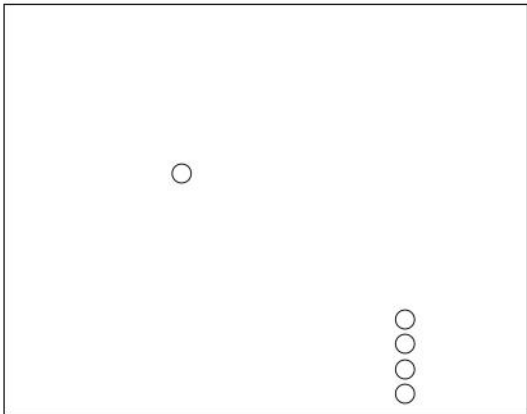
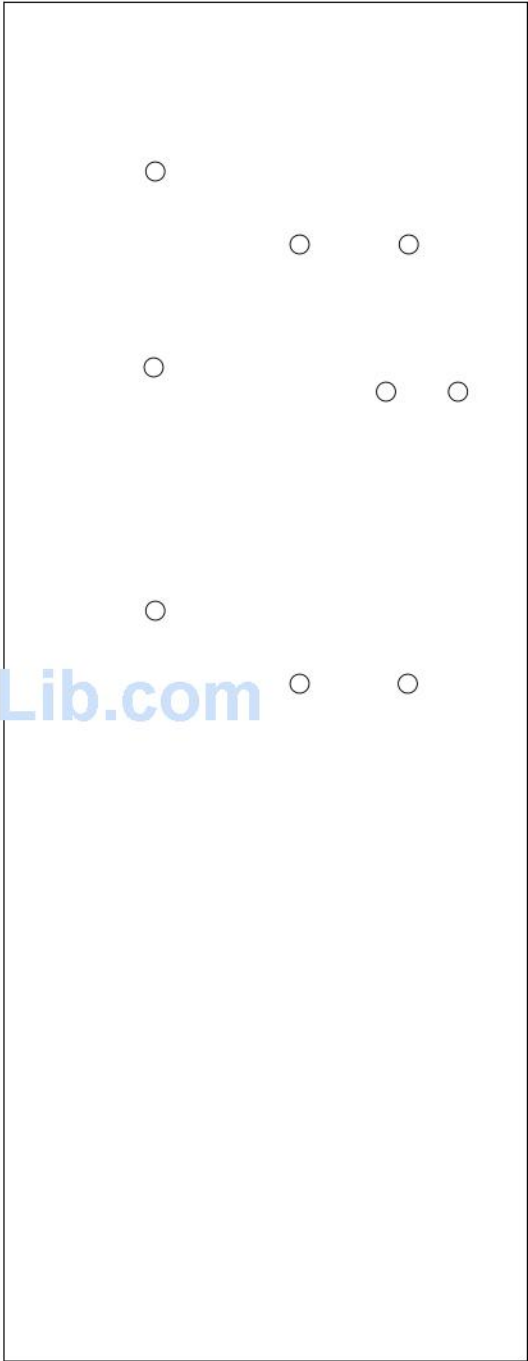


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**The time in the analog and digital sections can be easily switched.**

Example: Visiting London from New York



Display the time in London in the digital section. The time in New York is displayed in the analog section.

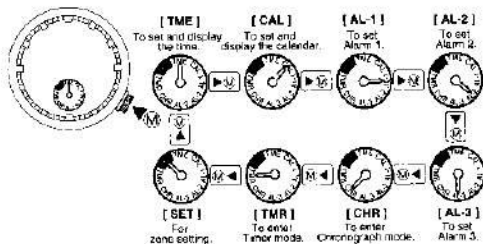
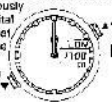
Switch the time in the analog and digital sections. The watch now displays the time in London in the analog section.

**Switching time between analog and digital is very simple.**

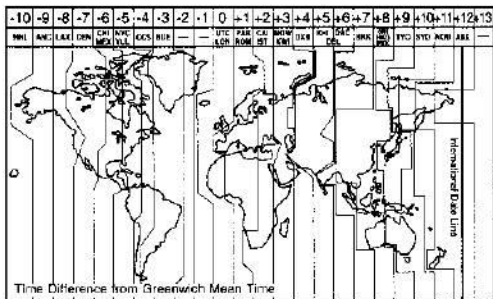
Press the M button to enter other (TIME) or (CAL) mode.



Press the A and C buttons simultaneously. The time displayed by the analog section automatically changes to the time that was previously displayed in the digital section. The time that was displayed by the analog section will now be displayed in the digital section.



City code	City	Time difference	City code	City	Time difference	City code	City	Time difference
LTC	Cordinated Universal Time	+0						
LCN	London	+0	DAC	Dacca	+6	ANC	Anchorage	-9
PAR	Paris	+1	BKK	Bangkok	+7	LAX	Los Angeles	-8
ROM	Rome	+1	SGN	Singapore	+8	DEN	Denver	-7
CAI	Cairo	+2	HKG	Hong Kong	+8			
IST	Istanbul	+2	PEK	Peking	+8			
MCW	Moscow	+3	TYO	Tokyo	+9	NYC	New York	-5
KWI	Kuwait	+3	SYD	Sydney	+10	YUL	Montreal	-5
DXB	Dubai	+4	NOU	Noumea	+11	CCS	Caracas	-4
KHI	Karachi	+5	AKL	Auckland	+12	RIO	Rio de Janeiro	-3
DEL	New Delhi	+5.5	HNL	Honolulu	-10	BUE	Buenos Aires	-2



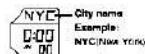
**Examples of Using this Watch** The times in 30 cities of the world are displayed with a simple button operation.



