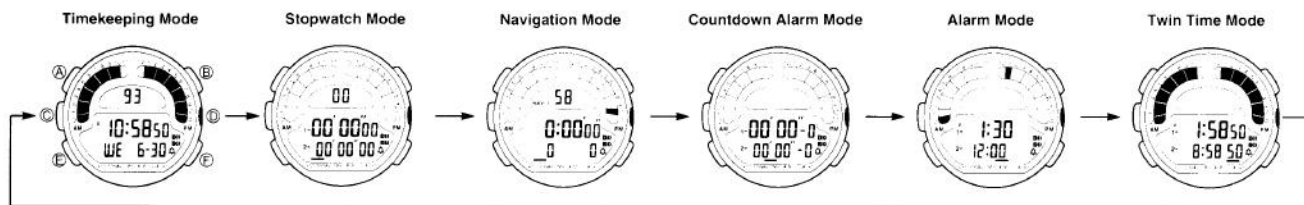


- Press **C** to change from mode to mode.



TIMEKEEPING MODE



The Timekeeping Mode includes an innovative One-Touch Alarm function and a One-Press Timer function.

- In the Timekeeping Mode, the graphic display indicates the counting of seconds.

To set the time and date

1. Press **C** while in the Timekeeping Mode. The seconds digits start to flash on the display because they are selected.
2. Press **C** to change the selection in the following sequence.



3. While the seconds digits are selected (flashing), press **C** to reset the seconds to "00". If you press **C** 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.
4. While any other digits (besides seconds) are selected (flashing), press **C** to increase the number or **B** to decrease it. Holding down either button changes the current selection at high speed. While the 12/24-hour setting is selected, press **C** to switch between the two formats. While the day of the week is selected, press **C** to advance to the next day or **B** to go back to the previous day.
5. After you set the time, format, and date, press **C** to return to the Timekeeping Mode.

- A built-in fully automatic calendar automatically makes adjustment for leap years.
- The date can be set within the range of January 1, 1990 to December 31, 2029.
- 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.

USING THE ONE-TOUCH ALARM FUNCTION



The One-Touch Alarm function lets you quickly and easily set alarm times at the 00, 15, 30, and 45 minute point of any hour. When the alarm time you preset is reached, an alarm sounds for 20 seconds, or until you press any button on the watch. When the alarm stops, the alarm time is cleared automatically.

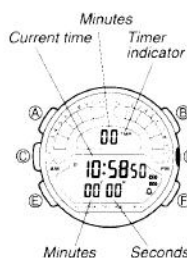
Setting the One-Touch Alarm

1. In the Timekeeping Mode, hold down **B** until the alarm indicator appears on the display. The "----" on the display indicates that there is no alarm time currently preset. If you do not set a One-Touch Alarm time within 10-seconds after this display appears, the watch automatically returns to the normal Timekeeping Mode.
 2. Press **C**, and the One-Touch Alarm time will become the quarter hour time (00, 15, 30, 45) setting nearest to the current time. If you press **B** while the current time is 7:32, for example, the One-Touch Alarm time becomes 7:45.
 3. Each time you press **C** again, the One-Touch Alarm time advances by 15 minutes. Holding down **C** advances the alarm time at high speed. Use **B** to set the One-Touch Alarm time you want.
- If you leave a One-Touch Alarm time on the display for 10 seconds, it is stored in memory and cannot be changed without clearing it first.

To clear a One-Touch Alarm time

Hold down **B** to clear a One-Touch Alarm time and display "----" for input of a new time. If you want to clear the time and return immediately to the normal Timekeeping Mode, press **C**. You should note that clearing the One-Touch Alarm time by pressing **C** also clears the One-Press Timer time (if you are using both functions simultaneously).

USING THE ONE-PRESS TIMER FUNCTION



The One-Press Timer function lets you quickly and easily set a countdown timer within the range of 1 to 60 minutes. When the end of the countdown is reached, an alarm sounds for 10 seconds, or until you press any button on the watch. The One-Press Timer is cleared automatically when the alarm stops.

