

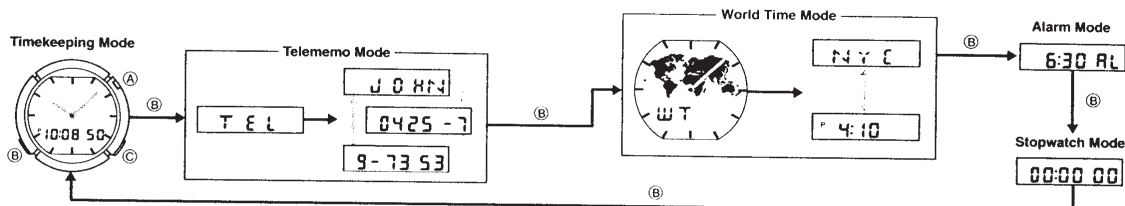
OPERATION CHART:MODULE QW-1349

GENERAL GUIDE

- Press (B) to change from mode to mode.
- If the digital display of your watch is continually changing, see "Auto Display function" for information on how to stop it.

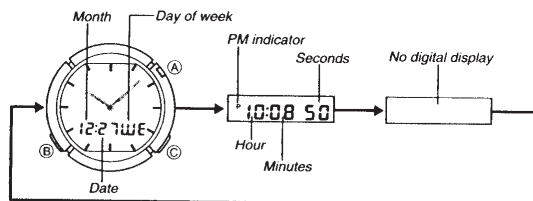
To set the analog hands

Hold down (A) while in any mode to advance the hands of the analog timepiece.



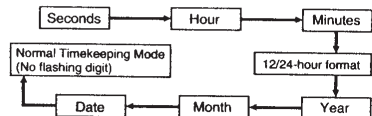
TIMEKEEPING MODE

In the Timekeeping Mode, each press of (C) changes the display as shown.



To set the time and date

1. Use (B) to enter the Timekeeping Mode.
2. Hold down (C) until the seconds digits start to flash. The seconds digits flash because they are selected.
3. Press (C) to change the selection in the following sequence.



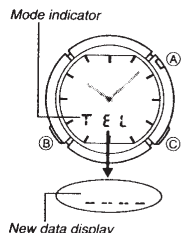
- Once you reach the normal Timekeeping Mode, you have to hold down (C) again until the seconds digits start to flash.

4. While the seconds digits are selected (flashing), press (B) to reset the seconds to "00". If you press (B) 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.
5. While any other digits (besides seconds) are selected (flashing), press (B) to increase the number. Holding down (B) changes the current selection at high speed. While the 12/24-hour setting is selected, press (B) to switch between the two formats.
6. After you set the time and date, use (C) to return to the normal Timekeeping Mode (the flashing stops).

- The day of the week is automatically set in accordance with the date.
- The date can be set within the range of January 1, 1995 to December 31, 2039.
- 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 normal Timekeeping Mode automatically.

Day of week is displayed as follows.
 SU : Sunday MO : Monday TU : Tuesday
 WE : Wednesday TH : Thursday FR : Friday
 SA : Saturday

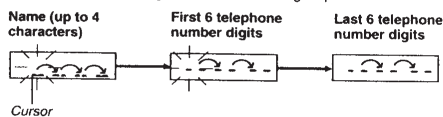
TELEMEMO MODE



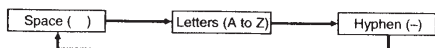
The Telememo Mode lets you store up to 20 pairs of name and telephone number data. Data is automatically sorted into alphabetic order based on the name data.

To input Telememo data

1. Use (B) to enter the Telememo Mode.
2. In the Telememo Mode, press (C) until the new data display (left figure) appears.
3. Hold down (C) until the flashing cursor appears on the display.
4. Press (C) to move the flashing cursor in the following sequence.

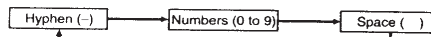


5. While the cursor is flashing in the name display, use (B) to input letters. Each press of (B) changes the character at the cursor location in the following sequence.



6. When the character you want to input is at the cursor location, press (C) to move the cursor to the right.

7. Repeat steps 5 and 6 to input all the characters of the name.
8. After you input the name, press (C) to move to the number display.
9. Use the same procedure as in steps 5 and 6 above to input the telephone number.
- In this case, each press of (B) changes the character at the cursor in the following sequence.

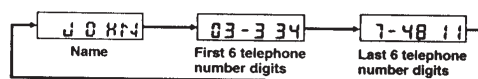


- The telephone number can be up to 12 digits long. See "How the Telememo Mode displays data" for details on how data appears on the display.