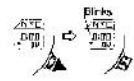
**It's easy to display the time!** Press the M button to enter (TIME) mode.



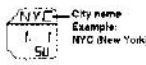
The name of and time in a city will be displayed at [6] and [7] each time either the (UP) or (DOWN) button is pressed.



City name Example NYC/NEW YORK



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### Operating the Chronograph

Press the **(MODE)** button to move the mode hand to [CHR].

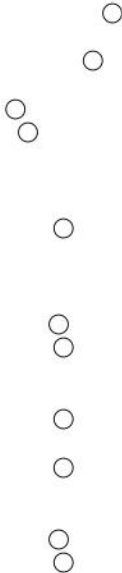
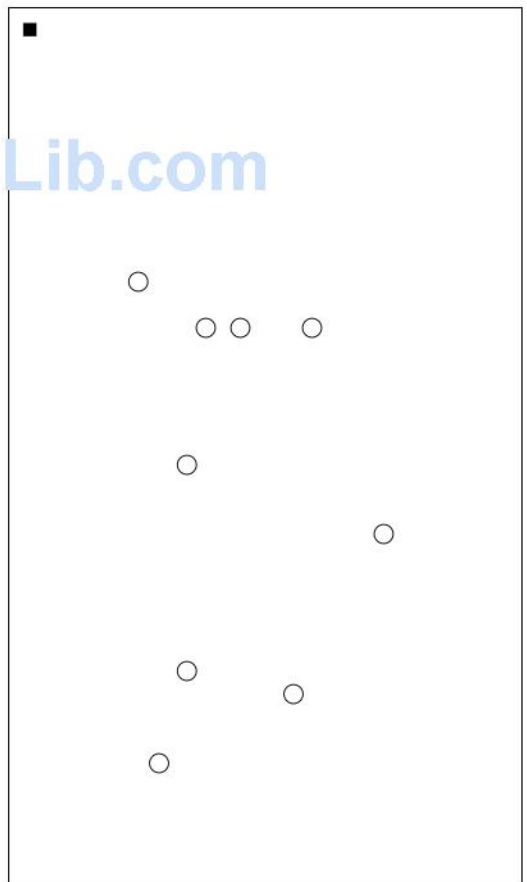
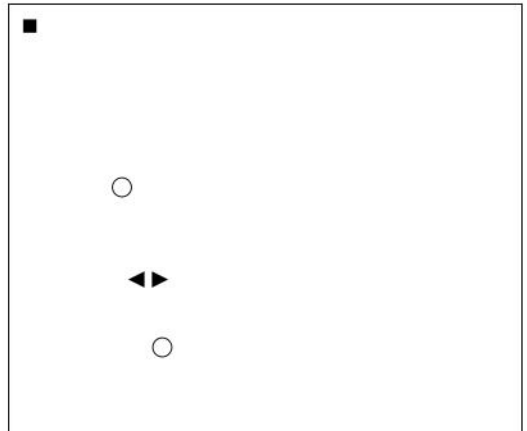
**Mode**  
[CHR]

**Normal operation**  

 Press the indicated button.

**Display split time**  
 Split time for 10 seconds

Start      Split time      Stop      Reset



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(Example: Set for 12 min)

### Operating the Timer

Press the **(MODE)** button to move the mode hand to [TMR].

**Mode**  
[TMR]

Press the indicated button.  
 Pull the **(MODE)** button out to the setting position.

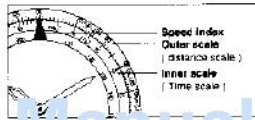
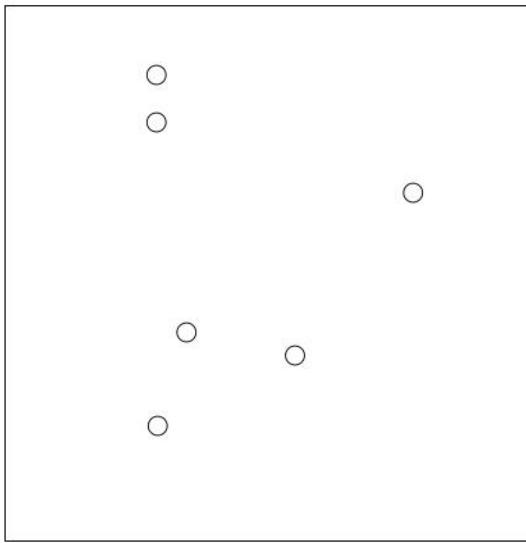
**Setting the time to be measured**

**Normal operation**  

 Beep for 5 seconds when the countdown is completed (time-up) (automatic beep after 5 sBSS).





**Quick restart**  

 Beep for 5 seconds when the countdown is completed (time-up).



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Name	Specifications	Display		Examples			
		Dial	Case				
Non-water-resistant				NO	NO	NO	NO
Water-resistant (dry use)	Water-resistant (dry use)	No indication	WATER RESISTANT	OK	NO	NO	NO
Waterproof (water use)	Waterproof (water use)	WATER RESISTANT	WATER RESISTANT	OK	OK	NO	NO
Waterproof (water use)	Waterproof (water use)			OK	OK	OK	NO

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