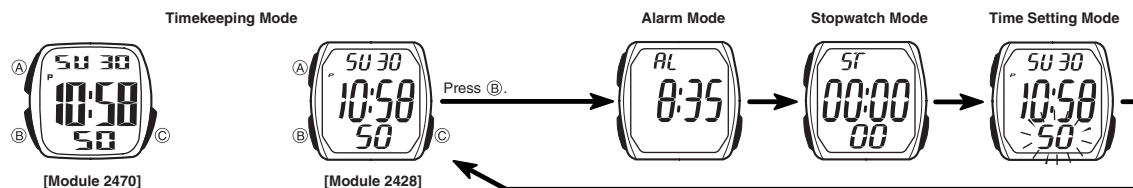


General Guide

The operational procedures for Modules 2428 and 2470 are identical. All of the illustrations in this manual show Module 2428.

- Press (B) to change from mode to mode. Each mode is explained in detail on the following pages.

- After you perform an operation in any mode, pressing (B) returns to the Timekeeping Mode.



Timekeeping Mode



- In the Timekeeping Mode, press (C) to switch between the 12-hour and 24-hour formats.
- In the Timekeeping Mode, press (A) to illuminate the display for a few seconds.
- Day of the week is displayed as follows.
 SU: Sunday MO: Monday
 TU: Tuesday WE: Wednesday
 TH: Thursday FR: Friday
 SA: Saturday

Backlight Precautions

- The backlight uses an EL (electro-luminescent) panel that causes the entire display to glow for easy reading in the dark.
- The electro-luminescent panel that provides illumination loses power after very long use.
- The illumination provided by the backlight may be hard to see when viewed under direct sunlight.
- The watch may emit an audible sound whenever the display is illuminated. This is due to vibration of the EL panel used for illumination, and does not indicate malfunction.
- Frequent use of the backlight shortens the battery life.

Alarm Mode



When the Daily Alarm is switched on, the alarm sounds for 20 seconds at the preset time each day. When the Hourly Time Signal is switched on, the watch beeps every hour on the hour.

To set the alarm time

1. 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.
2. Press (A) to change the selection in the following sequence.
 - Pressing (A) also illuminates the display.



- Once you reach the normal Alarm Mode, you have to hold down (A) again until the hour digits start to flash.
- 3. Press (C) to increase the selected digits. Holding down (C) changes the number at high speed.
- 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 or afternoon (PM).
- 4. After you set the alarm time, press (A) to return to the Alarm Mode. At this time the Daily Alarm is switched on automatically.

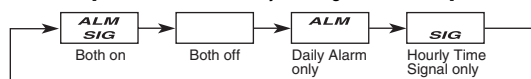
To stop the alarm

Press (A) to stop the alarm after it starts to sound.

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

Press (C) 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 (C) while in the Alarm Mode to sound the alarm.

Stopwatch Mode



The Stopwatch Mode lets you measure elapsed time, split times, and two finishes. The range of the stopwatch is 59 minutes, 59.99 seconds.

(a) Elapsed time measurement



(b) Split time measurement



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

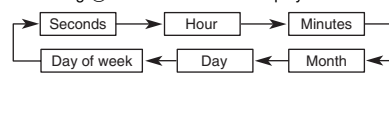


Time Setting Mode



To set the time and date

1. Use (B) to enter the Time Setting Mode.
 - The second's digits flash because they are selected.
2. Press (A) to change the selection in the following sequence.
 - Pressing (A) also illuminates the display.



3. While the second's digits are selected (flashing), press (C) to reset the seconds to "00". If you press (C) while the second's count is in the range of 30 to 59, the seconds are reset to "00" and 1 is added to the minutes. If the second's count is in the range of 00 to 29, the minute's count is unchanged.
4. While any other digits (besides seconds) are selected (flashing), press (C) to increase the number. While the day of the week is selected, pressing (C) advances to the next day. Holding down (C) changes the current selection at high speed.
5. After you set the time and date, press (B) to return to the Timekeeping Mode.
 - 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.