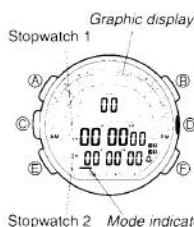
Setting the One-Press Timer

1. In the Timekeeping Mode, hold down **B** until the timer indicator appears on the display. The "00'00" on the display indicates that there is no time currently preset. If you do not set a time within 10-seconds after this display appears, the watch automatically returns to the normal Timekeeping Mode.
 2. Press **C**, and the One-Press Timer will become 1 minute.
 3. Each time you press **C** again, the One-Press Timer time advances by 1 minute. Holding down **C** advances the time at high speed. Use **B** to set the One-Press Timer time you want. The countdown starts as soon as you release **C**.
- If you leave a One-Press Timer time on the display for 10 seconds, it is stored in memory and cannot be changed without clearing it first.

To clear a One-Press Timer time

Hold down **B** to clear a One-Press Timer time and display "00'00" for input of a new time. If you want to clear the time and return immediately to the normal Timekeeping Mode, press **C**. You should note that clearing the One-Press Timer time by pressing **C** also clears the One-Touch Alarm time (if you are using both functions simultaneously).

STOPWATCH MODE



Two independent stopwatches (Stopwatch 1 and Stopwatch 2) are both capable of measuring elapsed time, cumulative elapsed time, and split time up to 23 hours, 59 minutes, 59.99 seconds.

- If you change to any other mode while a stopwatch timing operation is in progress, the stopwatch operation continues internally (though it is not shown on the display).
- The left side of the graphic display shows the timing for Stopwatch 1, while the right side shows the timing for Stopwatch 2.
- For the first 60 minutes, the display shows minutes, seconds and 1/100 seconds (00'00'00). After 60 minutes, the display format changes to show hours, minutes, and seconds (0:00:00).

To measure elapsed time

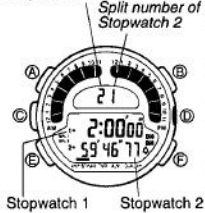
Stopwatch 1

1. Press **C** to start the stopwatch.
 2. Press **C** again to stop the stopwatch.
 3. Press **C** to restart timing from the displayed time, or press **B** to clear the stopwatch to 00'00'00.
- You cannot clear the stopwatch while it is running.

Stopwatch 2

1. Press **C** to start the stopwatch.
 2. Press **C** again to stop the stopwatch.
 3. Press **C** to restart timing from the displayed time, or press **B** to clear the stopwatch to 00'00'00.
- You cannot clear the stopwatch while it is running.

Split number of Stopwatch 1



To measure split times

Stopwatch 1

1. Press **[A]** to start the stopwatch.
 2. Press **[B]** to display the timing up to that point. Stopwatch timing continues internally.
 3. Press **[A]** to clear the split time and to continue time measurement on the display.
 - You can repeat steps 2 and 3 as many times as you want.
 - Each time you measure a split time, the Split Number increases by 1.
 4. Press **[B]** to stop time measurement.
 5. Press **[A]** to clear the stopwatch to 00'00'00.
- When using Stopwatch 2 to perform the above procedure, press button **[C]** in place of button **[B]**, and button **[E]** in place of button **[A]**.

To time first and second place finishers

Stopwatch 1

1. Press **[A]** to start the stopwatch.
 2. Press **[A]** when the first finisher crosses the line.
 3. Press **[B]** when the second finisher crosses the line.
 4. Press **[A]** to display the finishing time of second finisher.
 5. Press **[A]** again to clear the stopwatch 00'00'00.
- When using Stopwatch 2 to perform the above procedure, press button **[C]** in place of button **[A]**, and button **[E]** in place of button **[A]**.

