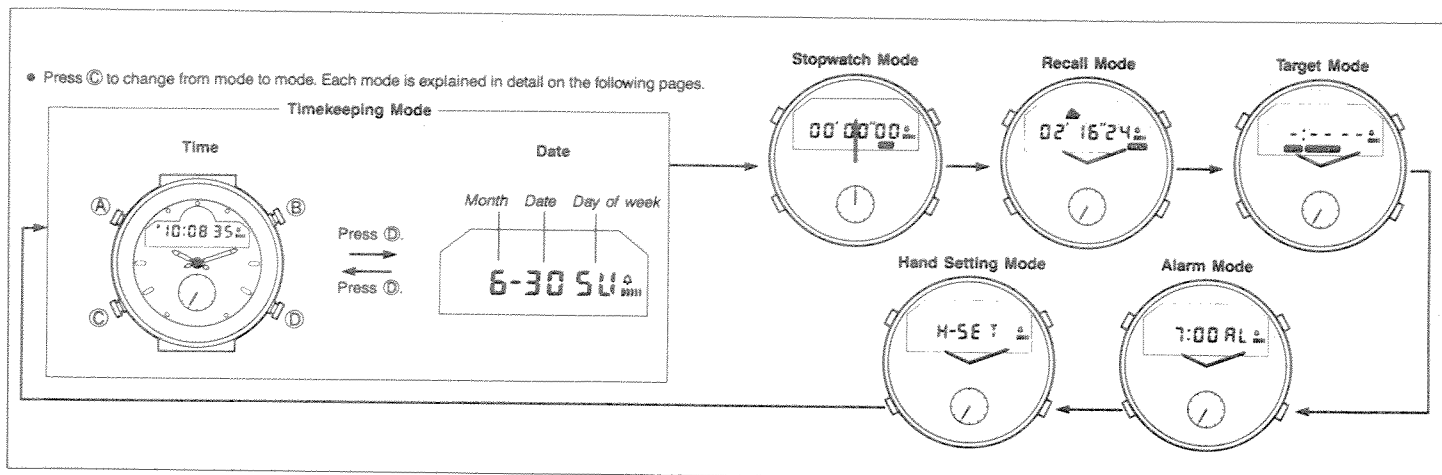
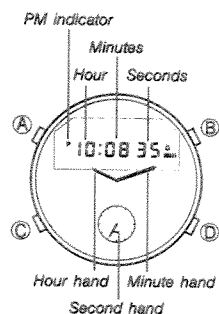


Module No. 731

GENERAL GUIDE



TIMEKEEPING MODE



To set the digital time and date

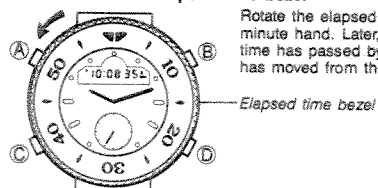
- Hold down (A) while in the Timekeeping Mode until the seconds digits start to flash on the display. The seconds digits flash because they are selected.
- Press (C) to change the selection in the following sequence.

Seconds	Hour	Minutes	12/24-Hour Format
Date	Month	Year	
- While the seconds digits are selected (flashing), press (B) or (D) to reset the seconds to "00". If you press (B) or (D) while the seconds count is in the range of 30 to 59, it is 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 (B) to increase the number or (D) to decrease it. Holding down either button changes the current selection at high speed. While the 12/24-hour setting is selected, press (B) or (D) to switch between the two formats.

5. After you set the time, format, and date, press (A) to return to the Timekeeping Mode.

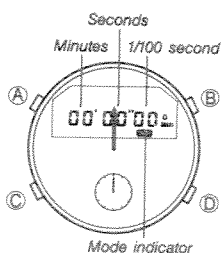
- When you use the above procedure to set the time on the digital display, the hands of the analog timepiece normally adjust according to your setting. If, for any reason, the digital time does not match the analog time, use the procedure described under HAND SETTING MODE to match the analog setting with the digital display. If the digital time and analog time settings do not match, other functions of this watch will not operate correctly.
- The day of the week is automatically set in accordance with the date.
- The date can be set within the range of January 1, 1990 to December 31, 2029.
- 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.

For watches with elapsed time bezel



Rotate the elapsed time bezel to align the ♥ mark with the minute hand. Later, you can tell approximately how much time has passed by observing how much the minute hand has moved from the ♥ mark.

