

Setting the Time and Date

To set the day

- 1) Pull the crown out to the first click.
- 2) Set the day by turning the crown.
- 3) Push the crown in to the normal position.

To set the time and day of the week

- 1) Pull the crown out to the second click when the second hand is at 12 o'clock position and the second hand stops.
- 2) Set the hands by turning the crown. As you do, the day of the week setting changes accordingly.
 - After setting day of the week, carefully set the time, making sure to distinguish between AM and PM.
- 3) In accordance with a time signal, push the crown in.

To set the month

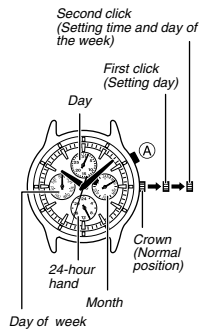
While the day hand is pointing to 1, press (A) to advance the month setting by one month.

- The month also advances whenever you change the day setting from 31 to 1.

24-hour hand

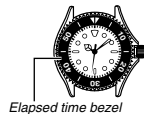
The 24-hour hand indicates the current hour of the day, making one complete rotation every 24 hours.

The configuration of your watch may differ somewhat from that shown in the illustration.



- Avoid setting the day-date between 8:00 p.m. and 1:00 a.m. (If you do, the day-date setting may not change in the following day).

- For watch with the 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.

