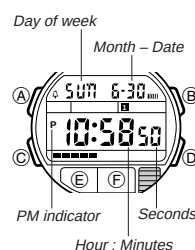
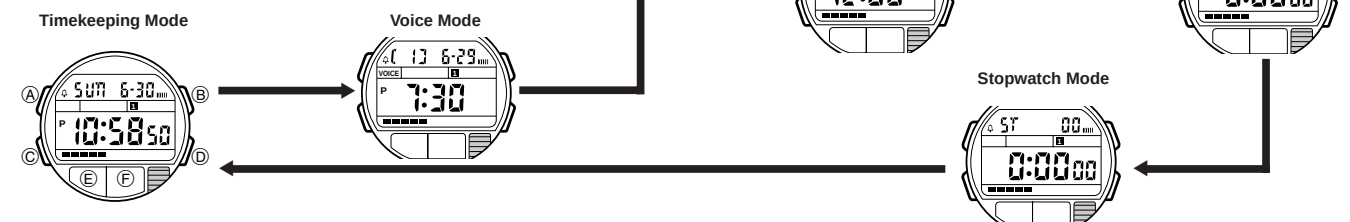


## GENERAL GUIDE

- Press **(C)** to change from mode to mode. After you perform an operation in any mode, pressing **(C)** returns to the Timekeeping Mode.
- In any mode other than the Alarm Mode, press **(B)** to illuminate the display for about two seconds.

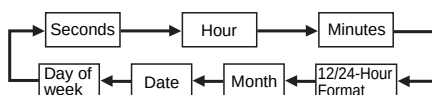


## TIMEKEEPING MODE

Use the Timekeeping Mode to set the time and date.

### To set the time and date

- Hold down **(A)** while in the Timekeeping Mode until the seconds digits start to flash on the display. The seconds flash because they are *selected*.
- Press **(C)** to change the selection in the following sequence.



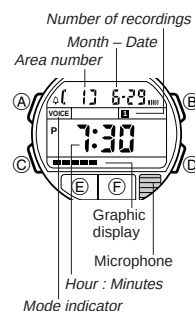
- While the seconds digits are selected (flashing), press **(D)** to reset the seconds to **00**. If you press **(D)** while the seconds count is in the range of 30 to 59, the seconds are reset to **00** and 1 is added to the minutes. If the seconds count is in the range of 00 to 29, the minutes count is unchanged.
- While any other digits (besides seconds) are selected (flashing), press **(D)** to increase the number. While the 12/24-hour setting is selected, press **(D)** to switch between the two formats. While the day of the week is selected, pressing **(D)** advances to the next day.
- Holding down **(D)** changes the current selection at high speed.
- When the 12-hour format is selected, the indicator **P** appears on the display to indicate "p.m." times. There is no indicator for "a.m." times. Selecting the 24-hour format causes the indicator **24** to appear on the display.
- After you set the time and date, press **(A)** to return to the Timekeeping Mode.
- The watch does not make any allowance for leap years. Be sure to manually set February 29 (when one occurs) to the appropriate date.
- 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

In any mode other than the Alarm Mode, press **(B)** to illuminate the display for about two seconds.

- The backlight of the watch employs an electro-luminescent (EL) light, which loses illuminating power after very long use.
- The illumination provided by the backlight may be hard to see when viewed under direct sunlight.
- The backlight automatically turns off whenever an alarm sounds.

## VOICE MODE



The Voice Mode lets you record and playback your voice or other sounds. You can also clear recordings when you no longer need them.

- The watch also has a built in speaker.
- A value from **[1]** to **[5]** on the display indicates the number of recordings currently stored in memory. This value remains on the display in all modes.
- The area number shows the currently selected voice memory area number (**[1]** to **[5]**).

### Recording Duration

The watch has enough voice memory for up to 30 seconds of sound data. You can make one recording 30 seconds long, or up to five recordings that total up to 30 seconds. Whenever you make a recording, the sound data is stored together with the date and time that the recording operation began.

### Important!

- Recording, playback, and clear operations can be started in the Timekeeping Mode, Voice Mode, or Alarm Mode. The watch automatically enters the Voice Mode whenever one of these operations is started from the Timekeeping or Alarm Mode.
- Total recording time is 30 seconds, and a full 30 seconds of recording are provided when only a single recording is stored in voice memory. A full 30 seconds of recording may not be provided when more than one recording is stored in voice memory (due to memory used up by memory partitioning).
- Once voice memory is full, you will not be able to record any more until you clear all existing data.
- It is always a good idea to check the number of recordings already in voice memory and the voice memory's remaining capacity (see "About the Graphic Display") before starting a new recording.
- Recordings may overlap slightly when more than one recording is stored in voice memory. To avoid this problem, it is recommended that you pause slightly before starting a recording that comes after an existing recording.