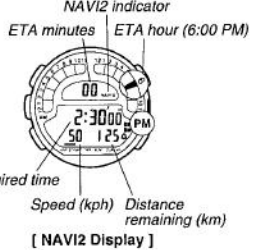
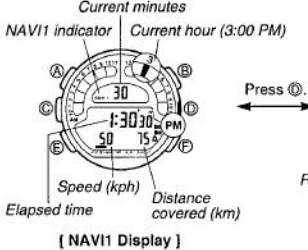
NAVIGATION MODE

The Navigation Mode provides you with simulation capabilities that let you calculate the time required to reach a specific destination as well as the estimated time of arrival (ETA). Once your trip is underway, you can also calculate your average speed (kilometers per hour) and adjusted ETA.

About the Navigation Mode display

The Navigation Mode has two different displays called: NAVI1 and NAVI2. The NAVI1 display shows data that covers the distance from the starting point of a trip up to your current location. The NAVI2 display shows data from your current location up to the destination. To switch between the NAVI1 and NAVI2 displays, press **[D]** while in the Navigation Mode.

- Before using the Navigation Mode you must set the total distance you plan to travel and your average speed. For details, see "To set the total distance" and "To set the average speed".



Press **[D]**

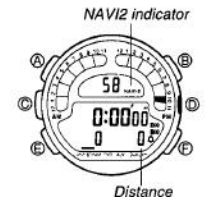
Notes

- Elapsed time is the time measured by Stopwatch 1. For details on Stopwatch 1 operations, see "Stopwatch Mode".
- Distance covered is the estimated distance from your starting point to your current location, calculated in accordance with the average speed you preset and the elapsed time.
- Distance remaining is the distance from your current location to your destination, calculated in accordance with the total distance to be covered and the distance covered. If the distance covered is zero, distance remaining is equal to the total distance to be covered.
- Required time is the time required from your current location to your destination, calculated in accordance with distance remaining and speed. If the required time is greater than 24 hours, this display shows "--".
- ETA is the estimated time of arrival at your destination, calculated in accordance with required time and current time (Timekeeping Mode time).

CAUTION!

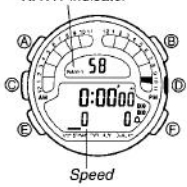
- Always be sure that you obey applicable speed limits and other traffic regulations when driving.
- Never try to operate the Navigation Mode or other functions while operating a motor vehicle. Be sure to devote your entire attention to operating the vehicle.
- The trip data shown on the Navigation Mode displays is calculated in accordance with the following relationship: $Speed = \frac{Distance}{Time}$. This means that actual times and speeds will be affected by stops for traffic signals, rest periods, etc.

To set the total distance



1. In the Navigation Mode, use **[D]** to display the NAVI 2 display.
 2. Press **[C]** to increase the distance by 1 kilometer or **[E]** to decrease it. Holding down either button changes the distance at high speed.
- The maximum total distance is 9999 kilometers.

To set the average speed



1. In the Navigation Mode, use **[D]** to display the NAVI1 display.
 2. Press **[C]** to increase the average speed by 1 kph or **[E]** to decrease it. Holding down either button changes the average speed at high speed.
- The maximum average speed setting is 299 kph.

To use the Navigation Mode

1. Set the total distance and average speed.
2. Use **[C]** to enter the Stopwatch Mode and then start Stopwatch 1 operation to measure Navigation Mode elapsed time.
- See Stopwatch Mode for details on using Stopwatch 1.
3. Press **[D]** to enter the Navigation Mode and display the trip data.

- Each time you press **[D]** in the Navigation Mode, the display switches between NAVI1 and NAVI2. For details on these displays, see "About the Navigation Mode display".
- The display automatically updates if you leave either the NAVI1 or NAVI2 data on the display. Note, however, that the data is updated at the top of each minute as measured by Stopwatch 1 and the top of each Timekeeping Mode minute. To force an update of the data, switch between NAVI1 and NAVI2.
- 4. To interrupt an ongoing Navigation Mode operation, use **[C]** to enter the Stopwatch Mode and then stop and clear Stopwatch 1.