STOPWATCH MODE



The Stopwatch Mode measures elapsed time, cumulative elapsed time, and lap times. Times can be measured up to 23 hours, 59 minutes, 59.99 seconds. It also lets you store up to 12 lap times and best lap time in memory. The Stopwatch Mode also includes a Lap Indicator Function and Lap Speed Indicator Function that let you compare the time of the current lap with the last lap you timed or with a target lap time.

- The hour, minute, and second hands move when you operate the stopwatch. For full details on what this movement means, see "About the Lap Indicator Function" and "About the Speed Indicator Function".

Important

- Whenever you clear the stopwatch time to 00'00"00 in the Stopwatch Mode, the hour, minute, and second hands move to the 12 o'clock position. You will not be able to start timing with the stopwatch until the hands reach this starting position.
- If you exit the Stopwatch Mode while the stopwatch time is not cleared (no 00'00"00), the hands show the measured time and the "ST" indicator flashes on the digital display.

To measure elapsed time

- Press (C) to start the stopwatch.
- Press (B) to stop the stopwatch.
- Press (D) to restart timing from the displayed time, or press (B) to clear the stopwatch to 00'00"00.

To change measured time display format

In the Stopwatch Mode, press (A) to change the measured time display formats between minutes (00'00"00) and hours (0:00 00).

To measure lap times

- Press (C) to start the stopwatch.
- Press (B) again to record the time of the first lap. At this time, the measured lap time will stay on the digital display for eight seconds, along with the flashing "REC" indicator. This means that the time is being recorded into memory. After eight seconds, the display changes automatically back to the stopwatch time.
- Repeat step 2 to record more lap times and store them in memory.
- Press (B) to stop the stopwatch.

- The watch also stores up to 12 lap times, plus the best lap time.
- Lap times are kept in memory until you clear the stopwatch by pressing (B) and then start measurement of new lap times.
- For details on recalling lap times, see the RECALL MODE.

About the Lap Indicator Function

The Lap Indicator Function uses the hands of the watch to tell you important training data at a glance.

If you are not using a target lap time, the minute hand begins to move when you start the stopwatch and sweeps back around to the 12 o'clock position in about 6.5 seconds. The minute hand stops at the 12 o'clock position and stays there until you press (B). At this time, the minute hand starts to move again, but this time it takes the amount of time of your last lap to sweep around to 12 o'clock again.

If you are using a target lap time, the minute hand takes the amount of time indicated by the target time to complete one full sweep. If you are using a target time of eight minutes, for example, the minute hand begins to move when you start the stopwatch, and it will take eight minutes to get back to the 12 o'clock position. Should you press (B) before the minute hand reaches 12, timing of the next lap begins, and the minute hand moves accordingly.

All of this means that the minute hand shows you how much time is left until the stopwatch time reaches your target or until it reaches the time you took for the last lap. If you complete a lap more quickly, press (B), and the minute hand sweeps back to the 12 o'clock position to start timing of the next lap.

When using this function, the hour hand indicates the current lap number, pointing to "1" during lap 1, to "2" during lap 2, etc.

Important

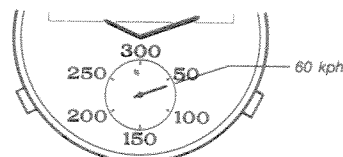
- The above function cannot be used with measured times that are less than 15 seconds.
- The above function cannot be used when the measured time is greater than 24 hours or when the number of laps is greater than 100.
- If the current lap takes more time than the preset target or than the last lap measured, the minute hand stops at the 12 o'clock position after the first sweep.

About the Speed Indicator Function

If you set the lap distance, the seconds hand indicates the speed of the last lap you timed.

Example

Preset Lap Distance: 1 km
Measured Lap Time: 1 minute
Indicated Lap Speed: 60 kph



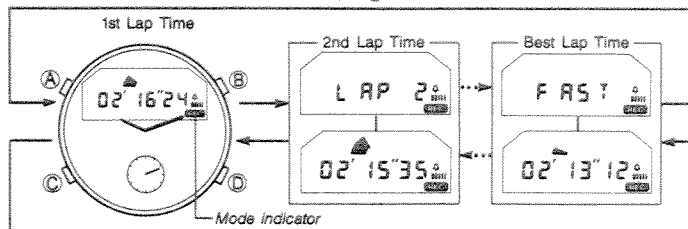
RECALL MODE

The Recall Mode lets you recall the lap times stored in memory, as well as the best lap time.

To recall data from memory

- Press (D) to scroll forward through the lap times and (B) to scroll back.
- The best lap time is also stored in memory. It is indicated by the message "FAST".

Press (D).



Press (B).

