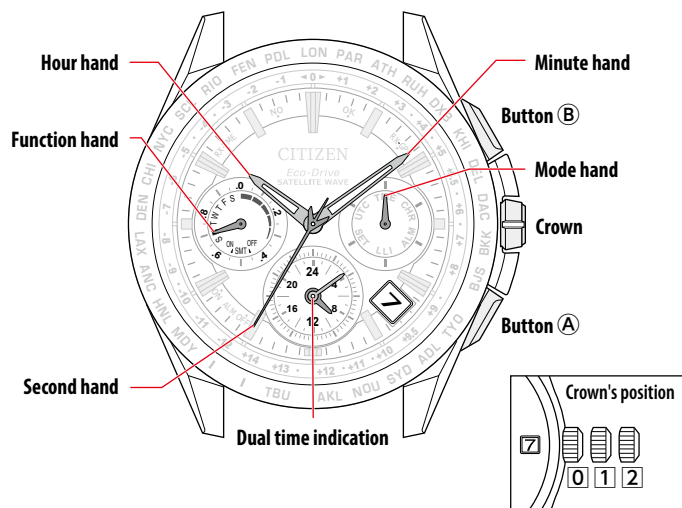


F900 Abbreviated instruction

- This watch is solar-powered. Expose the dial to light and use it sufficiently charged.
- To see details of charging time, specifications, and operations, refer to the instruction manual:  F900 instruction manual

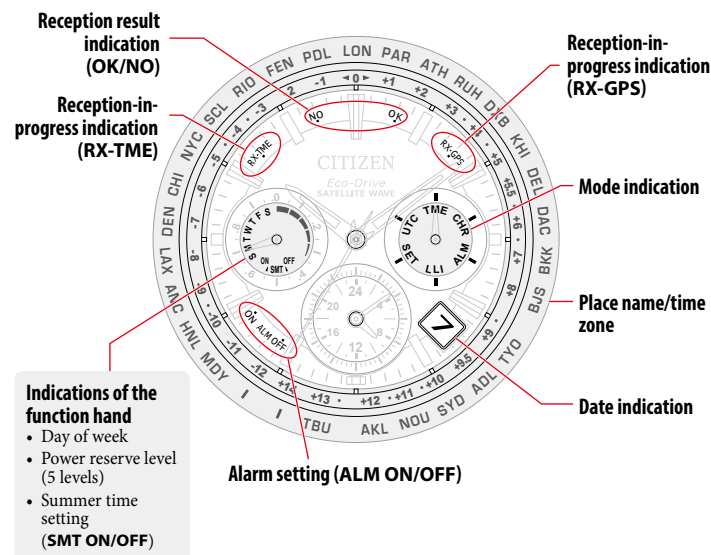
Component identification

Hands and buttons



- Actual appearance may differ from the illustrations above.
- The crown has two positions when pulling it out.

Indication



Changing the mode

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

The second hand points to the 30-second and stops.

2. Rotate the crown to change the mode.

- Turn the crown so that the mode hand will point to a marker of the mode indication securely.

Mode	Content
TME	Mode for indicating home time (with the hour, minute and second hands and date/day of week indication) and local time (with the dual time indication).
LLI	Mode for checking power generation amount. For details, see "Checking power generation amount (Light-Level Indicator)".
UTC	Mode where the dual time indication always shows UTC (Coordinated Universal Time).
CHR	Mode for using the chronograph. For details, see "Using the chronograph".
ALM	Mode for using the alarm function. For details, see "Using alarm".
SET	Mode for setting time and calendar manually. For details, see "Adjusting the time and calendar manually".

3. Push the crown in to position **0** to finish the procedure.

Checking the power reserve

1. Change the mode to [TME] or [UTC] and push the crown in to position **0**.

2. Press and release the upper right button **B**.

- The function hand indicates the power reserve in levels and the second hand points the current time zone setting of the home time.
- The power reserve level is always shown in the [LLI] mode.

Level	4	3	2	1	0
Power reserve level scale					
Duration (approx.)	1.5 - 1 year	1 year - 10 months	10 - 4 months	4 months - 5 days	5 days or shorter
Meaning	Power reserve is sufficient.	Power reserve is OK.		Power reserve is getting low.	Insufficient charge
	Charge immediately.				

3. Press and release the upper right button **B** to finish the procedure.

The second hand returns to indicate the seconds.

- The hand returns automatically in 10 seconds without pressing the button.