10. After inputting all the data you want, press (C) until the message "SORT" appears for about three seconds.
- This indicates that data is being sorted into alphabetical order according to the names. After the sort operation is complete, the display returns to the normal Telememo Mode display (without a cursor).
- If you do not operate any button for a few minutes while the cursor is flashing on the display, the flashing stops and the watch automatically returns to the normal Telememo Mode display.

How the Telememo Mode displays data

All of the Telememo data for each item cannot appear on the display at one time, so the display automatically changes in the following sequence.



To scroll through Telememo data

- In the Telememo Mode, press (C) to scroll forward through stored data.
- If there is still room for more data, the new data display appears when you press (C) while the last data item is displayed. If the new data display does not appear, it means that memory is full.
 - The data item that is displayed when you exit the Telememo Mode will be the first data to appear when you enter the Telememo Mode again.

To edit Telememo data

1. In the Telememo Mode, scroll through the data items and display the one you want to edit.
2. Hold down (C) until the flashing cursor appears on the display.
3. Use (C) to move the cursor to the character you want to change.
4. Use (B) to select the character you want.
5. After editing the data, press (C) until the message "SORT" appears for about three seconds.
- This indicates that data is being sorted into alphabetical order according to the names. After the sort operation is complete, the display returns to the normal Telememo Mode display (without a cursor).
- If you do not operate any button for a few minutes while the cursor is flashing on the display, the flashing stops and the watch automatically returns to the normal Telememo Mode display.

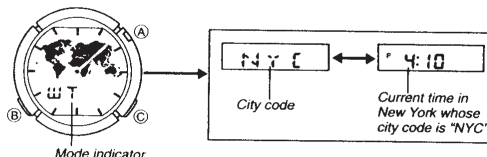
To delete a Telememo item

1. In the Telememo Mode, scroll through the name data and display the one you want to delete.
2. Hold down (C) until the cursor appears on the display.
3. Hold down (B) and (C) until the message "CLR" appears on the display.
- "CLR" indicates that the item is deleted. Next, the new data display appears.
- If you want to input more data, start from step 4 under "To input Telememo data".

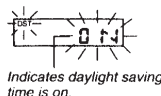
WORLD TIME MODE

Use the World Time Mode to find out the current time in any one of 26 time zones around the world.

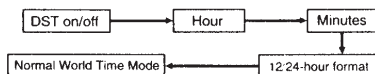
- When you set the time for any time zone, all other zones are adjusted accordingly.
- In the World Time Mode, the display automatically switches between the city code and the time in that zone.
- For full information on city codes, see the "City Code Table" at the end of this manual.



To set the World Time



1. Use (B) to enter the World Time Mode.
2. In the World Time Mode, scroll through the World Time zones by pressing (C) to find the time zone whose time you want to set.
 - The time zone that is displayed when you leave the World Time Mode will still be displayed when you enter the World Time Mode again.
3. Hold down (C) until the DST on/off indicator ("ON" = on / "OFF" = off) begins to flash on the display because it is selected.
4. Press (C) to change the selection in the following sequence.

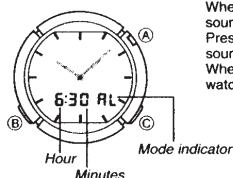


- Once you reach the normal World Time Mode while the World Time setting is not finished, you have to hold down (C) again until the DST on/off setting starts to flash.
- 5. While the DST (daylight saving time) on/off setting is selected, press (B) to switch between daylight saving time and standard time.
- The display shows "ON" and the indicator "DST" appears on the display when daylight saving time is switched on.
- Note that the daylight saving time / standard time setting affects only the currently displayed World Time zone. Other time zones are not affected.
- 6. While the hour or minutes digits are selected (flashing), press (B) to increase the number. Holding down (B) increases the number at high speed.
- 7. While the 12/24-hour format is selected, press (B) to switch between 12-hour and 24-hour format.
- 8. After you set the 12/24-hour format, press (C) to return to the normal World Time Mode (the display automatically switches between the city code and the current time in that zone).
- If you do not operate any button for a few minutes while any of the above selection is flashing, the display automatically goes back to the normal World Time Mode.

About daylight saving time (summer time)

With daylight saving time, clocks are set one hour later in order to better take advantage of daylight hours during the summer, when days are longer. Whether or not daylight saving time is used depends on the country you are in.

ALARM MODE



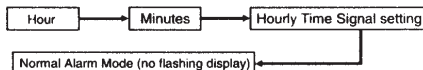
When the Daily Alarm is switched on, the alarm sounds for 20 seconds at the preset time each day. Press any button to stop the alarm after it starts to sound.

When the Hourly Time Signal is switched on, the watch beeps every hour on the hour.

