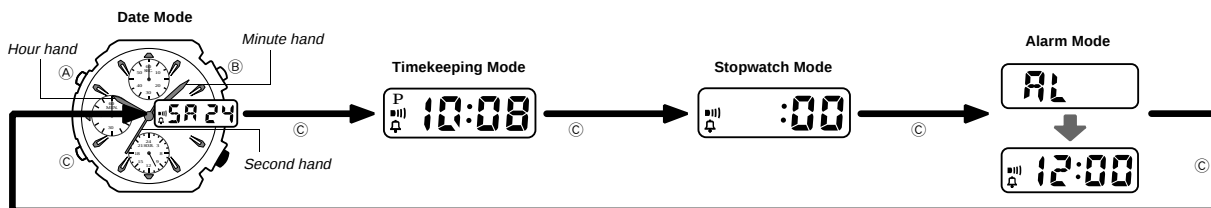


OPERATION CHART:MODULE QW-1325

GENERAL GUIDE

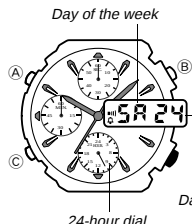
Press **C** to change from mode to mode in the following sequence.

Note : At this time, press **C** and release it within one second. Holding down **C** in any mode for about one or two seconds does not change modes.

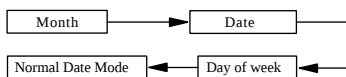


TIMEKEEPING FUNCTION

To set the date



1. Make sure that your watch is in the Date Mode. If not, use **C** to enter the Date Mode.
2. Hold down **C** while in the Date Mode until the month digits start to flash on the digital display. The month digits flash because they are *selected*.
3. Press **C** to change the selection in the following sequence.



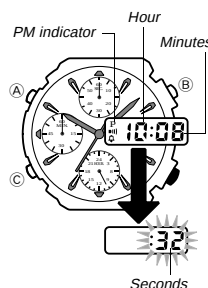
- Once you reach the normal Date Mode, you have to hold down **C** again to display the flashing month.

4. While the month or date digits are selected (flashing), press **B** to increase the number. While the day of the week is selected, pressing **B** advances to the next day. Holding down **B** changes the current selection at high speed.
5. After you set the date, press **C** while in the day of the week selection to return to the normal Date Mode (the flashing stops).
- The watch does not make any allowance for leap years. Be sure to manually set February 29 (when one occurs) for the appropriate date.
- 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 normal Date Mode automatically.

Day of the week abbreviations

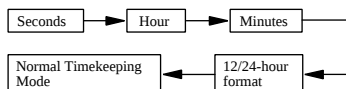
Day of the week is displayed as follows.

SU : Sunday	MO : Monday
TU : Tuesday	WE : Wednesday
TH : Thursday	FR : Friday
SA : Saturday	



To set the digital time

1. Make sure that your watch is in the Timekeeping Mode. If not, use **C** to enter the Timekeeping Mode.
2. Hold down **C** while in the Timekeeping Mode until the seconds digits start to flash on the display. The seconds flash because they are *selected*.
3. Press **C** to change the selection in the following sequence.



- Once you reach the normal Timekeeping Mode, you have to hold down **C** again to display the flashing seconds.

4. While the seconds digits are selected (flashing), press **B** to reset the seconds to "00". If you press **B** 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.
5. While any other digits (besides seconds) are selected (flashing), press **B** to increase the number. Holding down **B** changes the current number at high speed. While the 12/24-hour setting is selected, press **B** to switch between the two formats.
6. Press **C** while the 12/24-hour setting is selected and return to the normal Timekeeping Mode (the flashing stops).
- 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 normal Timekeeping Mode automatically.

To set the analog hands

1. In the Timekeeping Mode, hold down **C** until the seconds digits start to flash.
2. Stop the second hand by pulling the crown out when the second hand is at 12 o'clock position.
3. Set the hands by turning the crown.
4. The moment the seconds digits reach " : 00 ", push the crown in.

STOPWATCH FUNCTION

The Stopwatch function lets you measure elapsed time and cumulative elapsed time. The range of the stopwatch is 59 minutes, 59.99 seconds.

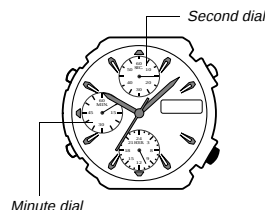
About stopwatch operation

The stopwatch can be operated while the watch is in any mode. The upper two dials on the face of the watch indicate the elapsed minutes and seconds during the stopwatch operation. However, the stopwatch does not operate whenever you are inputting data.