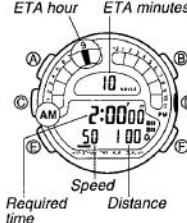
Important!

Be sure to stop Stopwatch 1 operation when you are finished using the Navigation Mode. Otherwise, the stopwatch keeps operating, which can run down your battery prematurely. For details on battery life, see the Specifications.

Navigation Mode Examples

Example 1: To perform a pre-drive simulation and estimate the time required to reach a destination and the ETA.

In the following example, we will assume that we plan to depart at 7:10 AM (Timekeeping Mode time) on a 100-kilometer drive.



1. In the Navigation Mode, display the NAVI2 display.
 2. Press **[C]** or **[E]** to set a total distance of 100 kilometers.
 3. Press **[C]** or **[E]** to change the average speed (kilometers per hour). Note that the ETA and time required change in accordance with the data you input.
- The illustration shows the data produced for an average speed of 50 kph. The time required is 2 hours, and the ETA is 9:10 AM.
 - After you finish setting the data you want, you can set the average speed on the NAVI1 display and start actual measurement.

Example 2: To make adjustments part way through the trip described in Example 1 (Departure Time: 7:10; Speed: 50kph; Distance: 100km) when a check of the odometer at 8:10 (after 1 hour of driving) shows that only 40 kilometers have been covered.



- In the following example, we will calculate the new ETA based upon the assumption that we will maintain the same speed that brought us up to our current location (40 kilometers from the starting point).
1. While the NAVI1 display is shown, press **[C]** or **[E]** to change the distance covered to 40 kilometers.
 - When you input 40 kilometers as the distance covered, the display shows your actual average speed.
 2. Switch to the NAVI2 display.
 - This display shows the new ETA, distance remaining, and time required.
 - The speed in NAVI2 changes to reflect the change made in NAVI1.

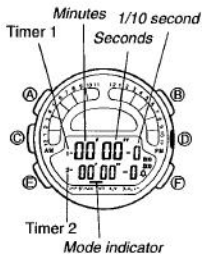
If you change routes during your trip (due to crowded conditions on your planned route or for some other reason), you can use the following procedure to recalculate the time required and ETA based on your new route. In this case, it is assumed that the speed you maintain on the new route is the same as your initially estimated speed (50kph in the above example).

- While the NAVI2 display is shown, press **[C]** or **[E]** to change the distance from your current location to your destination.
- At this time, the display shows the new ETA and time required.

The following shows how to calculate the speed required in order to make it to the destination (to cover the remaining 60 kilometers) by the original planned time of 9:10.

1. Calculate the amount to time remaining until your original planned time (1 hour in this example). The watch will not perform this calculation for you.
2. While the NAVI2 display is shown, press **[C]** or **[E]** to change the average speed, watching the time required as it changes. When the time required reaches 1:00 (1 hour), the speed shown on the display is the speed you would need to maintain.

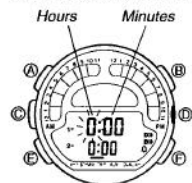
COUNTDOWN ALARM MODE



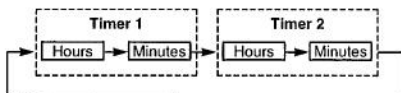
Two independent countdown timers (Timer 1 and Timer 2) can be set within the range of 1 minute to 99 hours 59 minutes. When the countdown reaches zero, an alarm sounds for 10 seconds or until you press any button.

- The left side of the graphic display shows the timing for Timer 1, while the right side shows the timing for Timer 2.
- For the last 60 minutes, the display shows minutes, seconds, and 1/10 seconds (00'00"-0). Up to the last 60 minutes, the display format shows hours, minutes, and seconds (0:00'00").

To set the Countdown Timer starting value



1. Press **C** while in the Countdown Alarm Mode. The hours digit of Timer 1 (or Timer 2 if Timer 1 is currently in use) starts to flash on the display because it is *selected*.
2. Press **C** to change the selection in the following sequence.



