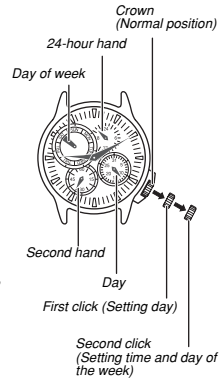


Setting the Time and Day

To set the day

- 1) Pull the crown out to the first click.
- 2) Rotate the crown to set the day.
- 3) Push the crown back in to its normal position.

The configuration of your watch may differ somewhat from that shown in the illustration.



To set the time and day of the week

- 1) When the second hand reaches the 12 o'clock position, pull the crown out to the second click to stop the second hand.
 - After the day of the week you want to set is indicated, carefully set the time, making sure to distinguish between AM and PM.
- 2) Rotate the crown to set the hands. As you do, the day of the week setting changes accordingly.
- 3) In accordance with a time signal on the TV or radio, push the crown in to restart timekeeping.

24-hour hand

The 24-hour hand indicates the current hour of the day, making one complete rotation every 24 hours.

- Avoid setting the day between 10:00 p.m. and 2:00 a.m. If you do, the day setting may not change during the following day.

- For watch with the elapsed time bezel
Rotate the elapsed time bezel to align the ∇ mark with the minute hand.
After certain amount of time elapsed, read the graduation on the elapsed time bezel which the minute hand points to.
The elapsed time is indicated.



- Some water resistant models are equipped with a screw lock crown.
- With such models, you must unscrew the crown in the direction noted in the illustration to loosen it before you can pull it out. Do not pull too forcibly on such crowns.
- Also note that such watches are not water resistant while their crowns are loosened. Be sure to screw the crowns back in as far as they will go after making any setting.