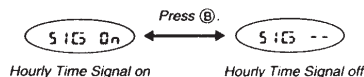
To set the alarm time

1. Hold down (C) 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 Daily Alarm is switched on automatically.

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



- Once you reach the normal Alarm Mode, you have to hold down (C) again until the hour digit starts to flash.
- 3. Press (B) to increase the selected hour or minutes digits. Holding down (B) 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.
- 4. While the Hourly Time Signal setting is selected, press (B) to switch the signal on and off.



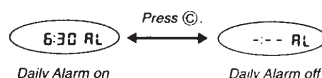
5. After you finish setting the alarm time or Hourly Time Signal, use (C) to return to the normal Alarm Mode (No flashing display).
- If you do not operate any button for a few minutes while the selection is flashing, the flashing stops and the watch automatically goes back to the normal Alarm Mode.

To stop the alarm

Press any button to stop the alarm after it starts to sound.

To switch the Daily Alarm on and off

While in the normal Alarm Mode, press (C) to switch the Daily Alarm on and off.



To test the alarm and select an alarm tone

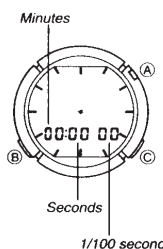
1. Hold down (B) while in the World Time Mode to sound the alarm. At this time, the watch moves to the Alarm Mode.
2. While holding down (B), press (C) to switch between the two available alarm tones (high and low). The last alarm tone that is sounding is the one that is selected when you release (B).

STOPWATCH MODE

The range of the stopwatch is 59 minutes 59.99 seconds.

To measure elapsed time

1. Press (C) to start the stopwatch.
2. Press (C) to stop the stopwatch.
- You can resume the measurement operation by pressing (C) again.
3. Hold down (C) to clear the stopwatch to all zeros.



AUTO DISPLAY FUNCTION

The Auto Display function of this watch continually changes the contents of the digital display. Note that you cannot use any of the watch's other functions while the Auto Display function is operating.

To turn the Auto Display on

Hold down (B) for about three seconds in any mode besides the World Time Mode until the watch beeps.

To turn the Auto Display off

Hold down (B) for about three seconds until the watch beeps. The display changes to show the Timekeeping Mode month/date/day of the week.

Note

The Auto Display function cannot be performed while you are making settings (i.e. while digits or other settings are flashing on the display).

City Code Table

Difference between GMT	City code	City	Other major city in same time zone
-10	HNL	HONOLULU	PAPEETE
-09	ANC	ANCHORAGE	NOME
-08	LAX	LOS ANGELES	SAN FRANCISCO, LAS VEGAS, VANCOUVER, SEATTLE, DAWSON CITY
-07	DEN	DENVER	EL PASO, EDMONTON
-06	CHI	CHICAGO	HOUSTON, DALLAS, NEW ORLEANS, MEXICO CITY, WINNIPEG, FORT WORTH
-05	NYC	NEW YORK	MONTREAL, DETROIT, MIAMI, BOSTON, PANAMA CITY, HAVANA, LIMA, BOGOTA
-04	CCS	CARACAS	LA PAZ, SANTIAGO, PORT OF SPAIN
-03	RIO	RIO DE JANEIRO	SAO PAULO, BUENOS AIRES, BRASILIA, MONTEVIDEO
+00	LON	LONDON	DUBLIN, CASABLANCA, DAKAR, ABIDJAN
+01	PAR	PARIS	MILAN, ROME, MADRID, AMSTERDAM, ALGIERS, HAMBURG, FRANKFURT, VIENNA, STOCKHOLM, BERLIN, LISBON
+02	CAI	CAIRO	ATHENS, HELSINKI, ISTANBUL, BEIRUT, DAMASCUS
+03	JRS	JERUSALEM	CAPE TOWN
+03	JED	JEDDAH	KUWAIT, RIYADH, ADEN, ADDIS ABABA, NAIROBI
+3.5	THR	TEHRAN	SHIRAZ
+04	DXB	DUBAI	ABU DHABI, MUSCAT
+4.5	KBL	KABUL	
+05	KHI	KARACHI	
+5.5	DEL	DELHI	BOMBAY, CALCUTTA, COLOMBO
+06	DAC	DHAKA	
+6.5	RGH	YANGON	
+07	BKK	BANGKOK	JAKARTA, PHNOM-PENH, HANOI, VIENTIANE
+08	HKG	HONG KONG	SINGAPORE, KUALA LUMPUR, BEIJING, TAIPEI, MANILA, PERTH, ULAN BATOR
+09	TYO	TOKYO	SEOUL, PYONGYANG
+9.5	ADL	ADELAIDE	DARWIN
+10	SYD	SYDNEY	MELBOURNE, GUAM, RABAU
+11	NOU	NOUMEA	PORT VILA
+12	WLG	WELLINGTON	CHRISTCHURCH, SUVA, NAURU ISLAND