TARGET MODE

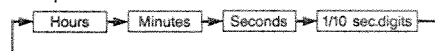
In the Target Mode, you can set a target time that you try to reach while using the Stopwatch Mode. You can also set the distance of the lap. If you do, the second hand of the watch indicates your speed during timing in the Stopwatch Mode.

To switch between target time and distance setting

While in the Target Mode, press (B) to switch between target time setting (indicated by "TARGET" on the display) and distance setting (indicated by "DIST").

To set the target lap time

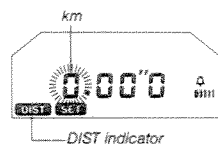
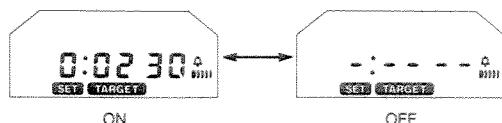
- In the Target Mode, press (B) so that the "TARGET" indicator appears on the display.
- Hold down (A) until the hours digits start to flash on the display. The hours digits flash because they are selected.
- Press (C) to change the selection in the following sequence.



- While any number is selected (flashing), press (D) to increase it or (B) to decrease it. Holding down either button changes the current selection at high speed.
- The maximum target lap time setting is 23 hours, 59 minutes, 59.9 seconds.
- After you set the target lap time, press (A) to return to the target lap time display.
- The target lap time switches off automatically if you try to set a time less than 15 seconds.

To switch the target lap time on and off

- In the Target Mode, press (B) so that the currently set target lap time appears on the display.
- Press (D) to switch the target lap time on and off.



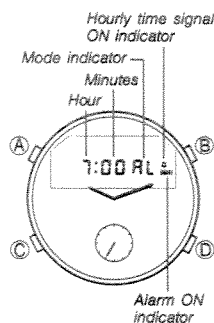
To set the lap distance

- In the Target Mode, press (B) so that the "DIST" indicator appears on the display.
- Hold down (A) until the kilometer digit to the left of the decimal place starts to flash. It flashes because it is selected.
- Press (C) to change the flashing selection in the following sequence.



- While any number is selected (flashing), press (D) to increase it or (B) to decrease it. Holding down either button changes the current selection at high speed.
- The maximum lap distance is 99.999 km.
- After you set the lap distance, press (A) to return to the lap distance display.

ALARM MODE



When the Daily Alarm Function is switched on, the alarm sounds for 20 seconds at the preset time each day. Press any button to stop the alarm after it starts to sound. When the Hourly Time Signal is switched on, the watch beeps every hour on the hour. Note that the Daily Alarm and the Hourly Time Signal operate based on the digital time setting.

Important

The alarm does not sound while the stopwatch is operating (while the "ST" indicator is flashing on the display). Be sure to clear the stopwatch after you are through using it.

To set the alarm time

- 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.
- Press (C) to change the selection in the following sequence.



- Press (D) to increase the selected digits and (B) to decrease them. Holding down either button changes the selection at high speed.

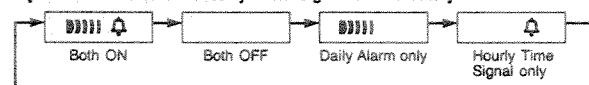
- The format (12-hour and 24-hour) of the alarm time matches the format you select for digital timekeeping.
- When setting the alarm time using the 12-hour format, take care to set the time correctly as morning or afternoon.

- After you set the alarm time, press (A) to return to the Alarm Mode. At this time the Daily Alarm is switched on automatically.

To switch the Daily Alarm and Hourly Time Signal on and off

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

[Alarm ON Indicator / Hourly Time Signal ON Indicator]

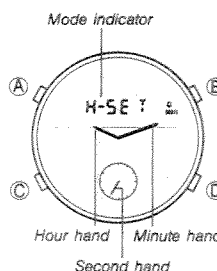


To test the alarm

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

HAND SETTING MODE

- Hold down (A) while in the Hand Setting Mode until the seconds digits start to flash on the display.
- Press (C) to change the flashing digits in the following sequence.



- In the Hand Setting Mode, digits flash on the display only to indicate what setting is being made for the analog timepiece. The following steps change the hands of the analog timepiece without changing the flashing digits of the display.

- Press (D) to advance the hands of the analog timepiece for the selection or (B) to make them move back. Holding down either button advances the analog setting at high speed.
- After you set the analog time, press (A) to return to the Hand Setting Mode.

Important

Note that if the digital time and analog time are not exactly the same, the watch may not operate correctly in other modes.