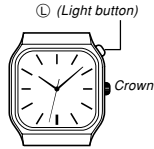


[Module 3307]

To Set Time

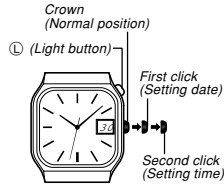
- 1) Pull the crown out when the second hand is at 12 o'clock position and the second hand stops.
- 2) Turn the hands clockwise and put the watch four or five minutes forward. Then back them out.
- 3) In accordance with a time signal, push the crown in.



[Module 3305]

To Set 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) Turn the hands clockwise and put the watch four or five minutes forward. Then back them out.
- 3) In accordance with a time signal, push the crown in.



To Set Date

- 1) Pull the crown out to the first click.
- 2) Set the date by turning the crown clockwise.
- 3) Push the crown in to the normal position.

The configuration of your watch may differ somewhat from that shown in the illustration.

Display Illumination Precautions

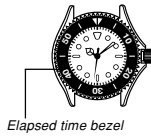
The light that illuminates the face uses two LEDs (light-emitting diode) and a light guide panel that cause the display to glow for easy reading in the dark. The face remains illuminated as long as you keep Ⓛ depressed.

- The illumination provided by the light may be hard to see when viewed under direct sunlight.
- Frequent use of the light shortens the battery life.

- 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.