Checking power generation amount (Light-Level Indicator)

1. Change the mode to [LLI] and push the crown in to position **0** .
The function hand indicates the power reserve in levels.
2. Press and release the upper right button **(B)** .
The second hand indicates power generation amount in levels.
 - Power generation amount is measured in 1-second interval and indicated in level.

Level	6	5	4	3	2	1	0
Indication							
Meaning	Sufficient power generation for charging.						Charge in a brighter location where the level of power generation amount reaches "5" or "6".

3. Press and release the upper right button **(B)** to finish the procedure.
The second hand returns to indicate the seconds.
 - The hand returns automatically in 30 seconds without pressing the button.

Checking the reception result of the satellite signal

1. Change the mode to [TME] or [UTC] and push the crown in to position **0** .
2. Press and release the lower right button **(A)** .
The second hand indicates the result of the last reception.

OK	The reception succeeded.
NO	The reception failed.

- The indication shows the result of the last reception, regardless types of received information, or information of location or time.

Receiving the satellite time signal

- To cancel the reception, press and hold any button until the second hand returns to indicate the seconds.

Obtaining location information

The watch sets the world time and adjusts the time and calendar for the home time automatically using location information obtained.

- It may take 30 seconds - 2 minutes to obtain location information.
- Each time zone is based on data as of January 2015.

1. Change the mode to [TME] or [UTC] and push the crown in to position **0** .
2. Press and hold the upper right button **(B)** until the second hand points "RX-GPS" (about 2 seconds).
 - After finishing the reception, the second hand indicates the new setting and returns to indicate the seconds.

Time reception

- It may take 3 - 30 seconds to receive time information.

1. Change the mode to [TME] or [UTC] and push the crown in to position **0** .
2. Press and hold the lower right button **(A)** until the second hand points "RX-TME" (about 2 seconds).
 - After finishing the reception, the second hand indicates the reception result and returns to indicate the seconds.

Leap second reception

- It may take 36 seconds - 13 minutes to receive leap second information.

1. Change the mode to [TME] or [UTC] and push the crown in to position **0** .
2. Press and hold the lower right button **(A)** for 7 seconds.
Release the button after the second hand points "RX-TME" and turns fully around to point "RX-TME" again.
Reception starts.
 - After finishing the reception, the second hand indicates the reception result and returns to indicate the seconds.

Setting the world time manually

This watch can indicate the time around the world according to which of 40 time zones (offsets from UTC—Coordinated Universal Time) is chosen.

1. Change the mode to [TME] or [LLI] and pull the crown out to position **2** .
The second hand indicates the current time zone setting of the home time.
 - When the mode is [UTC], you can only change the time zone setting of the home time.
2. Press and release the upper right button **(B)** .
The second hand indicates the current time zone setting of the local time.
 - Each time you press button **(B)**, the minute hand of setting target slightly moves and the target (home time/local time) of time zone setting changes alternately.
3. Rotate the crown to choose a time zone.
Time indication changes.
4. Push the crown in to position **0** to finish the procedure.
The second hand returns to indicate the seconds.

How to read indication of the world time setting

The watch has 40 time zone markers with several representative area names. A time zone is set by pointing the second hand at one of the markers.

On the illustration in the right, the second hand points to 28 seconds and time zone setting is "+11.5".

- Time zones are represented by offsets from UTC.

