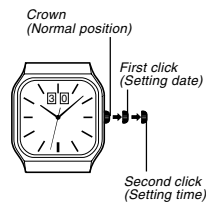


To set the time

- 1) Pull the crown out to the second click when the second hand is at 12 o'clock position and the second hand stops.
- 2) Set the hands by turning the crown.
- 3) In accordance with a time signal, push the crown in.

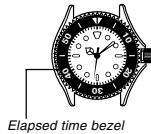


To set the date

- 1) Pull the crown out to the first click.
 - 2) Set the date by turning the crown.
 - Rotate the crown towards you to advance the right digit, and away from you to advance the left digit.
 - 3) Push the crown in to the normal position.
- **Note that you will need to adjust the date setting to 01 at the beginning of each month.**

- Avoid setting the date between 8:00 p.m. and 1:00 a.m. (the date display may not change in 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.