- Alarms (including the hourly time signal) do not sound if an alarm time is reached while you are recording or playing back.
- If playback produces a sound that is broken or unclear, try changing the distance between the source of the sound and the microphone. Good results can normally be obtained by speaking clearly in a normal voice with about 5cm (2 inches) between your mouth and the microphone.

### To record a sound

- In the Timekeeping Mode, Voice Mode, or Alarm Mode, hold down **(E)** for about one second until the watch beeps.
  - Release **(E)** after the watch beeps.
  - Recordings are stored in voice memory areas in sequence starting from area **[1]**.
- Record the sound that you want.
  - The **REC** indicator flashes on the display while a record operation is being performed.

- To stop the record operation, press any button.
  - When you stop the record operation, the message **STOP** appears in the upper part of the display.
  - It takes a moment for the record operation to stop after you press any button.
  - Whenever voice memory becomes full during a record operation, the watch sounds a long beep and the record operation stops automatically.

### To play back voice memory contents

- In the Timekeeping Mode, Voice Mode, or Alarm Mode, use **(D)** to select the voice memory area you want.
  - Each press of **(D)** advances the area number by one. Numbers appear only for voice memory areas that contain sound data.
- Press **(F)** to play back the contents of the selected voice memory area.
  - The **PLAY** indicator flashes on the display while the playback operation is being performed.
  - Pressing **(F)** during playback jumps to playback of the contents of the next voice memory area.
- Press any button besides **(F)** to stop playback.
  - When you stop the playback operation, the message **STOP** appears in the upper part of the display.

### About the Graphic Display

The graphic display of the watch shows the total number of seconds recorded in voice memory. Each block (■) that appears in the graphic display represents 2.5 seconds of recording. There is a total of 12 blocks, indicating 30 seconds of voice memory capacity.

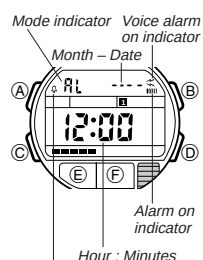
- The nearby illustration shows a total of eight blocks, which indicates a total of 20 seconds of recording in voice memory. The four blocks that are not shown indicate there are about 10 seconds of voice memory remaining.
- The graphic display indicates the voice memory status in all modes.

### To clear voice memory contents

In the Timekeeping Mode, Voice Mode, or Alarm Mode, hold down **(D)** for about three seconds until the watch beeps.

- This operation clears all data in voice memory. Note that you cannot clear data in a specific area.
- The message **CL H** (clear) remains on the display for about four seconds as voice memory contents are being cleared. You cannot perform a record operation while the **CL H** message is on the display.
- If voice memory contents are being used for a voice alarm (see "Voice Alarm Precautions"), the message **CL H -AL** appears in the upper part of the display (in place of the **CL H** message) to indicate that the voice alarm is also being cancelled.

## ALARM MODE



Hourly time signal on indicator

### • To set a Daily Alarm

Set the hour and minutes for the alarm time. Set - for the month and - - for the date (see step 3 under "To set an alarm"). This type of setting causes the alarm to sound every day at the time you set.

### • To set a Date Alarm

Set the month, date, hour and minutes for the alarm time. This type of setting causes the alarm to sound at the specific time, on the specific date you set.

### • To set a 1-Month Alarm

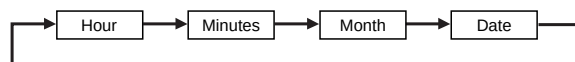
Set the month, hour and minutes for the alarm time. Set - - for the date (see step 3 under "To set an alarm"). This type of setting causes the alarm to sound every day at the time you set, only during the month you set.

### • To set a Monthly Alarm

Set the date, hour and minutes for the alarm time. Set - for the month (see step 3 under "To set an alarm"). This type of setting causes the alarm to sound every month at the time you set, on the date you set.

