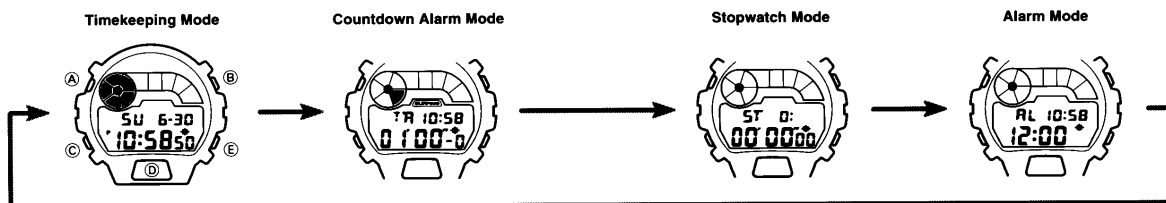


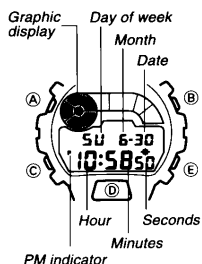
OPERATION CHART:MODULE QW-1557

GENERAL GUIDE

- Press **(C)** to change from mode to mode.
- In any mode, press **(D)** to illuminate the display for about two seconds. The watch can be set so that the backlight flashes whenever an alarm sounds.



TIMEKEEPING MODE



This watch is equipped with a backlight that can be set to flash whenever an alarm sounds. For details, see "About the backlight".

- In the Timekeeping Mode, press **(B)** to switch between the 12-hour and 24-hour formats.
- In the Timekeeping Mode, the Graphic Display indicates the counting of seconds.

To set the time and date

1. Press **(A)** while in the Timekeeping Mode. The seconds digits 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 **(E)** to reset the seconds to "00". If you press **(E)** 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 **(E)** to increase the number or **(B)** to decrease it. Holding down either button changes the current selection at high speed.
 5. After you set the time and date, press **(A)** to return to the Timekeeping Mode.
- The day of the week is automatically set in accordance with the date.
 - The date can be set within the range of January 1, 1995 to December 31, 2039.
 - 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.

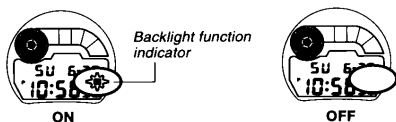
About the backlight

When you switch the backlight function on, the backlight of the watch flashes whenever a daily alarm or countdown alarm is sounding, or when various signals are sounded in the Stopwatch and Alarm Modes. For details of each of these operations, see the applicable sections of this manual.

- The backlight of this watch employs an electro-luminescent (EL) light, which loses its illuminating power after very long term use.

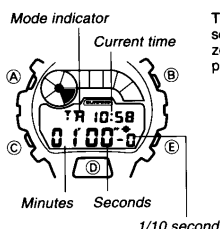
To switch the backlight function on and off

In the Timekeeping Mode, hold down **(E)** for one or two seconds to switch the backlight function on and off.



- The backlight function indicator remains on the display in all modes.
- The above operation controls operation of the backlight function only. It does not affect operation of audible tones and signals.
- Pressing **(D)** at any time illuminates the display for about two seconds, regardless of the backlight's on/off setting.
- The watch will emit an audible sound whenever the display is illuminated. This is caused by a transistor that vibrates when the EL panel lights up. It does not indicate malfunction of the watch.

COUNTDOWN ALARM MODE



The countdown timer can be set within a range of 1 second to 60 minutes. When the countdown reaches zero, an alarm sounds for 10 seconds or until you press any button.

To set the countdown time

Press **(B)** to increase the selected number. Holding down **(B)** changes the selection at high speed.

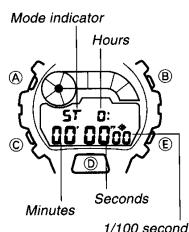
To use the countdown timer

1. Press **(E)** while in the Countdown Alarm Mode to start the countdown timer.
2. Press **(E)** again to stop the countdown timer.
- You can continue countdown timer operation by pressing **(E)**.
3. Stop the timer and then press **(B)** to reset the countdown time to its starting value.
- The countdown time is automatically reset to its starting value after the alarm stops.

About countdown indicators

An audible beep, the EL backlight, and the color marks on the display keep you informed about the progress of the countdown as noted in the following table.

Remaining	Audible beep	EL Backlight
Start (pressing (D))	1 second	1 second
5' 00"	1 second	1 second
4' 00" 1' 00"	1 second	—
Time up (00' 00")	10 seconds	10 seconds

STOPWATCH MODE

The Stopwatch Mode lets you measure elapsed time, split times, and two finishes. The range of the stopwatch is 23 hours, 59 minutes, 59.99 seconds.

To measure elapsed time

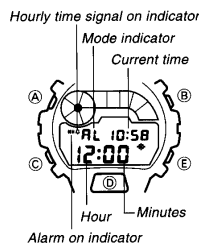
1. Press (E) to start the stopwatch.
2. Press (E) to stop the stopwatch.
 - You can resume the measurement operation by pressing (E) again.
3. Press (B) to clear the stopwatch to all zeros (0H 00'00"00).

To record split times

1. Press (E) to start the stopwatch.
2. Press (B) to display the timing up to that point. Stopwatch timing continues internally.
 - You can repeat steps 2 and 3 as many times as you want.
3. Press (B) to clear the split time and to continue time measurement on the display.
4. Press (E) to stop the time measurement.
5. Press (B) to clear the stopwatch to all zeros.

To time first and second place finishes

1. Press (E) to start the stopwatch.
2. Press (B) when the first finisher crosses the line, and record the time.
3. Press (E) when the second finisher crosses the line.
4. Press (B) to display the finishing time of the second finisher.
5. Press (B) again to clear the stopwatch to all zeros.

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 switched on, the watch beeps every hour on the hour.

To set the alarm time

1. Press (A) while in the Alarm Mode. The hour digits flash on the display because they are selected.
 - At this time the Daily Alarm is switched on automatically.
2. Press (C) to change the selection in the following sequence.

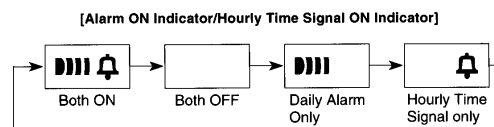
Hour

↔

Minutes
3. Press (E) to increase the selected digits and (B) 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 (P).
4. After you set the alarm time, press (A) to return to the Alarm Mode.

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

Press (E) while in the Alarm Mode to change the status of the Daily Alarm and Hourly Time Signal in the following sequence:

**To test the alarm**

Hold down (B) while in the Alarm Mode to sound the alarm.