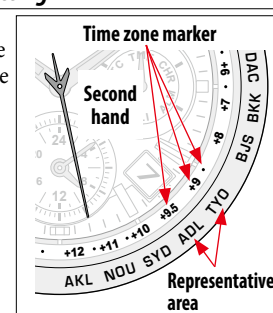


Table of time zones and representative places

Time zone	Second hand	Area name	Representative area	Time zone	Second hand	Area name	Representative area
0	0 sec.	LON	London	+11.5	28 sec.	—	Norfolk Island
+1	2 sec.	PAR	Paris	+12	29 sec.	AKL	Auckland
+2	4 sec.	ATH	Athens	+12.75	31 sec.	—	Chatham Islands
+3	6 sec.	RUH	Riyadh	+13	32 sec.	TBU	Nuku'alofa
+3.5	7 sec.	—	Tehran	+14	34 sec.	—	Kiritimati
+4	8 sec.	DXB	Dubai	-12	36 sec.	—	Baker Island
+4.5	9 sec.	—	Kabul	-11	38 sec.	MDY	Midway
+5	10 sec.	KHI	Karachi	-10	40 sec.	HNL	Honolulu
+5.5	12 sec.	DEL	Delhi	-9.5	41 sec.	—	Marquesas Islands
+5.75	13 sec.	—	Kathmandu	-9	42 sec.	ANC	Anchorage
+6	14 sec.	DAC	Dhaka	-8	44 sec.	LAX	Los Angeles
+6.5	15 sec.	—	Yangon	-7	46 sec.	DEN	Denver
+7	16 sec.	BKK	Bangkok	-6	48 sec.	CHI	Chicago
+8	18 sec.	BJS (HKG)	Beijing/ Hong Kong	-5	50 sec.	NYC	New York
+8.75	20 sec.	—	Eucla	-4.5	51 sec.	—	Caracas
+9	21 sec.	TYO	Tokyo	-4	52 sec.	SCL	Santiago
+9.5	23 sec.	ADL	Adelaide	-3.5	53 sec.	—	St. John's
+10	25 sec.	SYD	Sydney	-3	54 sec.	RIO	Rio de Janeiro
+10.5	26 sec.	—	Lord Howe Island	-2	56 sec.	FEN	Fernando de Noronha
+11	27 sec.	NOU	Noumea	-1	58 sec.	PDL	Azores

Interchanging the home time and local time

1. Change the mode to [TME] or [LLI] and push the crown in to position **0** .
2. Press and release both the lower right button **(A)** and upper right button **(B)** simultaneously.
A confirmation tone sounds and the home time and local time interchange.
 - Date and day of week indication follows the new home time after the interchange.

Indicating summer time

1. Change the mode to [TME] or [LLI] and pull the crown out to position **2**.

The function hand indicates summer time setting of the home time (**SMT ON/OFF**).

- When the mode is [UTC], you can only change summer time setting of the home time.

2. Press and release the lower right button **A**.

SMT ON	Summer time is indicated.
SMT OFF	The standard time is indicated.

- Each time you press button **A**, **SMT ON** and **OFF** changes alternately.

3. Press and release the upper right button **B**.

The function hand indicates summer time setting of the local time (**SMT ON/OFF**).

- Each time you press button **B**, the minute hand of setting target slightly moves and the target (home time/local time) of time zone setting changes alternately.

4. Press and release the lower right button **A** to change summer time setting of the local time.

5. Push the crown in to position **0** to finish the procedure.

The second hand returns to indicate the seconds.

Using the chronograph

The watch can measure up to 23:59'59.95" by 1/20 seconds.

1. Change the mode to [CHR] and push the crown in to position **0**.

0.00 second is indicated.

2. Start measurement.

Start/stop: press button **B**.

- 1/20 chronograph seconds are indicated by the function hand only when the chronograph is stopped.

Reset: press button **A** while the chronograph is stopped.

After measurement

Reset the chronograph and change the mode to [TME].

Using alarm

The alarm on this watch always works based on the home time.

1. Change the mode to [ALM] and pull the crown out to position **2**.

The dual time indication indicates the current alarm time setting and the second hand shows the current alarm setting (**ALM ON/OFF**).

- The hour and minute hands may automatically move to provide a clear view of the alarm time setting.

2. Rotate the crown to set the alarm time.

- If you rotate the crown quickly a few times, the hand will move continuously. To stop the rapid movement, rotate the crown in either direction.

3. Press and release the lower right button **A** to set the alarm setting (ALM ON/OFF).

- Each time you press button, the setting changes alternately.

4. Change the mode to [TME] and push the crown in to position **0** to finish the procedure.

The second hand returns to indicate the seconds.

To stop alarm

Press any button.

Checking and adjusting leap second setting

- The leap second setting can be adjusted by executing leap second reception.

You can find a list of leap seconds at the homepage of IERS (INTERNATIONAL EARTH ROTATION & REFERENCE SYSTEMS SERVICE).

http://hpiers.obspm.fr/eop-pc/earthor/utc/TAI-UTC_tab.html

1. Change the mode to [SET] and pull the crown out to position **2**.

The second hand points to 0 second and stops.

2. Press and hold upper right button **B** for 2 seconds or more.

Using the "0:00:00" position as the starting point, the minute and second hands indicate the leap second setting.

When the leap second setting is "-36 seconds"	When the leap second setting is "-65 seconds"
The hands point to "0 minute 36 seconds".	The hands point to "1 minute 5 seconds".

3. Turn the crown to adjust the setting if the leap second is not correct.

- Adjustable range is from 0 to -90 seconds.