- You cannot set a Countdown Timer while it is running.
3. Press **F** to increase the selected number or **E** to decrease it. Holding down either button changes selection at high speed.
 4. After you set the Countdown Timer to the starting value that you want, press **D** to return to the Countdown Alarm Mode.

To use the Countdown Timer

Important!

Once you start the Countdown Timer, it continues to run until you switch it off. Even when the countdown reaches zero and the alarm sounds, the countdown restarts from the time you set.

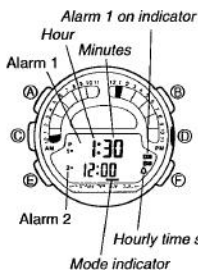
Timer 1

1. While in the Countdown Alarm Mode, press **D** to start the countdown.
2. Press **B** again to stop Countdown Timer operation.
 - You can resume operation of the Countdown Timer by pressing **D**.
3. To reset the Countdown Timer to its starting value, stop the timer and then press **A**.
- You cannot reset the Countdown Timer to its starting value while it is running.

Timer 2

1. While in the Countdown Alarm Mode, press **F** to start the countdown.
2. Press **F** again to stop Countdown Timer operation.
 - You can resume operation of the Countdown Timer by pressing **F**.
3. To reset the Countdown Timer to its starting value, stop the timer and then press **E**.
- You cannot reset the Countdown Timer to its starting value while it is running.

ALARM MODE

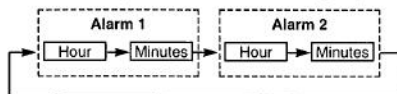


You can set two independent daily alarms in the Alarm Mode. When the Daily Alarm is switched on, the alarm sounds for 20 seconds at the preset time each day. Press any button to stop the alarm after it starts to sound. When the Hourly Time Signal is on, the watch beeps every hour on the hour.

To set the alarm time

1. Press **D** while in the Alarm Mode. The hour digits start to flash on the display because they are *selected*.
- At this time Alarm 1 is switched on automatically.

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

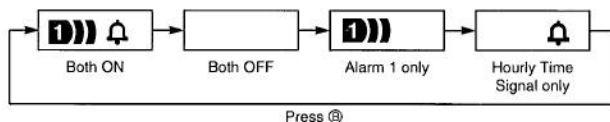


- Alarm 2 switches on automatically whenever you select the hour digits of Alarm 2.
3. Press **F** to increase the selected digits or **E** to decrease them. Holding down either button changes the selection at high speed.
 - The format (12-hour and 24-hour) of the alarm time matches the format you select for normal timekeeping.
 - When setting the alarm time using the 12-hour format, take care to set the time correctly as morning or afternoon.
 4. After you set the alarm time, press **D** to return to the Alarm Mode.

To switch the Daily Alarm and Hourly Time Signal on and off

In the Alarm Mode, press **B** to switch Alarm 1 and the Hourly Time Signal on and off. Use **F** to switch Alarm 2 on and off.

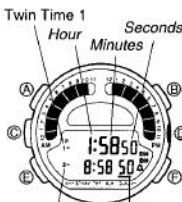
[Alarm 1 ON indicator/Hourly Time Signal ON indicator]



To test the alarm

Hold down **B** or **F** while in the Alarm Mode to sound the alarm.

TWIN TIME MODE



Twin Time 2 Mode indicator

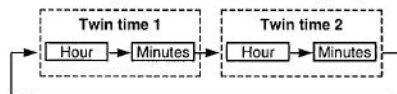
The Twin Time function simultaneously displays two independent times.

- The 12/24-hour timekeeping specification you make in the Timekeeping Mode is also applied in this mode.
- The seconds count is synchronized with the Timekeeping Mode.

To set the twin time

1. Press **D** while in the Twin Time Mode. The hour digits start to flash on the display because they are *selected*.

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



3. Press **F** to increase the selected digits or **E** to decrease them. Holding down either button changes the selection at high speed.
4. After you set the time, press **D** to return to the Twin Time Mode.