
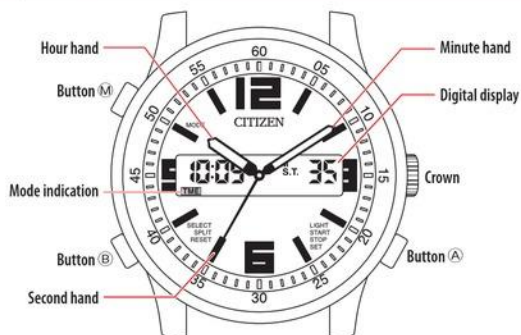


- To see details of specifications and operations, refer to the instruction manual:  C45\* instruction manual

## Component identification



- Actual appearance may differ from the illustration.

## Using EL lights

The EL lights are turned on in the cases below:

- When pressing button (A) while the crown is pushed in and the mode is [TME] or [CAL].
- When pressing button (A) or (B) during time measurement using the chronograph.
- When pressing button (B) while using the timer.

## Setting the time

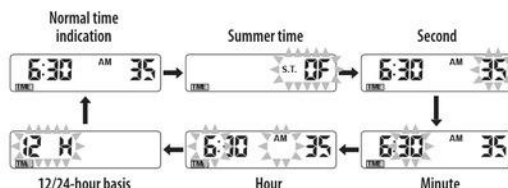
### Setting the time of the analog section

- Pull out the crown when the second hand points 0 second.**  
The second hand stops.
- Rotate the crown to set the time.**
  - Move the hands 4 or 5 minutes forward and move them back to the right time to set the time more precisely.
- Push in the crown in accordance with a reliable time source to finish the procedure.**  
The second hand starts moving.

### Setting the time of the digital section

- Press button (M) to cancel setting of the time of the digital section.
- The setting is automatically canceled in about 2 minutes without any operation during the setting.

- Press and release the upper left button (M) repeatedly to change the mode to [TME].**
- Press and hold the lower left button (B) for about 2 seconds.**  
[S.T.] and [ON] or [OF] (off) starts blinking and the time becomes adjustable.
  - The blinking part is the target to adjust.
- Press and release the lower left button (B) repeatedly to change the target to be set.**
  - Each time you press button (B), the target changes as follows:



- Press and release the lower right button (A) to adjust the target.**
  - Press button (A) in accordance with a reliable time source when setting the second.
  - Pressing and holding button (A) changes indication continuously when setting the minute and the hour.
  - "A" or "P" is displayed to indicate AM or PM in 12-hour basis indication.
- Repeat steps 3 and 4 to set other targets.**
- Press and release the upper left button (M) to finish the procedure.**

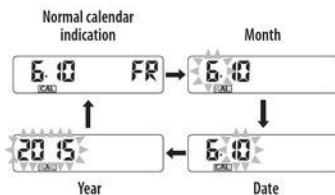


## Setting the calendar

The calendar of this watch does not have to be adjusted manually until Thursday, December 31, 2099 including leap years. (perpetual calendar)

- Press button **M** to cancel setting of the calendar.
- The setting is automatically canceled in about 2 minutes without any operation during the setting.

- 1. Press and release the upper left button **M** repeatedly to change the mode to [CAL].**
- 2. Press and hold the lower left button **B** for about 2 seconds.**  
The month indication starts blinking and the calendar becomes adjustable.
  - The blinking part is the target to adjust.
- 3. Press and release the lower left button **B** repeatedly to change the target to be set.**  
Each time you press button **B**, the target changes as follows:



- 4. Press and release the lower right button **A** to adjust the target.**  
Pressing and holding button **A** changes indication continuously.
- 5. Repeat steps 3 and 4 to set other targets.**
- 6. Press and release the upper left button **M** to finish the procedure.**  
The day of week is set automatically.

## Resetting the watch — All Reset

- 1. Pull out the crown.**
- 2. Press and release buttons **A**, **B** and **M** at the same time.**  
All the digital indication lights up.
- 3. Push in the crown.**  
The alarm sounds.

### After All Reset

After All Reset, set the time and calendar and other settings. Set also the alarm.