4. Change the mode to [TME] and push the crown in to position **0** to finish the procedure.

The second hand returns to indicate the seconds.

Adjusting the time and calendar manually

You can set the time and calendar of the home time manually.

- Execute world time setting following “Setting the world time manually” beforehand.
- The time of the local time is corrected automatically following its time zone setting after setting the home time manually.

1. Change the mode to [SET] and pull the crown out to position 2.

The second hand points to 0 second and stops.

2. Press and hold the lower right button (A) for 2 seconds or more.

The minute hand slightly moves and time and calendar become adjustable.

3. Press and release the lower right button (A) repeatedly to change the hand/indication to be corrected.

- Each time you press button (A), the target changes as follows.
Hour and minute → date → year/month → day of week → (back to the top)
- The hands and indications slightly moves when selected to show they become adjustable.

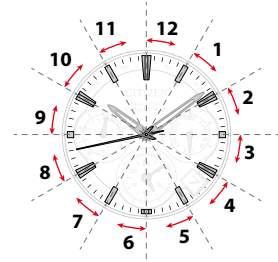
4. Rotate the crown to adjust the hand/indication.

- Hour, minute and date move synchronously. Take care the time set is AM or PM. Change of date indication shows it just became AM.
- Date indication changes to the next as the function hand rotates 5 times.
- When you rotate the crown quickly a few times, the hand/indication will move continuously. To stop the rapid movement, rotate the crown in either direction.
- Year and month are indicated with the second hand.

Month indication

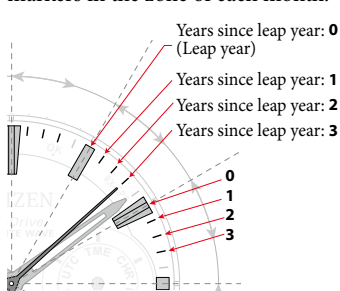
“Month” corresponds to one of the 12 zones shown in the figure below.

Each number means month.



Year indication

“Year” corresponds to the years since leap year and is indicated with markers in the zone of each month.



5. Repeat steps 3 and 4.

6. Push the crown in to position 0 in accordance with a reliable time source.

The second hand starts moving from 0 second.

7. Change the mode to [TME] to finish the procedure.

Checking the reference position

1. Change the mode to [CHR] and pull the crown out to position 2.

The second and function hands and dual time indication point to 0 position and stop.

2. Press and hold the lower right button (A).

The hands and date start to move to the current reference positions stored in memory.

- Release the button as the hands start to move.

3. Checking the reference position

Hour, minute and second hands: 0 hour 00 minute 0 second

Date indication: midway between “31” and “1”

Function hand: “0” (just upright)

Dual time indication: 0 hour 00 minute

When the reference position is not correct, proceed to step 3 of “Correcting the reference position” (next section).



4. Push the crown in to position 0.

5. Change the mode to [TME] to finish the procedure.

Correcting the reference position

1. Change the mode to [CHR] and pull the crown out to position 2.

The second and function hands and dual time indication point to 0 position and stop.

2. Press and hold the lower right button (A).

The hands and date start to move to the current reference positions stored in memory.

- Release the button as the hands start to move.

3. Press and release the lower right button (A).

The function hand slightly moves and the hand and date indication become adjustable.

4. Press and release the lower right button (A) repeatedly to change the hand/indication to be corrected.

- Each time you press the button, the target changes as follows.
Function hand/date indication → Dual time indication → Hour and minute hands → Second hand → (Back to the top)
- The hands slightly moves when selected to show they become adjustable.

5. Rotate the crown to adjust the hand/indication.

- When you rotate the crown quickly a few times, the hand/indication will move continuously. To stop the rapid movement, rotate the crown in either direction.

6. Repeat steps 4 and 5.

7. Push the crown in to position 0.

8. Change the mode to [TME] to finish the procedure.

Resetting the watch — All Reset

1. Change the mode to [CHR] and pull the crown out to position 2.

2. Press and hold buttons (A) and (B) at the same time for 4 seconds or more and release them.

Alarm sounds as the buttons are released and the hands move to their current reference position.

The setting values after All Reset	
Calendar	January of leap year (5-second position)
World time	Time zone (offset) 0 (LON), London
Reception result	NO
Summer time	SMT OFF at all time zones
Alarm setting	ALM OFF
Alarm time	0:00AM
Leap seconds	No change after All Reset
Rollover number	No change after All Reset

After All Reset

After All Reset, adjust the reference position, set the time and calendar and execute alarm setting.