### To set an alarm

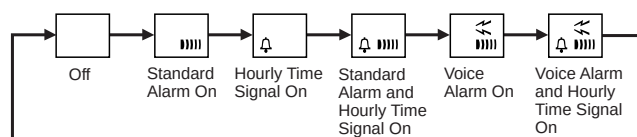
- Hold down (A) while in the Alarm Mode until the hour digits start to flash on the display. The hour digits flash because they are *selected*.
- At this time, the alarm is automatically turned on.
- Press (C) to change the selection in the following sequence.



- Press (D) to increase the selected digits. Holding down (D) changes the selection at high speed.
- To set an alarm that does not include a month (daily alarm, monthly alarm), set - for the month. Press (D) until the - mark appears (between 12 and 1) while the month digits are flashing.
- To set an alarm that does not include date (daily alarm, 1-month alarm), set - - for the date. Press (D) until the - - mark appears (between 31 and 1) while the date digits are flashing.
- 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 (no indicator) or afternoon P.
- After you set the alarm, press (A) to return to the Alarm Mode.

### To turn an Alarm and hourly time signal on and off

Press (B) while in the Alarm Mode to change the status of the Alarm and Hourly Time Signal in the following sequence.



- The standard alarm on indicator, voice alarm on indicator, and the hourly time signal on indicator are shown on the display in all modes while these functions are turned on.
- Any function whose indicator is not shown on the display is turned off.
- Turning on the voice alarm causes the contents of voice memory to be used as the alarm sound.

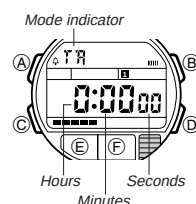
### To test the alarm

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

### Voice Alarm Precautions

- To use the voice alarm, record a message, set the alarm, and turn on the voice alarm.
- You should use the voice memory of this watch either as a voice memo or as voice alarm contents. The watch automatically use the standard beeper alarm whenever there is nothing stored in voice memory. Deleting voice memory contents while the voice alarm is turned on automatically switches to the standard beeper alarm.
- When the voice alarm is turned on, all voice memory contents are played back in sequence, starting from the lowest numbered (oldest) voice memory area.
- When an alarm time is reached while the voice alarm is turned on, the standard beeper alarm sounds for about one second and then voice memory contents are played.
- The alarm operation (standard beeper alarm followed by voice memory contents) plays all voice memory contents only once. This means the shortest possible alarm operation is two seconds long, while the longest possible operation is 30 seconds long.

## COUNTDOWN ALARM MODE



The countdown timer can be set within a range of 1 minute to 24 hours. When the countdown reaches zero, an alarm sounds for 10 seconds or until you press any button. Note that you can also select auto repeat timing that automatically restarts the countdown from the original value you set whenever zero is reached. This continues until you manually stop the countdown.

### To set the countdown start time

- Hold down (A) while in the Countdown Alarm Mode until the hours digit starts to flash on the display. The hours digit flashes because it is *selected*.
- Press (C) to change the selection in the following sequence.



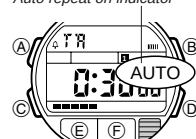
- Press (D) to increase the selected number. Holding down (D) changes the selection at high speed.
- To set the starting value of the countdown time to 24 hours, set 0:00.
- After you set the countdown start time, press (A) to return to the Countdown Alarm Mode.

### To use the countdown timer

- Press (F) while in the Countdown Alarm Mode to start the countdown timer.
- Press (F) again to stop the countdown timer.
- You can continue countdown timer operation by pressing (F).
- Stop the timer and then press (E) to reset the countdown time to its starting value.
- When the end of the countdown is reached and auto repeat timing is off, the alarm sounds for 10 seconds or until you stop the alarm by pressing any button. Countdown timing stops, and the countdown time is automatically reset to its starting value after the alarm stops.

### To switch auto repeat timing on and off

Auto repeat on indicator



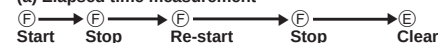
While in the Countdown Alarm Mode, press (D) to switch auto repeat on and off.

- When the end of the countdown is reached while auto repeat is on, the alarm sounds, but the countdown restarts from the beginning without stopping. You can stop the countdown by pressing (F) and manually reset to the start time by pressing (E).

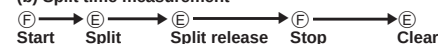
## STOPWATCH MODE

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.

### (a) Elapsed time measurement



### (b) Split time measurement



### (c) Split time and 1st-2nd place times



### Important!

Keep the watch about 5cm (2 inches) from your mouth when recording!