Stopwatch function dials

Example : 10 minutes 15 seconds

Example : 33 minutes 42 seconds



To measure elapsed time



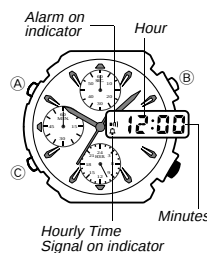
1. In any mode, press **B** to start the stopwatch.
 - The hands of the two upper dials move in accordance with the elapsed minutes and seconds, no matter what mode you are in.
 - Once the measuring time reaches 60 minutes, the timing starts again from 0 minute 0 second.
 - The digital display counts 1/100 seconds in the Stopwatch Mode only. In other modes, it shows other data.
 2. Press **B** to stop the stopwatch.
 3. Hold down **B** for about one or two seconds. At this time, the hands of the upper two dials return to the 12 o'clock position.
 - You will not be able to start timing with the stopwatch until the hands reach this starting position.
- If the hands of the upper dials do not point exactly to the 12 o'clock position after you hold down **B**, pull out the crown of the watch and hold down **B** again. After you get the hands pointed to 12 o'clock, press the crown to return it to its original position.

To measure cumulative elapsed time

1. Press **B** to start the stopwatch.
2. Press **B** to stop the stopwatch.
3. Press **B** again to resume timing from the time shown on the display. You can repeat steps 2 and 3 as many times as you like.
4. Hold down **B** for about one or two seconds. At this time, the hands of the upper two dials return to the 12 o'clock position.

ALARM FUNCTION

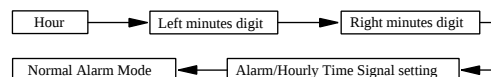
When the Daily Alarm is switched on, the alarm sounds for 20 seconds at the preset time each day. When the Hourly Time Signal is switched on, the watch beeps every hour on the hour. Note that the Daily Alarm and the Hourly Time Signal operate based on the digital time setting.



To set the alarm time

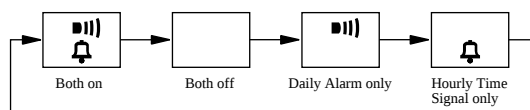
1. Make sure that your watch is in the Alarm Mode. If not, use **C** to enter the Alarm Mode.
2. Hold down **C** while in the Alarm Mode until the hour digits start to flash on the display. The hour digits flash because they are *selected*.

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



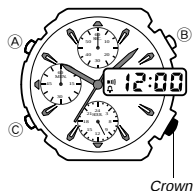
- Once you reach the normal Alarm Mode, you have to hold down **C** again to display the flashing hour.
- 4. Press **B** to increase the selected digits. Holding down **B** changes the number at high speed.
- The format (12-hour and 24-hour) of the alarm time matches the format you select for normal timekeeping.
- When setting the alarm time using the 12-hour format, take care to set the time correctly as morning or afternoon (indicated as "P").

5. While the Daily Alarm/Hourly Time Signal setting is selected, press **(B)** to change the status in the following sequence.



6. Press **(C)** while the Daily Alarm/Hourly Time Signal setting is selected. At this time, the watch returns to the normal Alarm Mode.

- 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.



To stop the alarm

Press any button to stop the alarm after it starts to sound.

- If you stop the alarm by pressing **(A)**, the display is not illuminated.

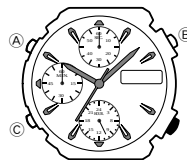
To test the alarm and select an alarm tone

In any mode, pull out the crown and press **(C)** to sound the alarm. Each time you test the alarm, a different alarm sounds. Note that you cannot test the alarm when any time setting operation is being performed (indicated by the flashing digits).

ABOUT THE BACKLIGHT

Pressing **(A)** in any mode illuminates the display for about two seconds. If you hold down **(A)**, the light automatically disappears after two seconds.

- The display is not illuminated while the hands are moving to 12 o'clock position during the stopwatch operation.



- The backlight of this watch employs an electro-luminescent (EL) light, which loses its illuminating power after very long term use.
- The watch emits an audible sound whenever the display is illuminated. This is caused because the EL light vibrates slightly when lit. It does not indicate malfunction of the watch.
- Frequent use of the backlight shortens the battery life.