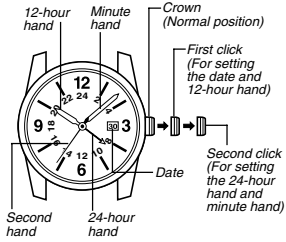


Setting the Time and Date



This watch has both a 24-hour hand and a 12-hour hand. Use the following procedures to set the time for each hand, and the date.

Important!

- Note that moving the 24-hour hand also causes the 12-hour hand to move. Be sure to pull the crown out to the second click and set the 24-hour hand first, and then push the crown back in to the first click to set the 12-hour hand. If you set the 12-hour hand first, the 12-hour hand will move when you change the 24-hour hand setting.

To set the time

- When the second hand is at 12 o'clock (24 on the 24-hour dial), pull the crown out to the second click. This causes the second hand to stop.
- Rotate the crown to set the 24-hour hand and minute hand to the current time.
 - Rotating the crown causes both the minute hand, the 24-hour hand, and the 12-hour hand to move.
- Push the crown back in to the first click.
- Rotate the crown away from you to set the 12-hour hand to the current time.
 - The date will also change if you move the 12-hour hand past midnight. See "To set the date" below for information about changing the date setting.
 - The date changes when the 12-hour hand passes midnight. To ensure that you set the correct AM or PM time, make sure you observe the change of the date on the display as you set the 12-hour hand.
- In accordance with a time signal, push the crown in.

To set the date

- Pull the crown out to the first click.
- Rotate the crown towards you to change the date.
- Push the crown back in to the normal position.
 - Note that you will need to adjust the date setting to 1 at the beginning of each month.

Using Dual Time

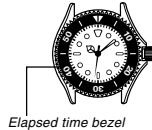
This watch lets you change the time setting without stopping internal timekeeping. You can set the 24-hour hand and the 12-hour hand to different times in order to keep track of the time in two different locations (Dual Time).

To configure Dual Time settings

- Pull the crown out to the first click.
- Rotate the crown away from you to set the 12-hour hand to the time you want.
 - Be sure to correctly set the AM or PM time.
- Push the crown back in to the normal position.
 - The date will also change if you move the 12-hour hand pass midnight. See "To set the date" above for information about changing the date setting.

- 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.

